

2 x 8 effective back exercises

Strengthen 8 times – stretch 8 times –
feel good all the time

20 minutes regular back exercises

**And your back stays strong
and healthy!**

Stress, long hours spent working at the computer and everything else that involves sitting, standing, lifting and carrying is a strain on the back in your everyday life. You should do exercises regularly for your well-being, above all after recovering from back pain.

The exercises recommended in the following will help you.

**Ask your doctor for advice.
He will be pleased to compile
your own personal back
exercise programme at the
back of this brochure.**





Why your back hurts

Neck pain, low back pain, sciatica, lumbago or a slipped intervertebral disc – hardly any other form of pain is as widespread and has so many facets as back pain.

Lack of physical exercise and one-sided everyday stresses and strains throw your back musculature off balance. Muscles shorten or become lax. The spinal column is destabilised and develops curvatures. The pelvis tilts, individual joints between the vertebrae become wedged and lock up. In many cases, all it needs is a single wrong movement to lead to nerve irritation. Emotional tension can also put stress on the spine, because muscle tone changes.



Strengthen 8 times – stretch 8 times – feel good all the time

We have compiled a programme of two times eight exercises; eight to strengthen your back and eight stretching exercises to keep you supple.

We paid particular attention to covering the whole torso from the head down to the buttocks and from the back to the abdomen, in order to make the whole body as stable and supple as possible. We have compiled the exercises with the greatest of care to help you achieve the best possible results.

Dosing recommendations:

The exercise programme has been conceived so that a complete set of exercises to strengthen and stretch your back can be completed in about 20 minutes. It would be ideal if you could go through this programme two or three times a week.

Important: please ask your doctor whether any of the exercises are unsuitable for you.

If you have not been given any specific instructions, you can go by this rule of thumb:

For the strengthening exercises:

Two sets of 10-15 repeats each. You can vary the resistance of the rubber strap by altering its length. Set the resistance so that you can do the 10-15 repeats without any problems (**modified tension**). The resistance can be increased tangibly after the first few weeks of familiarisation.

Very important: your breathing!

First breathe in, then breathe out slowly and steadily during exertion (no forced expiration!).

For the stretching exercises:

Do every stretch exercise once. You must not feel any pain in the stretched position. It should be a pleasant stretched feeling. Hold the stretched position for 10 to 15 seconds and then relax slowly.

Very important: your breathing!

Breathe calmly and evenly during the stretching exercises.

Twice the benefit

Benefits of strengthening exercises:

- Prevent back and postural complaints
 - Prevent muscular imbalance
 - Increase the strength and endurance of ligaments and muscles
 - Improve proprioception
 - Speed up rehabilitation
 - Prevent osteoporosis
 - Promote reduction of body fat
 - Increase self-confidence
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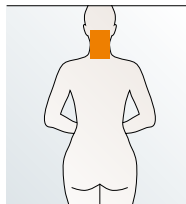
Benefits of stretching exercises:

- Reduce muscular tension
- Improve mobility and proprioception
- Prevent faulty posture
- Speed up regeneration
- Improve athletic performance
- Increase well-being



1. Head nodding

Exercise to strengthen the neck muscles



Starting position

- Sit on a chair with your knees bent at about 90°
- Lean forward with your upper body, keeping your back straight
- Support your elbows on your thighs with your elbows bent at about 90°
- Stretch the exerciser around the back of your head in front of your ears with modified tension (c.f. page 4)
- Hold the ends of the exerciser tightly with your left and right hands

Exercise

- Lift your head upwards with small movements against the tension of the exerciser

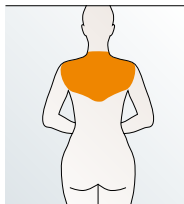


Please note:

- 1 keep your back straight
- 2 head and neck straight
- 3 small movements

2. Shoulder pulls

Exercise to strengthen the upper back and posterior shoulder muscles



Starting position

- Sit on a chair with your knees bent at about 90°
- Thread the exerciser around the handle of the closed door (or alternatively around another object at door handle height that doesn't give way) and grasp both ends of the exerciser firmly, holding one end in each hand
- For a firm hold, it is best if you loop the ends of the exerciser around your wrists
- Stretch the exerciser with modified tension (c.f. page 4)
- Keep your arms and the exerciser in a horizontal line

Exercise

- Pull your elbow horizontally backwards against the tension of the exerciser, thereby moving the strap and your arms in a straight line

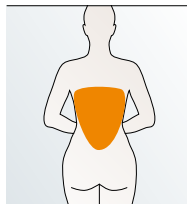


Please note:

- 1 keep your back straight
- 2 tense your abdominal muscles!
- 3 move the strap and your arms in a straight line
- 4 pull your shoulder blades together (don't just bend your arms!)

3. Hip pulls

Exercise to strengthen the back muscles / the large back muscle

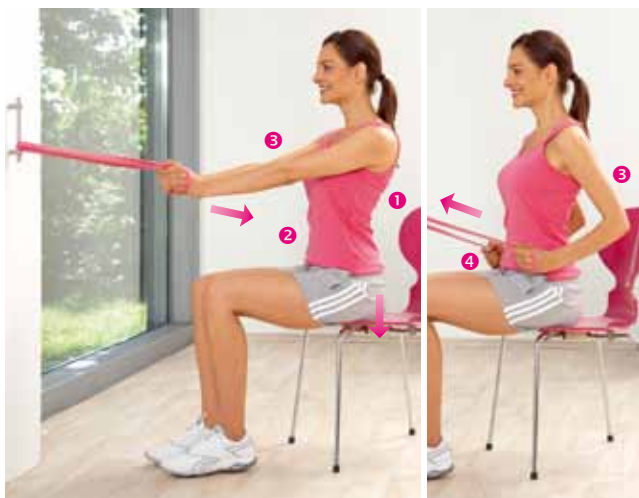


Starting position

- Sit on a chair with your knees bent at about 90°
- Thread the exerciser around the handle of the closed door (or alternatively around another object at door handle height that doesn't give way) and grasp both ends of the exerciser firmly, holding one end in each hand
- For a firm hold, it is best if you loop the ends of the exerciser around your wrists
- Stretch the exerciser with modified tension (c.f. page 4)
- Keep your arms straight and pointing slightly downwards

Exercise

- Pull your elbows horizontally backwards close to your body against the tension of the exerciser
- Pull your hands towards your hips

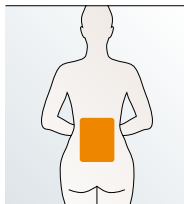


Please note:

- 1 keep your back straight
- 2 tense your abdominal muscles!
- 3 hold your elbows in tightly
- 4 pull your hands towards your hips

4. Trunk bends

Exercise to strengthen the lower back muscles



Starting position

- Stand on a firm surface with your feet slightly apart and knees slightly bent
- Grasp both ends of the exerciser firmly, holding one end in each hand
- Now stand with both feet on the exerciser
- Lean your upper body forwards with your back straight
- Stretch the exerciser with modified tension (c.f. page 4)
- Keep your arms straight

Exercise

- Pull the exerciser vertically upwards
- Keep your back straight and only straighten up your upper body
- Keep your legs in the starting position, do not move them

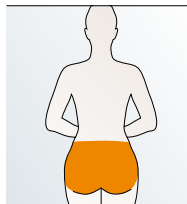


Please note:

- 1 keep your back straight
- 2 tense your abdominal muscles!
- 3 knees slightly bent
- 4 arms held out straight

5. Leg raises

Exercise to strengthen the buttock muscles



Starting position

- Kneel down on a firm surface
- Keep your knees together
- Lean your upper body forwards, keeping your back straight, and support yourself on your elbows
- Grasp both ends of the exerciser firmly, holding one end in each hand
- Stretch the exerciser around one foot with modified tension (c.f. page 4)

Exercise

- Stretch your leg diagonally backwards against the tension of the exerciser until your leg, back and neck are in a straight line
- Then bring your leg back to the starting position



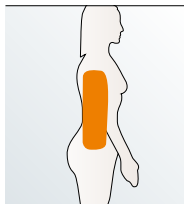
Please note:

- 1 keep your back straight
- 2 tense your abdominal muscles!
- 3 neck, back and leg in a straight line

Then do the same exercise with the other leg.

6. Side pulls

Exercise to strengthen the lateral trunk muscles



Starting position

- Stand on a firm surface with your feet apart and knees slightly bent
- Hold both ends of the exerciser firmly in your right hand
- Bend your upper body to the side with your back straight
- Now stand with your right foot in the large exerciser loop
- Stretch the exerciser with modified tension (c.f. page 4)
- Keep your arms straight

Exercise

- Pull the exerciser vertically upwards
- Keeping your back straight, straighten your upper body and lean over to the other side



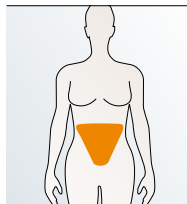
Please note:

- 1 tense your abdominal muscles!
- 2 do not bend your upper body forwards or backwards
- 3 keep your knees slightly bent

Then do the same exercise on the other side.

7. Sit-ups

Exercise to strengthen the upper abdominal muscle



Starting position

- Lie on your back on a firm surface
- Bend your knees to about 90° with your legs slightly apart
- Press your lower back down against the floor
- Keep your elbows by your side and your hands on your chest, not your neck
- Rest your head on the floor

Exercise

- Lift your head, shoulders and chest upwards
- Keep your lower back pressed against the floor

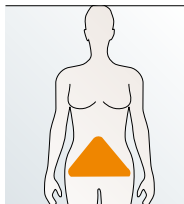


Please note:

- 1 press your lower back against the floor

8. Leg lifts

Exercise to strengthen the lower abdominal muscles and the hip flexors



Starting position

- Lie on your back on a firm surface
- Bend your knees to about 90° with your legs slightly apart
- Press your lower back down against the floor
- Lay your arms on the floor by your body
- Rest your head on the floor

Exercise

- Lift your legs up until the angle between your upper body and thighs is about 90°
- The angle at the knee remains unchanged
- Keep your lower back pressed against the floor

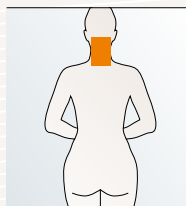


Please note:

- 1 press your lower back against the floor
- 2 perhaps lay a pillow under your head

1. Head presses

Exercise to stretch the neck muscles



Starting position

- Stand on a firm surface with your feet slightly apart and knees slightly bent
- Clasp your hands together behind your head with your elbows pointing forwards

Exercise

- Press your head forwards with your hands
- Keep your back straight
- Keep your legs in the starting position, do not move them
- You will feel the stretch in the neck muscles

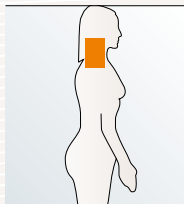


Please note:

- ❶ back straight
- ❷ knees slightly bent

2. Head pulls

Exercise to stretch the lateral neck muscles



Starting position

- Stand on a firm surface with your feet slightly apart and knees slightly bent
- Pass your left or right hand over the top of your head and hold your head above the ear
- Keep your arm on the same plane as the body

Exercise

- Pull your head over to the same side as the arm
- Keep your back straight
- Keep your legs in the starting position, do not move them
- You will feel the stretch in the neck muscles
- You can increase the stretch by pushing the other arm towards the floor



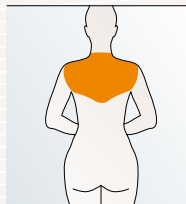
Please note:

- 1 keep your upper body upright
- 2 with your head looking forwards
- 3 knees slightly bent
- 4 pull your head to the side with your hand
- 5 push your other arm towards the floor

Then do the same exercise with the other arm.

3. Shoulder pulls

Exercise to stretch the upper back and shoulder muscles

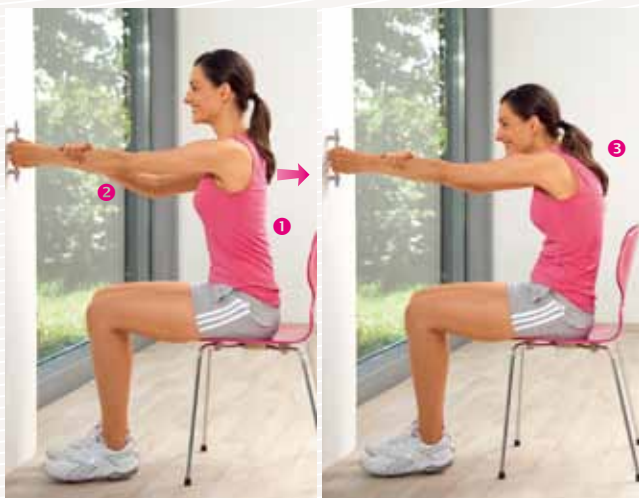


Starting position

- Sit on a chair with your knees bent at about 90°.
- Keep your back and head straight
- With your left hand hold the handle of a closed door (or alternatively another object at door handle height that doesn't give way)
- Grasp the wrist of the outstretched arm with your right hand

Exercise

- Pull your upper back / shoulder blade backwards
- Keep your neck relaxed
- You will feel the stretch in your back and shoulders
- You can increase the stretch by pushing your right hand further forwards



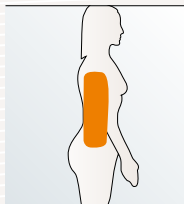
Please note:

- 1 keep your back straight
- 2 arm stretched
- 3 pull your upper back / shoulder blade back

Then do the same exercise with the other arm.

4. Trunk pulls

Exercise to stretch the lateral trunk muscles



Starting position

- Stand on a firm surface with your feet slightly apart and knees bent
- Keep your back and head straight
- With your left hand, hold a door handle of a closed door (or alternatively another object, see left)
- Place your right hand or right forearm on your right thigh

Exercise

- Lean forward with your upper body
- Keep your arm, neck and back in an almost straight line
- Turn your pelvis slightly to the right and push your upper body slightly to the left (**like leaning into a curve**)
- You will feel the stretch running from your shoulder down your whole side to the pelvis



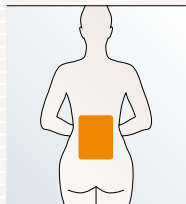
Please note:

- 1 straight back
- 2 legs bent!
- 3 arms, neck and back in an almost straight line
- 4 pelvis turned slightly to the right and upper body pushed slightly to the left (**like leaning into a curve**)

Then do the same exercise with the other arm.

5. Forward bending

Exercise to stretch the lower back muscles



Starting position

- Sit down on a firm surface
- Bend your legs slightly keeping your knees a little apart
- Keep your back, neck and head straight
- Place your hands on your knees

Exercise

- Now lean forwards while keeping your back straight
- Do **not** bend your neck or upper back
- Move your stretched arms towards the tips of your toes
- You will feel the stretch in your lower back

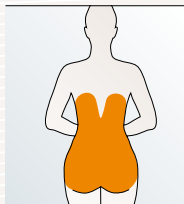


Please note:

- 1 keep your back straight when leaning forward (do **not** bend your neck or upper back)
- 2 legs bent

6. Lower body twisting

Exercise to stretch the lower and lateral back and buttock muscles



Starting position

- Lie on your back on a firm surface
- Straighten your right leg, bend your left leg, lay your left foot on your right knee
- Lay your outstretched left arm on the floor, place your right hand on your left thigh

Exercise

- Now move the bent leg over the straight one
- As you do so, twist your body from the chest down to the right
- Your left arm remains the floor, your chest does not twist, your head looks in the opposite direction
- You will feel the stretch in the lower/lateral back muscles and in your bottom



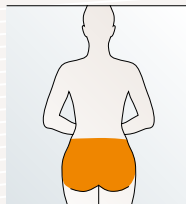
Please note:

- 1 arm stays on the floor
- 2 head turns to the opposite side

Then do the same exercise with the other leg.

7. Leg pulls

Exercise to stretch the buttock muscles



Starting position

- Lie on your back on a firm surface, lay your arms down next to your body
- Press your lower back down against the floor
- Bend your right knee to an angle of about 90°
- Bend your left knee and lay your ankle on the right leg below the knee

Exercise

- Now hold your right leg below the kneecap
- Pass your left hand between both legs and grasp it with your right hand around the right leg
- Now pull your right calf towards your face
- You will feel the stretch in your buttock muscles



view from frontside



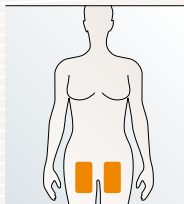
Please note:

- 1 press your lower back against the floor

Then do the same exercise with the other leg.

8. Hip tilt

Exercise to stretch the groin region and the hip flexors



Starting position

- Stand on a firm surface with your legs slightly apart
- Hold your arms straight out in front of you

Exercise

- Keep your upper body and legs straight and tilt or push your pelvis forwards
- You will feel the stretch in your groin
- You can increase the stretch in your groin region by keeping your legs straight and turning your pelvis (not your upper body!) slightly further to the left or the right



Please note:

- 1 pelvis tilts / is pushed forwards



Tip:

Tear off your personal exercise programme here ->



My favourites for strengthening



1. Head nodding ☐ p. 6

Repeats _____ sets _____



2. Shoulder pulls ☐ p. 7

Repeats _____ sets _____



3. Hip pulls ☐ p. 8

Repeats _____ sets _____



4. Trunk bends ☐ p. 9

Repeats _____ sets _____



5. Leg raises ☐ p. 10

Repeats _____ sets _____



6. Side pulls ☐ p. 11

Repeats _____ sets _____



7. Sit-ups ☐ p. 12

Repeats _____ sets _____



8. Leg lifts ☐ p. 13

Repeats _____ sets _____

My favourites for stretching



1. Head presses ☐ p. 14

Haltedauer (in Sekunden) _____



2. Head pulls ☐ p. 15

Haltedauer (in Sekunden) _____



3. Shoulder pulls ☐ p. 16

Hold for (seconds) _____



4. Trunk pulls ☐ p. 17

Hold for (seconds) _____



5. Forward bending ☐ p. 18

Hold for (seconds) _____



6. Lower body twisting ☐ p. 19

Hold for (seconds) _____



7. Leg pulls ☐ p. 20

Hold for (seconds) _____



8. Hip tilt ☐ p. 21

Hold for (seconds) _____

Personal exercise programme

Please ask your doctor to fill this out.



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