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Beginning Back Exercises:

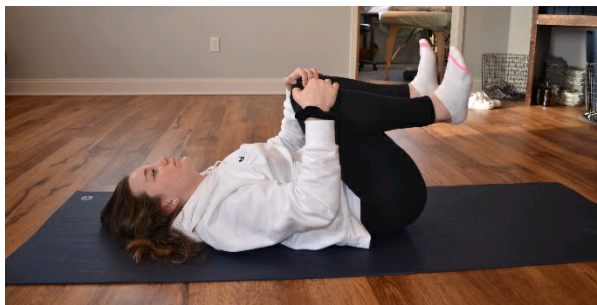
1. Single Knee to Chest:

- Lie on your back with your feet on the floor.
- Bring one knee to your chest and hold for 5 seconds.
- Slowly lower and repeat with the opposite leg.



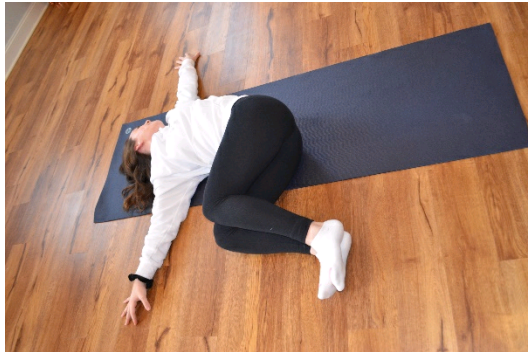
2. Double Knee to Chest:

- Lie on your back with your feet on the floor.
- Bring one knee to your chest then the other knee to your chest.
- Pull both knees in as far as you can.
- Bring one foot to the ground then the other foot to the ground.



3. Lower Trunk Rotation:

- Lie on your back with your feet on the floor.
- Rotate your knees as far as you can in one direction while keeping your shoulders on the floor.
- Switch to the other side.



4. Pelvic Tilt:

- Lie on your back with your feet on the floor.
 - Push your lower back into the floor by tightening your belly muscles.
 - Hold for a count of 5.
- *Do this with your feet off the ground and knees slightly apart to avoid using your gluts.



5. Pelvic Tilt with a twist:

- Lie on your back with your feet on the floor.
- Push your lower back into the floor.
- Bring your right shoulder up toward the ceiling and hold for 5 seconds.
- Do the same with the left shoulder.



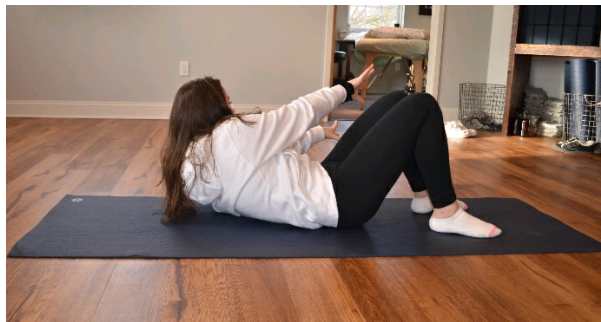
6. “Crunches:”

- Lie on your back and cross your hands in front of your chest.
 - Do a pelvic tilt.
 - Tuck your chin to your chest.
 - Lift your upper body forward and slowly lower back to the ground.
- *Make sure your knees are “soft” and you are not squeezing them together.



7. “Crunches” with a twist:

- Lie on your back and cross your hands in front of your chest.
- Do a pelvic tilt.
- Tuck your chin to your chest.
- Bring your right shoulder toward your left hip and slowly lower back to the ground.
- Do the same with the opposite side.



8. Bridges:

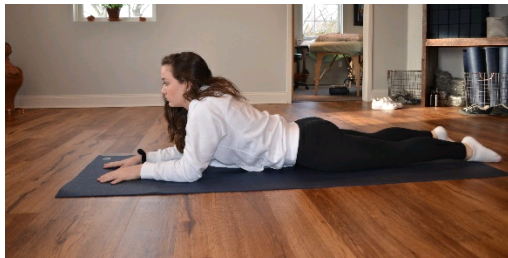
- Lie on your back with your feet on the floor.
- Do a pelvic tilt by pushing your back into the floor.
- Lift your buttocks up toward the ceiling.

- Slowly lower back to the ground.
- *Make sure your knees are “soft” and you are not squeezing them together.



9. Back Extension:

- Lie on your stomach.
- Do a pelvic tilt and push up onto your elbows.
- Progress to pushing up to your hands.
- Follow above with “rock and roll” on your back.



10. “Swimming” Exercise:

- Lie on your stomach with your arms overhead.
- Do a pelvic tilt.
- Lift one leg and the opposite arm toward the ceiling,
- Now lift the other leg and opposite arm toward the ceiling.



Self-Release Techniques:

There are many tools that can be used for self-release techniques. The principle for using these tools is to understand that “normal” tissue is never hot, hard, or tender.

Becoming proficient at finding your trigger points and areas of discomfort is a wonderful tool for

self-help and it also helps you become a better historian when you want to communicate your pain with your therapist.

The principles of self-release require finding trigger points and applying pressure to those areas for at least 90-120 sec. (Start with 30 seconds at first and then work up to 90-120 seconds.) Initially there will be tenderness to touch. As the tissue releases the tenderness decreases.

Use 2 tennis balls in a tube sock or a 4-inch playground ball to do your “self-release.”

You can modify the pressure and areas reached by using these tools either on a bed (least pressure,) against a wall (medium pressure,) or on the floor (most pressure.)

Functional Stabilization Techniques:

The intent is to change your “motor planning.” These exercises are meant to be done one time, many times per day.

Static Sitting: Do this exercise each time you sit in a chair throughout the day.

1. Rock your pelvis forward and backward (pelvic tilts forward and back) and find a “comfortable mid-range.”
2. Slightly push your heels into the ground to “wake-up” your gluteal muscles.
3. Slightly contract your lower abdominal muscles without losing your back position or holding your breath.
4. Slightly lift your chest as if you had a helium balloon attached to your sternum.
5. Push your shoulder blades down “not back” slightly.
6. Take three deep breaths.

Self-Release and Functional Stabilization videos can be found on my website:
www.lisasatalino.com