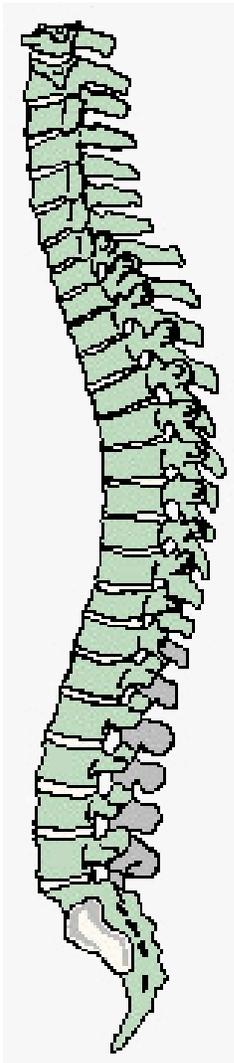


EXERCISES FOR MAINTAINING... A *FIT BACK*

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Back injuries tend to be the costliest of industrial accidents. Of the 100 or so recordable occupational injuries that occur at Fermilab each year, about 20% involve the back. In addition, roughly one-third of the days off and days restricted is associated with this type of injury.

Here are a few back strengthening exercises recommended by the Arnot Ogden Medical Center. They only take 15 minutes to complete and should be done each day to help keep your back in a healthy balance and ease or prevent future back pains or spasms. *NOTE: If you are being treated for a back problem, you should only exercise under the direction of your health care provider.*



Stretch Your Lower Back

- Relax your back muscles as you lie on the floor.
- Bring your knees close to your chest. Go as far as you can without straining.
- Take a deep breath and relax as you hold this posture for 5 seconds.
- Do this stretch 10 times.

You can use this exercise to relax muscle spasms and stretch muscles in your lower back.

Strengthen Abdominal Muscles

- Lie on the floor.
- Place hands under your hips to keep your lower back flat on the floor.
- Slowly bring one knee close to your chest. Go as far as you can without straining.
- If you can, straighten out your other leg so it's a foot above the floor. Keep back flat on the floor.
- Slowly alternate legs.
- Do this stretch 10 times.

Strong abdominal muscles provide better support to your lower back.

Strengthen Back and Buttock Muscles

- Lie on the floor with your feet flat on the floor away from your hips.
- Pull in buttock muscles as you lift your pelvis off of the floor.
- Hold posture for 5 seconds.
- Do this stretch 10 times.

Strengthen Abdominal Muscles and Buttocks

- Get on hands and knees.
- Position knees right under your hips and hands right under your shoulders.
- Keep your spine in neutral by firming your abdomen.
- Keep ears in line with shoulders so that you feel the natural curve of your neck.
- Hands and knees should remain still.
- Tighten your abdominal and buttock muscles to press your back upward.
- Slowly let your head drop
- Hold posture for 5 seconds.
- Do this 5 times and return to starting position.

Strengthen Shoulders and Upper Back

- Get on hands and knees
- Keep your head straight and eyes facing the floor.
- Reach out one arm in a line parallel to the floor.
- Hold posture for 5 seconds.
- Do this 5 times with each arm.
- Return to starting position.

Strengthen Buttock Muscles

- Get on hands and knees.
- Keep your head straight and eyes facing the floor.
- Lift up one leg and keep it in a line parallel to the floor.
- Don't arch your back or let your back, head or stomach drop.
- Hold posture for 5 seconds.
- Do this 5 times with each leg.

- Return to starting position.

The Arnot Ogden Medical Center Occupational Medicine and Workplace Safety web page can be found at <http://www.aomc.org/HOD2/general/accidentprevent.html>.

This message should be distributed to all employees via delivery of un-addressed copies to Fermilab mail stations. Suggestions for ES&H message topics should be directed to Tim Miller at MS119, tmiller@fnal.gov, or X3019.