

## ISOMETRIC NECK EXERCISES:

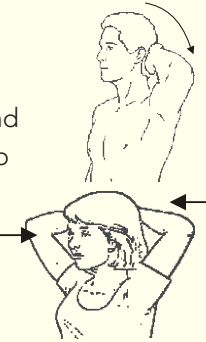
### EXERCISE 1 → FLEXION

Place the fingers or heel of your right hand against the forehead. Attempt to flex your forehead while resisting with your hands, hold and count 10. Relax and repeat 10 times.



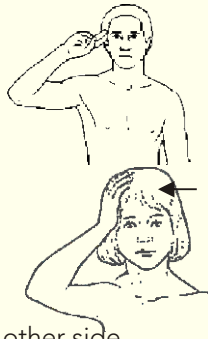
### EXERCISE 2 → EXTENSION

Place both hands or else left hand behind your head. Attempt to tip your head back to look up at the ceiling while resisting with your hands, hold and count 10. Relax and repeat 10 times.



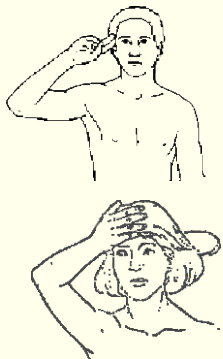
### EXERCISE 3 → SIDE BEND

Place your right hand or two fingers above your right ear. Attempt to tip your right ear toward your right shoulder while resisting with your hands, hold and count 10. Relax and repeat 10 times. Repeat on the other side.



### EXERCISE 4 → ROTATION

Place the heel of your right hand or two fingers against the side of your forehead. Attempt to turn your head to the right while resisting with your hand, hold and count 10. Relax and repeat 10 times. Repeat on the other side.



## BAD / GOOD POSTURES

Office Chair



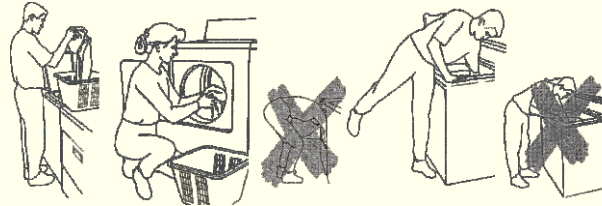
Lifting an Object



Sweeping & Vacuuming



Laundry



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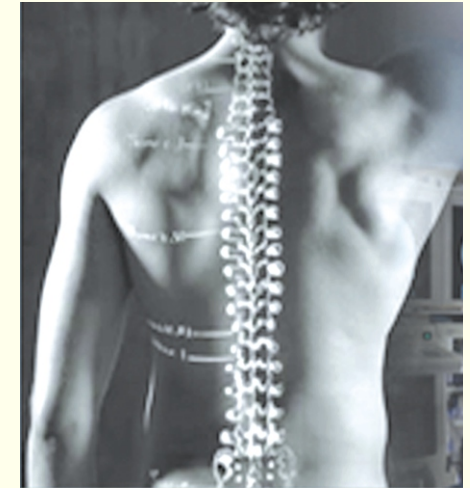


## ARTHRITIS & JOINT REPLACEMENT CLINIC

15, Jain Mandir Road, New Delhi-110001  
Near Hotel Connaught / Shivaji Stadium  
Timings: Mon to Fri - 6.00 pm to 8.00 pm

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# BACKACHE & NECK PAIN EXERCISE GUIDE



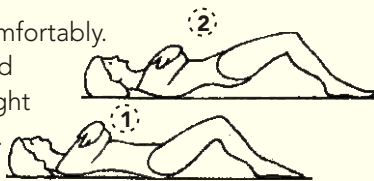
## Dr. Vivek Mittal

M.B.B.S., M.S. (Ortho.), ASIF FELLOW (Austria)  
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Lower Backache and Neck pain are very common lifestyle problem. Good posture and strong muscles are essential for healthy spine. The purpose of these exercises is to improve flexibility and strength of back and neck muscles. You may experience some discomfort after the exercise initially, slow down the pace. But if pain persist or increases, contact your doctor. **NO EXERCISE SHOULD BE FORCEFUL OR PAINFUL.**

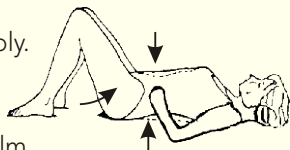
### EXERCISE 1 PELVIC LIFT

Lie on your back comfortably. Bend your knees and keep your feet straight and hip-width apart. Now lift your pelvis upwards as you feel a gentle arch in your lower back, Hold and count 10 and return to the starting position. Repeat 10 to 15 times.



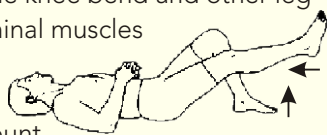
### EXERCISE 2 LUMBAR STRAIGHTENING

Lie on your back comfortably. Bend your knees and keep your feet straight and hip-width apart. Keep your palm under the lower curve of your back. Contract your stomach muscles and gently flatten your low back onto the bed so that you feel pressure on your palm. Hold and count 10 slowly, Relax and Repeat 15 times. Don't press down through the neck, shoulders or feet, and Do not hold your breath. Place one hand on your stomach and the other under your lower back to feel the correct muscles working.



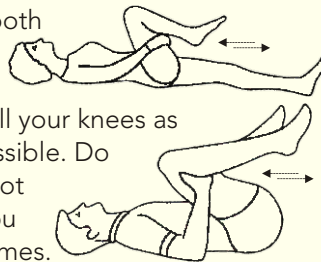
### EXERCISE 3 STRAIGHT LEG RAISE

Lie on your back with one knee bent and other leg straight. Tighten abdominal muscles to stabilize lower back. Slowly lift leg up about 8-10 inches, hold and count 10. Lower leg slowly. Repeat 15 times.



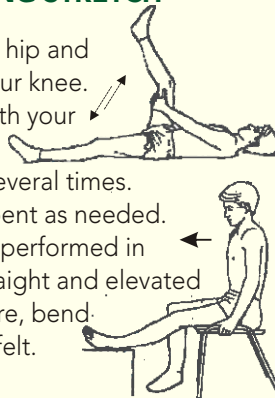
### EXERCISE 4 KNEE TO CHEST

Lie on your back with your knees bent and feet flat on your bed. Raise your both knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Repeat five times.



### EXERCISE 5 HAMSTRING STRETCH

Lying on your back, bend your hip and grasp your thigh just above your knee. Slowly straighten your knee with your foot in a relaxed position and hold. If able, flex your ankle several times. Modify by keeping other leg bent as needed. MODIFICATION: May also be performed in standing or sitting with leg straight and elevated on a stool. With upright posture, bend forward at hips until stretch is felt.



### EXERCISE 6 PELVIC ROLL / HIP ROLL

Lie on your back and keep your upper body relaxed. Bend your both knees and keep them together. Roll your knees to one side, followed by your pelvis, keeping both shoulders on the floor. Hold the stretch and slowly count 10 and return to the starting position. Repeat 10 times, alternating sides. Only move as far as feels comfortable, and if needed, can place a pillow between your knees for comfort.



### EXERCISE 7 HIP EXTENSION

Lie prone on your stomach. Bend your knee to 90° so that sole of your foot faces the ceiling. Lift the thigh off the bed by 4-6 inches, hold and count 5 and slowly return to the starting position. Repeat 5 times. Your hip should not leave the bed as you lift you leg.



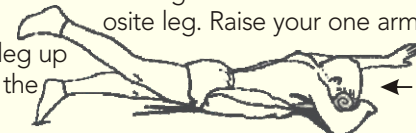
### EXERCISE 8 BACK LEG RAISE

Lie prone on your stomach. Tighten muscles in one leg and raise your leg up while keeping the knee straight. Hold and count 10 and return to the starting position. Repeat 5 times with each leg.



### EXERCISE 9 BACK LEG AND ARM RAISE

Lie prone on your stomach. Tighten muscles in one arm and opposite leg. Raise your one arm and opposite leg up while keeping the knee straight. Hold and count 10 and return to the starting position. Repeat 5 times with opposite sides.



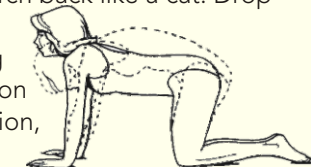
### EXERCISE 10 HEAD AND SHOULDER RAISE

Lie prone on your stomach. Raise your head and upper trunk off the mat with your weight on your elbows and forearms. Keep your pelvis in contact with the mat. Allow your low back and buttocks to relax. Extend elbows and press up as able. Hold and count 10. Return to the starting position. Repeat 10 times.



### EXERCISE 11 ARCH BACK

On hands and knees, slowly round pelvis and hips up towards ceiling to arch back like a cat. Drop pelvis and hips toward the floor. Avoid rocking forward and backward on knees. Hold each position, or gently repeat movement several repetitions.



### EXERCISE 12 HIP EXTENSION

Assume "all-four's" position. Extend the head up and the leg out to a flat position parallel to the floor. Return to the starting position. Repeat 5 times with alternate legs.

