

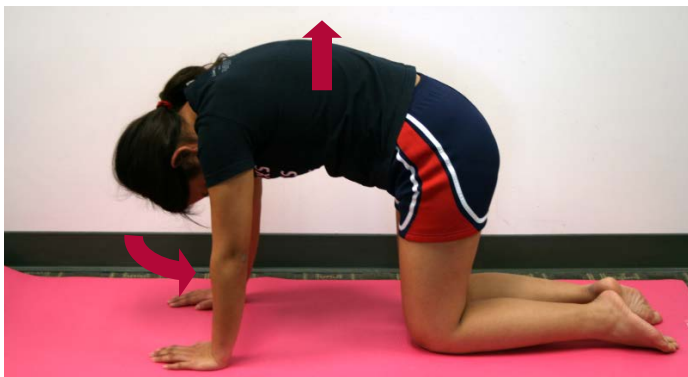
### 1. PELVIC TILT:

Lie on your back with your knees bent. Contract your abdominal muscle to tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 30 seconds, then relax.



### 2. CAT STRETCH:

Kneel on the floor on your hands and knees. Tuck your chin inward and tighten your stomach muscles. At the same time, arch your back. Hold for 30 seconds, then relax.



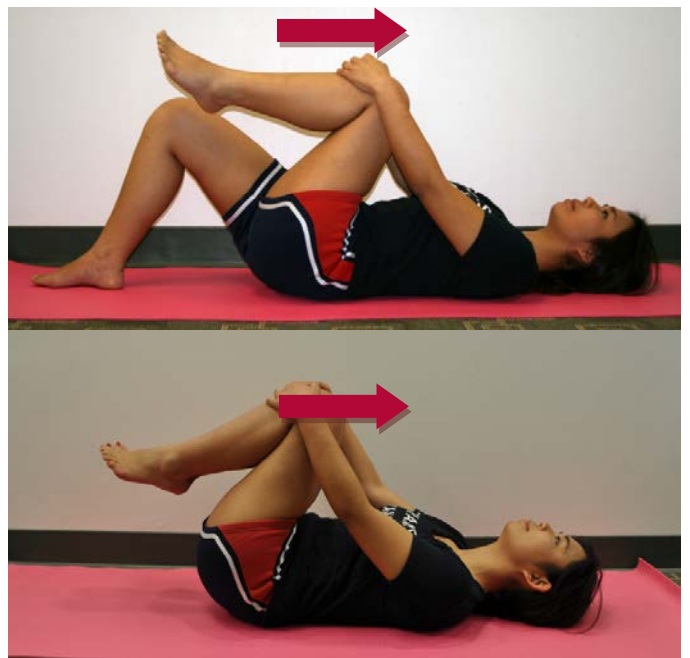
### 3. LOW BACK STRETCH:

Kneel on the floor on your hands and knees. Push your chest toward the floor and slowly sit back on your feet. Hold for 30 seconds, then relax.



### 4. KNEE TO CHEST:

Lie on your back with your knees bent. Hold onto one knee with both hands and pull it toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 30 seconds and then put your foot down. Repeat this with your other knee. Then repeat by bringing both knees to your chest. Hold for 15 seconds, then put your feet down.



Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

### 1. BRIDGING:

Lie on your back with your knees bent. Slowly lift your butt off the ground. Hold for 5-10 seconds and then slowly return to the starting position.



### 2. SUPERMAN:

Lie on your stomach. Lift both legs and arms off the ground. Hold for 5-10 seconds and slowly return to the starting position.



#### Sources:

- The Ohio State University
- Wexner Medical Center

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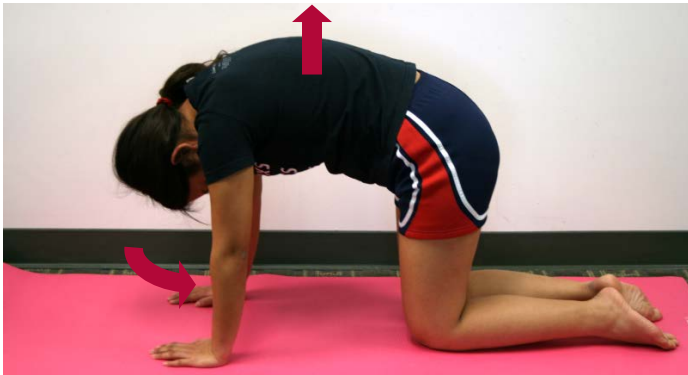
### 1. 骨盆抬起：

仰臥，雙膝屈曲。收縮腹部和臀部，同時將腰部向下壓向地面。保持 30 秒後放鬆。



### 2. 貓伸展：

用雙手和雙膝支撐身體，跪在地上。下巴貼向胸部，收緊腹部肌肉，弓起背部。保持 30 秒後放鬆。



### 3. 腰部伸展：

用雙手和雙膝支撐身體，跪在地上。將胸部盡量壓向地面，然後身體慢慢向後移，坐在雙腳上。保持 30 秒後放鬆。



### 4. 膝部抵胸：

仰臥，雙膝屈曲。用雙手將其中一邊膝部向胸前拉，直至您感到腰部和臀部有輕微的拉扯。保持 30 秒後把腳放下。用另一膝部重覆以上步驟。然後再用雙手將雙膝同時向胸前拉，保持 15 秒後把腳放下。



請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

# BACK STRENGTHENING EXERCISES

## 背部肌肉鍛鍊運動

聯絡東北： 三藩市 (415) 391-9686 帝利市 (650) 550-3923 聖荷西 (408) 573-9686 WWW.NEMS.ORG

### 1. 架橋：

仰臥，雙膝屈曲。慢慢抬起你的臀部，保持 5-10 秒。慢慢返回開始的姿勢。



### 2. 超人：

俯臥於地上用肚子支撐身體。將四肢抬離地面，保持 5-10 秒。慢慢返回開始的姿勢。



### 資料來源：

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