

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

May 18, 2020

www.oneontaymca.org

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Daily Exercises To Prevent Low Back Pain Part 2

Last week we talked about low back pain. Here is a daily routine you can do to help stretch & strengthen the muscles that support your lower back. We



Cat position

Camel position

discussed how to do Cat/Cow or Camel in our last issue. **Birddog** stay on all fours and make sure you have 4-5 inches distance between your knees to keep you balanced. With the inhale extend opposite arm and opposite leg. Exhale bring it back to all fours on the floor. Switch, inhale and extend out.

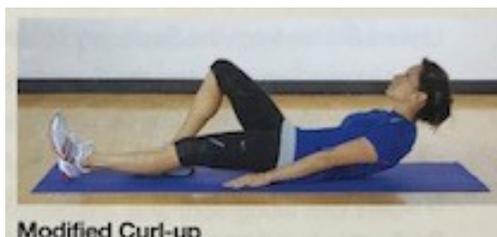


Birddog

Repeat 8-10 times alternating arms & legs with each inhale extension.

Modified Curl-up Lying on your back, bend one knee, foot flat on the floor, while extending the

opposite leg out, resting it on the floor, toes pointed upward, arms alongside the body. With the exhale tighten the abs, lifting the head and shoulders off the floor, chin pointed toward the ceiling. No weight in the hands or elbows. We are working on strengthening the abdominal muscles which support the back. **Repeat 8-10 times**



Modified Curl-up

Side Plank Roll to one side coming up to your elbow making sure the elbow is directly under the shoulder so tuck it in a little more than you would think. (For beginner level keep the knees bent, with practice you can later try extending the legs.) Engage the abs, keep breathing normally, make sure the hips do not roll forward. **Hold**

5-8 seconds working up to 10. Switch sides



Side Plank

As this series becomes easier you may repeat the sequence 2-3 times.

WEEKLY CHALLENGE

Standing Side Leg Raise



- Stand up tall behind a sturdy kitchen chair holding on the back.
- Inhale lifting one leg to the side with foot flexed. Toes pointed forward.
- Exhale bring it back to the floor
- Do as many as you can working up to 10 reps.
- Repeat on opposite side.
- If you can already do ten on each side do another set on each side with up to 10 reps.

LISTEN TO YOUR BODY

Do only what you can. Back off if you feel pain. Next week we will talk about the 2 hour pain rule.

NEED TO CONTACT US?

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