

Start the exercises gradually doing only about 10 repetitions. As your strength improves gradually increase the number of repetitions up to 15 - 20 repetitions done in 3 sets 3 times a week.

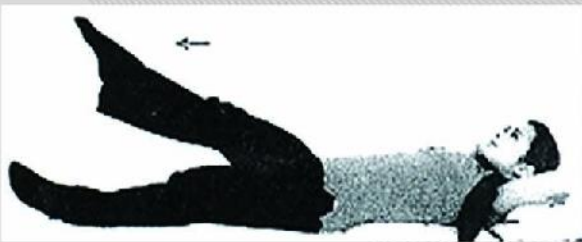
1.

Lie on your back.  
Lend your knees.  
Put towel below your back.  
Press on towel.



2.

Lie on your back.  
Take your legs sideways out and in.



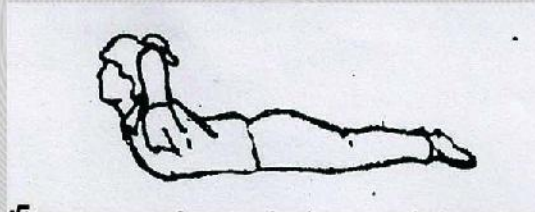
3.

Lie on your stomach  
Put your hand over your buttocks  
lift upper body up.



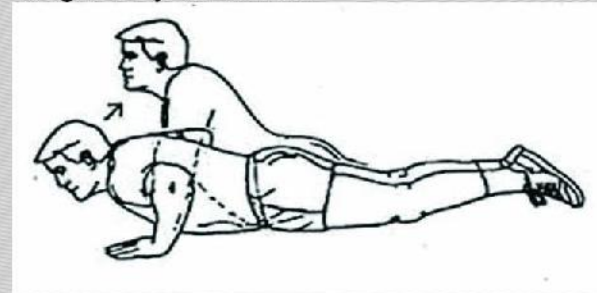
4.

Lie on your stomach  
Put your hand behind your head  
lift upper body up.



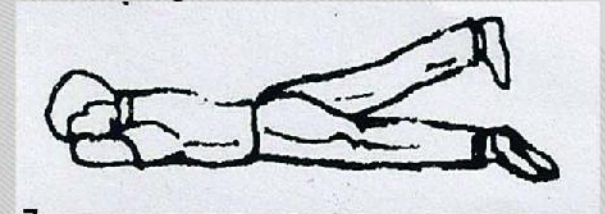
5.

Lie on your stomach, hands by your side,  
shoulder level, lift upper body up.  
Straighten your elbows and take all your  
weight on your hands.



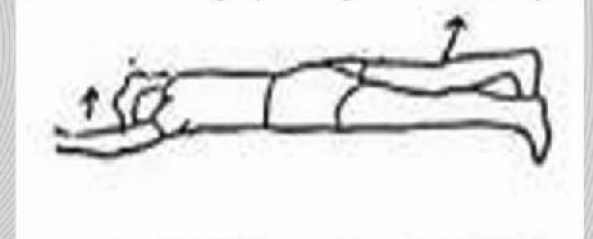
6.

Lie on your stomach  
Lift one leg up from the hips keeping  
knees straight.



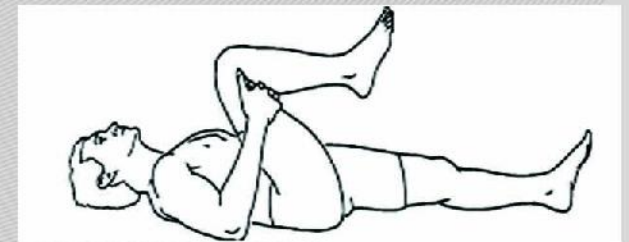
7.

Lie on your stomach  
Lift one hand straight up over head and  
lift alternate leg up straight from the hips.



8.

Keep one leg down and take the other leg  
towards your chest. Repeat with the other  
leg.



9.

Lie on your back.  
Take both legs towards your chest.



10.

Lie on your back, knees bent, hands straight facing the knees.  
Lift head, shoulders and slight upper body up so that your hands are touching your knees.



11.

Lie on your back knees bent hands by your side. Lift your waist up.



12.

Keeping knee straight lift leg up  
Hold for 5 counts abd relax.



**\*\*\* For detailed information on back problems and the overall good health of your spine, or for emergency medical attention consult us on 0722 935706.**

## Arthritis Hurts

Talking helps

Don't suffer in silence

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CONSULTING PHYSICIANS AND RHEUMATOLOGISTS

### BACK PAIN

The following instructions and exercises will help prevent back pain.

- ▶ Avoid lifting heavy weights in any form until the pain subsides.
- ▶ When getting up from bed, always turn to one side and then get up to avoid applying any form of pressure or stress on the weekend soft tissue.
- ▶ When lifting things from the ground or floor, **bend your knees** and not your back.
- ▶ Let the weight you are carrying be distributed equally in both hands and walk with your back straight.
- ▶ While working in standing position, bear your weight on both feet and maintain back in a straight posture.
- ▶ When sitting, maintain a straight back posture. **Do not slouch.**
- ▶ Sleep on a firm mattress.
- ▶ Exercise regularly.
- ▶ Always maintain a positive mental attitude.