

## Exercise Prescription: Prone Press-up

### Purpose of Exercise:

This is a self-treatment for low back pain can be used as one of the exercises to prevent low back pain from recurring once you have achieved full recovery.

### Frequency:

6-8 times per day or about once every 2 hours.

### Starting Position:

Lay prone with your hands under your shoulders, your head retracted (chin-tuck), and your feet pointed down.

### Exercise Description:

From the starting position, straighten your elbows and push up as far as pain permits.

#### Focus on:

- Keeping your shoulders down and back
- Relaxing your pelvis, hips, and legs
- Maintaining a good neck position
- Breathing deep into your abdomen

Hold this position for 2-3 seconds, then lower yourself back into the starting position. Repeat this movement 10 times per session. Try to raise your upper body progressively higher on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads from your back to leg or farther down your leg), discontinue the exercise.

### Pictures:

