

# Take Back Your Back

## Four Simple Exercises to Strengthen Your Back and Improve Mobility

Back pain is a common issue for older adults, but regular movement and gentle strengthening exercises can help relieve discomfort and support daily mobility. Try these four easy exercises at home to build strength, improve flexibility and take control of your back health.

### 1. Seated gentle backbend

**Strengthens:** Spinal extensors, neck muscles and chest

- Sit tall in a sturdy chair
- Rest your hands on your lower back and gently press in
- Inhale deeply and hold the position for five breaths
- Return to start

**Repeat:** 3-5 times

*Tip:* Keep your feet flat on the floor and avoid leaning too far back.

### 3. Bridging

**Strengthens:** Lower back, glutes and hamstrings

- Lie on your back with your knees bent and feet flat
- Lift your hips toward the ceiling
- Pause briefly, then lower slowly

**Repeat:** 8-10 times

*Tip:* Don't overarch your back — only lift as high as comfortable.

### 2. Bent knee raise

**Strengthens:** Abs, lower back and core stability

- Lie on your back with knees bent
- Slowly lift one knee at a time toward your chest
- Hold for five seconds, then return to start

**Repeat:** 8-10 times

*Tip:* Keep your movements slow and controlled to avoid strain.

### 4. Hip flexion stretch

**Improves:** Flexibility in the hips and lower back

- Begin on your hands and knees
- Slowly move your hips back as far as is comfortable
- Return to start position

**Repeat:** 8-10 times

*Tip:* Keep your spine straight and avoid rounding your back too much.



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