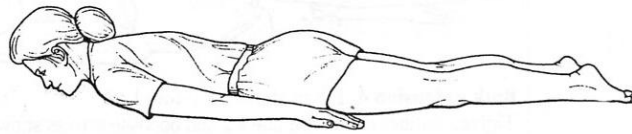


## Back Extension Exercises for Patients With Osteoporosis

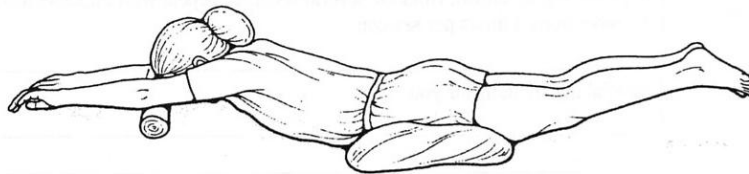
Exercises that help strengthen the muscles that support the spine may be especially helpful during the postmenopausal years. The back extension series illustrated in Figures 1 through 5 is an example of progressively more difficult exercises that can be performed several times per week. These exercises can also be performed individually in conjunction with resistance and weight-bearing routines.



**Back extension 1.** Lie on stomach with forehead resting on floor or towel roll. Raise head off the floor as shown. Hold for several seconds. Do 12 repetitions 3 times per session.



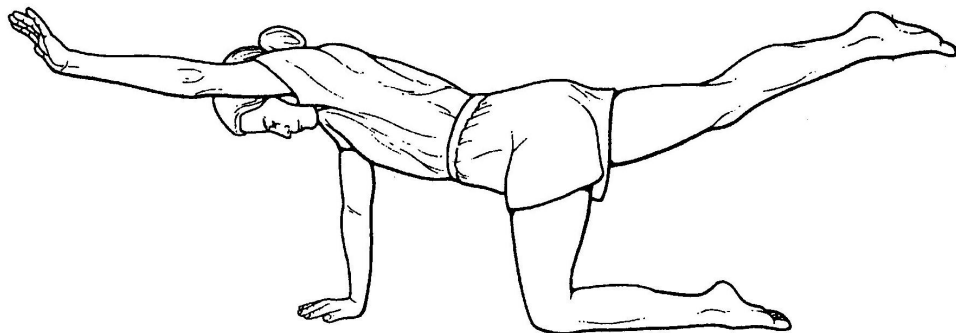
**Back extension 2.** Lie as shown with 2-in towel roll under stomach and arms overhead. Raise both arms up toward ceiling. Hold for several seconds. Do 12 repetitions 3 times per session.



**Back extension 3.** Lie as shown with towel roll under stomach and arms overhead. Raise head, arms, and legs off floor as shown. Hold for several seconds. Do 12 repetitions 3 times per session.



**Back extension 4.** Lie as shown with towel roll under forehead and pillow under stomach. Tighten buttocks and raise one leg and opposite arm as shown. Hold for several seconds; repeat with opposite leg and arm. Do 12 repetitions 3 times per session.



**Back extension 5.** Rest on hands and knees. Keeping back level, raise one arm and opposite leg as shown. Hold for several seconds; repeat with opposite arm and leg. Do 12 repetitions 3 times per session.