



# Exercises for your Back

Pelvic Tilt/  
Back Strengthening



Bridging



Single Knee to Chest



Cat and Camel



Double Knee to Chest



Back Extension



Hip Rolling



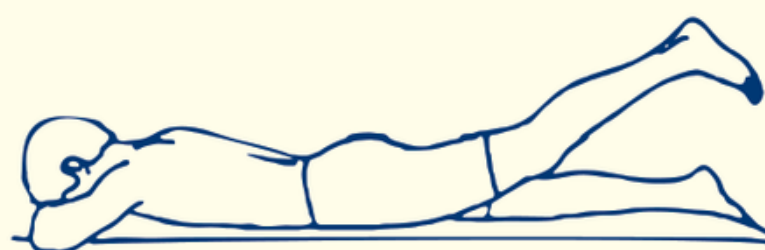
Press Ups



Straight Leg Raises



Hip Extension



Note: In each exercise hold the position for a count of 10 & Repeat 10 times



**ELITE**  
ORTHOPAEDICS

# Exercises for your Back

Pelvic Tilt/  
Back Strengthening



Bridging



Single Knee to Chest



Cat and Camel



Double Knee to Chest



Back Extension



Hip Rolling



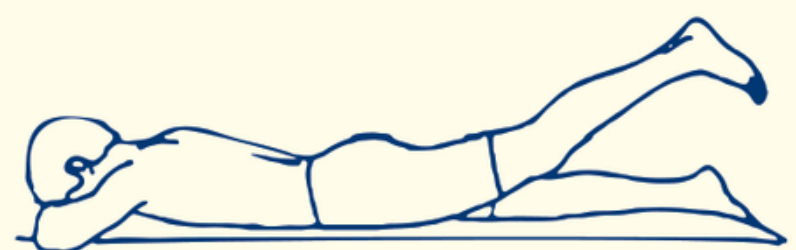
Press Ups



Straight Leg Raises



Hip Extension



Note: In each exercise hold the position for a count of 10 & Repeat 10 times

 86996-86996

 Email: [info@eliteorthoindia.com](mailto:info@eliteorthoindia.com)

 Website: <https://eliteorthoindia.com>