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EXERCISES FOR BACK PAIN



Modified Push-Up



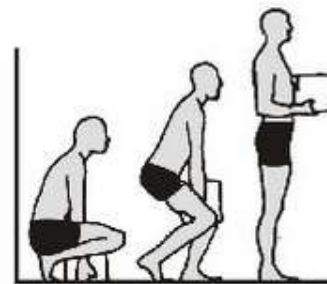
How to Stand



How to Bend



Modified Sit-Up



Use your knees to lift



Leg Lifts (front)



Alternate (back) Leg Lifts



Sit upright with a straight spine



Spine Stretch



While sleeping use a firm mattress & a low pillow

DO NOT EXERCISE IN ACTIVE PAINFUL CONDITION. CONTACT MY ASSISTANT FOR ANY HELP AT [9830491377](tel:9830491377)