Additional Exercises

Below are three additional exercises that can help strengthen your lower back, abdominals, and hips. These are important to help you be more active in your activities of daily living. You can do these exercises on the same or different days from the rest of your program.

**Hips**

A. **Start:** Stand beside a chair; hold the back of the chair for support if needed.
   
   **Finish:** Extend leg straight out to the side, about 30 degrees, or as comfortable as possible, without bending body. Pause. Return slowly. Repeat on other side.

**Lower Back**

B. **Start:** Lie on side with legs bent behind body. Support your body on a bent elbow directly under your shoulder.
   
   **Finish:** Lift your hips straight up so that the spine is in a straight line to the knees. Keep hips forward. Hold for 10-15 seconds and repeat on other side.

**Lower Abdominals**

C. **Start:** Start lying on back with one leg bent to 90 degrees, hands at your sides. Contract your lower abdomen by pulling your belly button toward your back.
   
   **Finish:** Raise extended leg to just above opposite knee. Hold briefly; lower slowly. Perform all repetitions on one side, then repeat on other side.