



(iv) Adopt the crawling position, flex your spine into a C-shaped curve.

B. Back Muscles strengthening exercises

(Repeat each exercise 10-15 times)

I. Backward pelvic tilt



Lie down and bend your knees. Contract your abdominal and hip muscles until your back is pushing onto the floor.

II. Backward pelvic tilt and sit-up



Put your arms at the back of your neck. Contract your abdominal and hip muscles and gradually lie down. Sit up again and repeat the exercise.

III. Backward pelvic tilt and strengthening of the lower abdomen



Contract the abdominal and hip muscles. Raise the legs and maintain the hip and knee joints at 90 degrees. Raise the hips slightly.

IV. Backward pelvic tilt and push up

Contract the abdominal and hip muscles. Push up with your knees bent.



V. Backward pelvic tilt and strengthening of the back muscles



Contract the abdominal and hip muscles. Lift the upper body slightly. (The tip of the nose should only be 2-3cm from the floor)

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Exercises of the Back

(Suitable for students having scoliosis)



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Exercises of the Back

The following exercises are helpful in promoting spinal health and they are suitable for persons having scoliosis. Stretching and mobility exercises should be followed by muscle strengthening exercises. Daily practice helps to stretch the spine, improve flexibility and strengthen back muscles. Carefully select exercises that suit your body. Never force yourself.

A. Stretching and Mobility Exercises

(Hold in position for 10-15 seconds. Repeat each exercise 10-15 times)

I. Stretching the hamstrings (back of thigh muscles)



- (1) Sit on the floor, gradually bend your body forwards, extend your fingertips to touch your foot. For beginners who have difficulty, a towel can be used for assistance.



- (2) Extend and spread your legs. Bend your body forwards, extending both hands to hold one foot. Repeat on the other side. For beginners who have difficulty, a towel can be used for assistance.

II. Stretching the back

(1) Rotation of the spine

Sit with your legs crossed. Keep both arms close to the body. Rotate your upper body from side to side with the head and arms following the movement.



(2) Lateral stretching of the spine

Stand against the wall with your legs slightly apart. Extend your arm. Laterally stretch your spine. Repeat on the other side.



Stand against the wall with your legs shoulder length apart. Extend both arms and stretch your spine laterally from side to side. Repeat on the other side.

(3) Flexing (bending) of the spine



- (i) Bend your knees and hold them towards your chest. Roll your body back and forth.



- (ii) Sit with crossed legs and with your back against the wall. Lower your head slowly towards your chest.

- (iii) Sit down and relax your posture until your spine is bending forwards.

