

Common Strengthening Activities for Spine Arthritis

- Squat



Stand with feet shoulder-width apart. Rest hands on a chairback, table, or counter if you need balance support. Bend your knees and hips as you sit back, as if sitting into a chair. Keep your chest out and your back straight. Pause briefly, then straighten your knees and hips to stand up.

- Plank



Begin on the floor on your hands and knees. Place your hands directly underneath your shoulders. Tighten your abdominal muscles and lift up onto your toes. You should be in a push-up position. Hold this position, with your back, hips, knees, and elbows straight. Perform on elbows or on knees to make it easier.

- Side Plank



Begin on the floor lying on your right side. Place your right elbow directly underneath your shoulder and your forearm pointing straight ahead of you. Place your left foot in front of your right foot so both feet are on the floor. Tighten your abdominals, and lift your hips off of the floor so your back is straight. Hold this position with your back, hips, and knees straight. Perform on your knees to make it easier.

- Bridge



Begin on your back, with your knees bent so your feet are flat on the floor. Place your feet hip-width apart, arms at your side. Tighten your abdominals, squeeze your buttocks, and lift your hips up off the floor until your hips are straight. Pause briefly, then slowly lower back to the ground.

- Back Lifts



Begin on your stomach, with a pillow or folded towel under your hips. Place a towel roll under your forehead for comfort. Place your hands behind your back or at your side. Tighten your abdominals and lift your chest off the floor. Pause briefly, then slowly lower back down.