

14 Back Exercises for Caregivers

Keep Your Back Strong While Lifting & Transferring!

1. Bridge with Knee Extensions



2. Bridge with Small Steps



3. Opposite Arm/Leg Dorsal Extension



4. Bridge with Knees Extended with Ball



5. Opposite Arm/Leg Extension with Ball



6. Back Extension with Ball



7. Prone Horizontal Abduction with Ball



9. Wall Squat with Ball



8. Prone Shoulder Extension with Ball

10. Chest Pull with Band



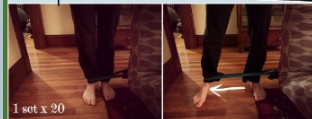
11. Scapular Retraction with Band



12. Extension with Band



13. Hip Abduction with Band



14. Hip Extension with Band

