

腰痛体操（１）柔軟体操（ストレッチ）

Exercises for lower back pain (1) Exercise Stretches

体操の注意 Guidelines

1 強い痛みを出してはいけない 無理せず行う

Pace yourself and do not try to exercise too vigorously.

2 はずみや反動はつけない 体の力を抜いて行う

Control your movements without any force or momentum.

3 ひとつの体操を５秒、１０秒、１５秒 回数は２～３回 １日に１～２度

Begin by doing each exercise for 5 sec. and increase it to 10 seconds, then 15seconds. Repeat this patter 2 to 3 times per set and ensure to complete one or two sets per day.



1 両膝を立てた位置から片膝を両手で抱え胸に近づける

Lie on your back. While keeping your feet on the floor, bend your knees. Hold one knee with both hands and bring your knee to your chest. Repeat the same process with your other knee.



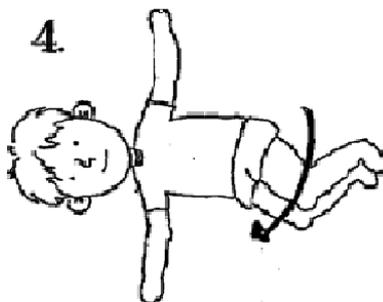
2 片膝を伸ばして片膝を両手でかかえ胸に近づける

Lie on your back with one leg straight on the floor. Hold your other knee with both hands and bring it to your chest.



3 両膝を両手で抱え胸に近づける

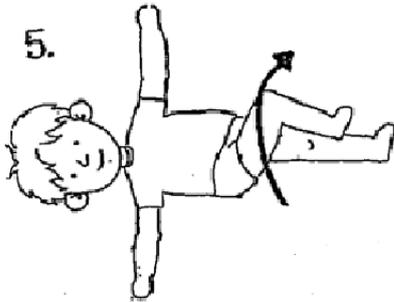
Hold both knees with both hands and bring them to your chest.



4 両膝を立てて横に倒して腰をねじる（反対の肩があがらないように）

Bring your knees up, while keeping your feet on the floor. Move your knees so that they are facing one side and ensure that your shoulders should stay flat on the floor.

Exercises for lower back pain (1)-2



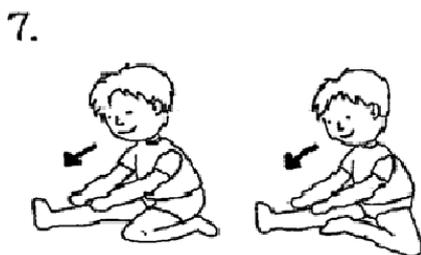
5 両足を交叉させて腰をねじる (4の増強法)

Cross your left leg over your right knee and roll both legs to the left. Switch side and repeat. (This help to enhance the technique shown in Step 4.)



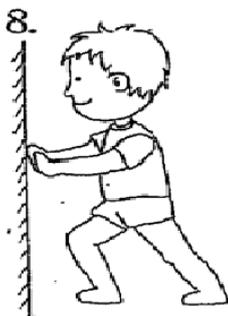
6 図のようにベッドに座り片膝を伸ばし膝の裏を伸ばす

Sit on the edge of a bed and straighten your knee so that it comes to a full extension, all the way to the back of the knee, as shown in the picture.



7 図のように片膝を伸ばし反対の膝を曲げるかあぐらをかき膝の裏を伸ばす

Extend and stretch one knee and cross or bend your other leg as shown in the picture.



8 図のようにアキレス腱を伸ばす

Stretch an Achilles' tendon as shown in the picture.

腰痛体操（２） 筋力強化（筋持久力）

Exercises for lower back pain : **(2) For the purpose of reinforcement of muscular strength.**

体操の注意 Guideline:

1 最初は5～6回から始め徐々に10回、20回と増やす

Start by completing each exercise 5 to 6 times, gradually increasing to 10 times and then 20 times.

2 各体操は力を入れたままで3～6秒間止めるとより効果的

These exercises will be more effective if you hold each position for 3 to 6 seconds.

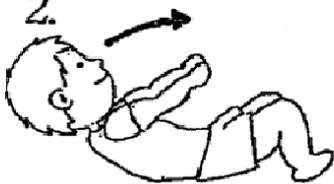
1.



1 図のようにお腹に力を入れる 背中の下の方を床に押し付ける

Tighten your stomach muscles as shown in the picture and lie flat with your back against the floor.

2.



2 両膝を曲げて背中を丸めながら状態を起こす 最初は両肘を伸ばす 次に胸で腕を組む又は耳に。

Round your back and raise your upper body with both knees bent. You can do this by first extending both arms forward. Once you've mastered this movement, you can also try crossing your arms in front of your chest or touching your ears.

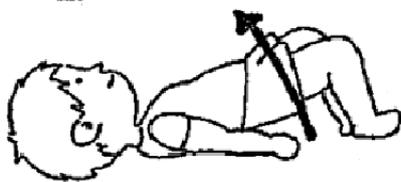
3.



3 体をやや斜めにしながら上体を起こす（左右交互に）

Raise your upper body and alternate between rotating left and right.

4.



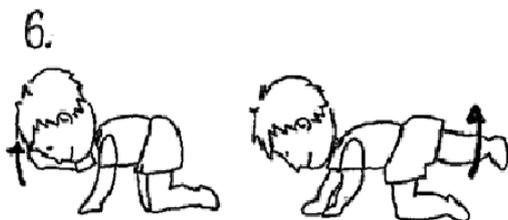
4 両膝を立ててお尻に力を入れ少し浮かせる 徐々にお尻を高く上げる

Bring your knees up and keep your feet on the floor. While tightening your buttocks, raise up slowly, gradually moving higher and higher.



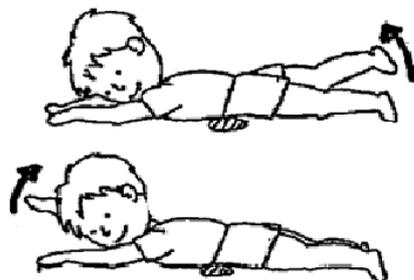
5 片膝を立てて片足を浮かせお尻を高く上げる

Bring one knee up with your foot still on the floor. Straighten your other leg in the air and lift your buttocks up as high as possible.



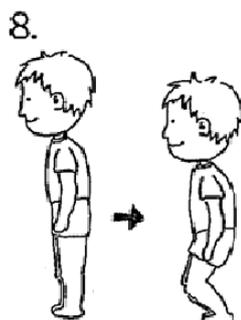
6 腹臥位又は四つ這いで片手、片足を交互に上げる

Kneel on all fours with your back straight. Tighten your stomach. Raise one arm in front of you and keep your back in a neutral position. Try to keep your pelvis level and do not rotate your body. Do this on each side. Next, instead of your arm, try lifting your leg behind and repeat on each side. Lie on your stomach and do the same movement.



7 座って片膝をしっかり伸ばし、ももに力を入れる (左右交互に)

Sit down on a chair and straighten the right knee by tightening your thigh. Do the same exercise for your left knee. Repeat, alternating between left and right.



8 両足を30cm程離しかかとをつけたまましゃがみまたゆっくりもどる (前かがみになりすぎないように)

Stand on the ground with your feet flat and 30cm apart. Squat and slowly move back to the starting position. (You may tilt your body forward slightly, but not too much.)

