

How to Do the Press-Up Exercise

The press-up exercise is a very small movement that may help you feel better when you have back problems.

Here's how to do it.

Lie on your stomach with your elbows and forearms on the floor, supporting your upper body.

Now press your elbows down into the floor to raise your upper back.

As you do this, relax your stomach muscles and allow your back to arch without using your back muscles.

Don't let your hips or pelvis come off the floor.

Hold this for 15 to 30 seconds.

Then relax back to where you started.

Do this exercise 2 to 4 times.

Remember, if an exercise makes you feel worse, stop doing it.

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