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The anterior abdominal muscles are made up of four muscle groups. These muscles are the rectus abdominis, transversus abdominis, internal oblique, and external oblique muscles. This group of muscles helps to stabilize the trunk, provide organ stability, and assist in flexion and rotation of the trunk. Strengthening these muscles helps support the body's frame and may decrease back pain and injuries. By keeping your abdominals strong, you can help support your back and limit the amount of stress placed upon your spine. If you have back pain, check in with your physical therapist (PT) and learn what you can do to comprehensively treat your pain. Your PT can help you find the best exercises for you, and he or she can help you attain and maintain good posture to keep your spine in its optimal position. Before starting any exercise program for your back, you must check in with your healthcare provider to ensure that exercise is safe for you to do. Abdominal crunches are a great way to strengthen your core muscles without placing too much stress on your lower back and spine. Here is how you do a proper crunch. Lie on your backBend your knees to a comfortable positionLock your fingers behind your head or cross your arms in front of your chestCurl your head, shoulders, and upper back off the floorKeep your lower back in contact with the floor; you should only rise up a few inchesBreathe out as you riseHold this position for three secondsSlowly return to starting positionRepeat 10 more times If you feel any back pain while you are performing the crunch, you must stop and check in with your healthcare provider or physical therapist. The low abdominal leg raise is a challenging, but effective, way to strengthen your lower abdominal muscles. Here is how you get it done: Lie on your backBend your knees to a degree that is comfortable for you. The straighter your legs are, the harder the exercise will be.Contract your abdominal muscles to lift your feet off the floor in an arc-like motionLift your feet about 10 inches upSlowly (in the same arc-like motion) return your legs/feet to the floorRepeat 10 more times Be cautious to avoid any strain to your lower back while performing this exercise. If you do feel pain, stop and check in with your personal healthcare provider. These twisting sit-ups are a great way to get your obliques into the action and working properly. Here is how you do them: Lie on your backBend your knees to a comfortable positionLock your fingers behind your headCurl your head, shoulders, upper and lower back off the floor and angle your left elbow toward your right kneeBreathe out as you liftHold this position for 5 secondsSlowly return to starting positionCurl your head, shoulders, upper and lower back off the floor and angle your right elbow toward your left kneeHold this position for 5 secondsAgain, breathe out as you liftSlowly return to starting positionRepeat 10 more times alternating your twisting motion Keeping your abs working properly is a great way to stay in shape, and by regularly exercising and maintaining proper posture for your back, you may be able to stave off any attacks of back pain or sciatica. There are several mechanical methods and physical agents therapists use to relieve pain, such as applying ice/heat packs, ultrasound, and electrical muscle stimulation (see Passive physical therapy). In addition to exercise, some manual therapy techniques are massage and mobilization. Pain is also relieved through active techniques and exercise therapy - exercises that stretch the sore muscles and increase their flexibility. Two common methods of exercise that provide pain relief include: The McKenzie approach to back exercises was developed specifically to centralize and relieve back related pain symptoms Dynamic lumbar stabilization exercises control pain by reducing motion at the injury location. This technique involves training muscles to automatically provide protective support during activity. advertisement Physical therapy involves evaluation of an individual's movement, physical capabilities, body type, and activity level in order to prescribe exercise and other physical means to help improve function. For certain conditions and diagnoses, a well-trained physical therapist will develop a customized exercise program based on research of the most effective spine exercises. The exercise program's pacing, specific exercises, and amount of practice with the physical therapist will vary depending on the condition and the individual's needs. Developing the right exercise for the individual sometimes requires trial and error, reviewing the person's response to the exercise, and adjusting the exercise accordingly. Proper Exercise Technique The proper exercise technique allows the patient to isolate the desired muscle/muscle group that increases the effectiveness of an exercise. A physical therapist will instruct a patient on the proper technique for performing each exercise in the individualized exercise program. Physical therapists strive to continually improve their exercise techniques, learning new ones as they come out, and scrutinizing new fads. The therapist will also cover posture and movement exercises, suggesting improvements for the patient that will provide added protection for the spine. Isometric exercise is a type of exercise that your physical therapist (PT) may have you perform after injury or illness. The term isometric comes from the root words "iso," meaning "same," and "metric," meaning length. During an isometric contraction, your muscle does not change in length and no motion occurs around the joint that that muscle surrounds. Les and Dave Jacobs / Getty Images Isometric muscular contractions can be used at any time during your rehabilitation or your home exercise program, but there are instances where they are the preferred exercise to perform. This may include: After surgeryWhen your muscle cannot contract forcefully enough to move the joint it surrounds.To help increase neuromuscular input to a specific muscle.When frailty makes other forms of exercise is impossible or dangerous. Ask your healthcare provider or physical therapist if isometrics should be a part of your rehab program before trying them. There are many benefits to using isometric exercise after injury or surgery. These may include: You can safely contract a muscle while protecting a surgical incision or scar tissue. Your muscle can be strengthened in a very specific range of motion around a joint. No special equipment is necessary to perform isometric exercises. Your physical therapist can help you determine if isometric exercise will benefit you for your specific condition. Isometric exercise can be a very effective form of exercise after injury or surgery, but there are some limitations as well. When you contract your muscle isometrically, the muscle gains strength in a very short range of motion (ROM). For example, shoulder external rotation isometrics performed with your arm at your side will only strengthen your rotator cuff muscles in the specific position that your arm is in. Strength gains realized by using isometrics are specific to the position that your joint is in during the exercise. If you wanted to strengthen your gluteal muscles in your hip using isometrics, you would have to contract your glute muscle in one specific position for several repetitions. Once you have done several reps of the exercise in one position, you would have to move your hip joint into a new position and repeat the gluteal contractions in that new position. This, of course, would be very time-consuming. To perform isometric exercises, you simply must find something stable to push against. For example, to isometrically strengthen your shoulder muscles, stand next to a wall and try to lift your arm out to the side. Allow your hand to press up against the wall so no motion occurs at your shoulder joint. Once you are pressing against the wall, hold the contraction for 5 to 6 seconds, and then slowly release the contraction. Perform 6 to 10 repetitions of the exercise, and you've completed one set of isometric exercise for your shoulder muscles. You can also use elastic resistance bands or tubing to perform isometric exercises. You can do this by holding the tubing in a specific position and then move your body away from the anchor point instead of moving your joint. Your muscles will contract against the increased resistance of the elastic tubing, and no motion will occur at your joint. Your physical therapist can help you obtain elastic bands or tubing and show you how to perform isometric exercises with the bands. Using isometric exercise can strengthen muscles in specific joint positions, but it can also help to improve neuromuscular recruitment of the muscles being trained. This can help improve the way your muscle contracts and can help you quickly realize gains in muscle recruitment while still protecting your joint after injury or surgery. Isometric exercise may also be used during physical therapy while using neuromuscular electrical stimulation (NMES). If you have difficulty contracting your quadriceps muscle after knee surgery, your PT may use NMES while you are in the clinic to improve the muscular function of your quadriceps. While you are using the NMES, your PT may instruct you to perform isometric quad setting exercises. If you are injured or have had surgery and are experiencing difficulty with normal functional mobility, your physical therapist can help you improve your strength during your recovery. He or she may use isometric exercises to help improve the function and strength of your muscles so you can quickly and safely progress in your rehab and return to your previous level of activity and function. Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Rhyu HS, Park HK, Park JS, Park HS. 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