Kraus-Weber Corrective Exercises

Kraus-Weber Corrective Exercises should be done whether the test is passed or failed. Extra attention should be given to the failing area. If the abdominal test or the flexibility test is failed, the subject has a 50% chance of getting back pain. If both tests are failed, the subject WILL get back pain.

Abdominals
Lie with your back on the floor, knees bent and hands clasped behind your head. Have someone hold your feet down while you roll to a sitting position. Do ten. If this is impossible, start in the sitting position with hands clasped across your chest and roll slowly down. Do ten. Within a few weeks you will be able to do the roll ups in this position as well. Then do the roll downs with hands behind head. In time you will be able to do the correct sit up.

Back Muscles
Lying face downward on the floor with the arms stretched ahead, lift the right arm upward and then replace it on the floor. Then lift the left arm and replace. Then both arms at once. Do this series five times. Follow this series by lifting the right leg with the knee held straight. Then the left leg, and finally both legs. Do this series five times.

Psoas
Lie on your back with hands at sides. Bring the knees to a bent position resting above the chest. This ensures that the spine is flat on the floor. Extend the legs straight up and return to the resting position. On the second extension, lower the feet six inches nearer the floor. Watch to see that the spine is still on the floor. At some point the spine will come off the floor. You have then gone too far. Return to the angle of the last successful extension and do ten.

Flexibility
Stand with feet apart, knees held straight and hands clasped behind the back. Lean forward from the hips but keep the head turned upward. GENTLY bounce the upper body downward ten times to the center, ten right and ten left. Follow this by allowing the whole upper body to hand loosely downward toward the floor. Repeat the GENTLE bounces to center, right and left.