

“Back Pain Exercises”

Most people have heard the term, “no pain, no gain.” Well, when it comes to exercising with back pain, this catch phrase does not apply

Usually, when you exercise, the soft tissue or muscles you are stimulating responds favorably by getting stronger or becoming more flexible. As the soft tissue may be injured, such as with a painful lower back, the response to aggressive exercise could be quite negative. Perhaps making your back pain condition worse since the soft tissue simply does not respond the same way as healthy soft tissue.

Exercise can be a great way to promote healing, increase metabolism, and introduce controlled loads so that soft tissue can adapt to normal stress or strain and make a complete recovery.

Important things you should remember while doing these back exercises:

1. You should **never** feel pain or discomfort. If you do, stop and seek professional help.
2. You should never hold your breath during exertion. This could cause you to become faint or dizzy.
Counting out load is helpful when doing your lower back exercises if possible.
3. Perform sub-maximal contractions. Never be aggressive during exercise. “No pain, no gain” does not apply to this program.
4. Follow the instructions and use the pictures as guides to achieve proper form.

Only perform exercise(s) that feel good. Choosing which exercise(s) to perform can be a challenge, so when in doubt skip it. You can always go back to it on another day and try it again.

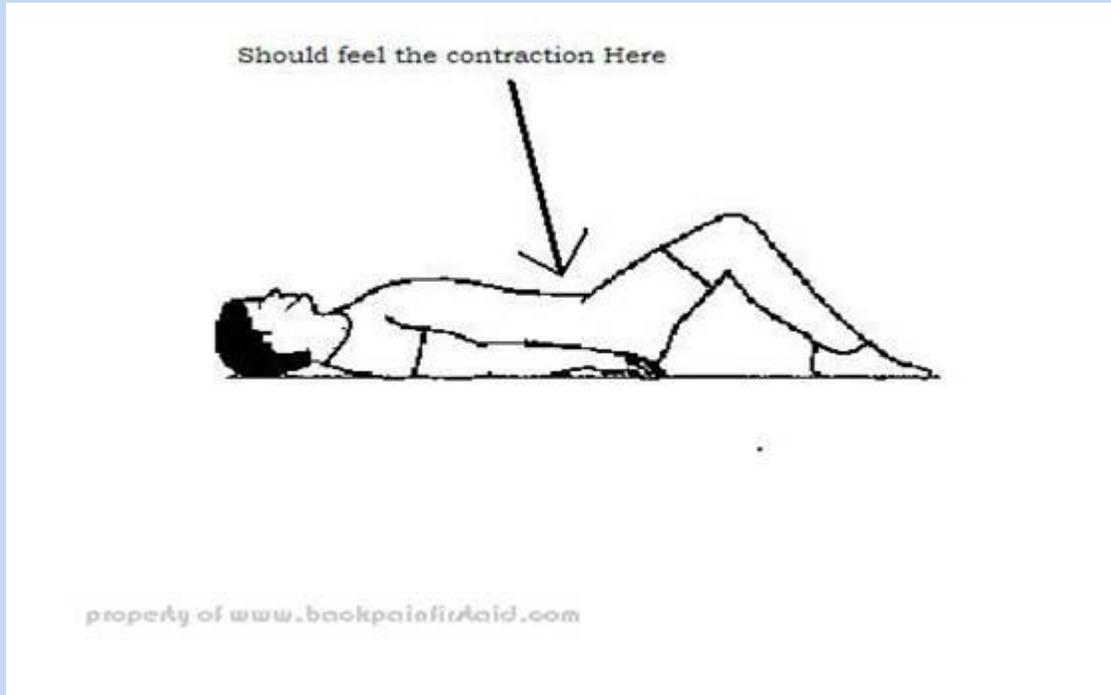
It is not uncommon to feel some residual soreness over the next one to two days following some of these basic exercises.

It is simply a byproduct of performing an activity that you are not accustomed to and as your conditioning improves, less residual soreness will occur. Above all else, use common sense.

For more information on curing back pain or healing back pain fast go to <http://www.bulgingdiscfixed.com>

Before beginning any exercise program, it is recommended that you first consult a physician. Only a physician can determine what type of lower back exercise, the frequency, and the intensity that is appropriate for each individual.

Back Pain Exercise #1, Neutral Spine in Supine



Start position is lying on the back with knees bent.

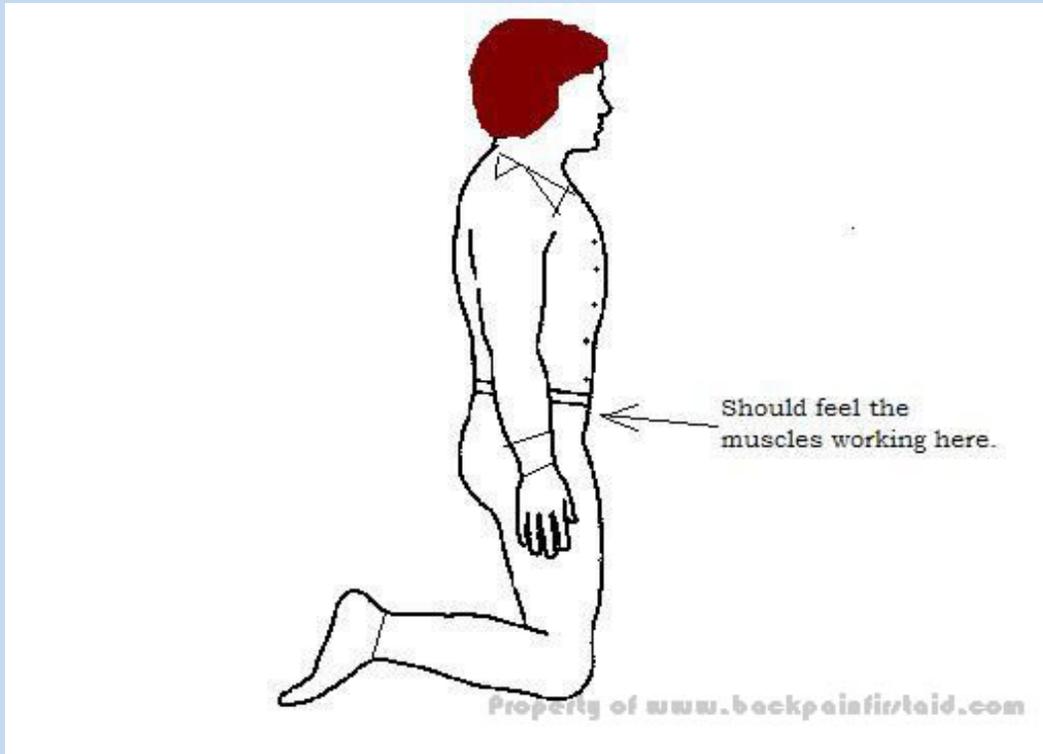
Find your neutral spine by arching your lower back and then flexing or rounding out your back. Neutral spine is in the middle or in between these movements.

While in a neutral spine, imagine bringing your belly button or navel back into your spine and up into a position under your ribcage. A good way to think of this is by imagining that you are attempting to button a pair of pants that is a size too small and you have to sort of suck your stomach in!

Hold this position with your belly button for 5 seconds.

Relax and repeat for a total of 15 repetitions.

Back Pain Exercise #2, Neutral Spine in Tall Kneeling



Get into a tall kneeling position like above.

Find your neutral spine by arching your lower back and then flexing or rounding out your back. Neutral spine is in the middle or in between these movements.

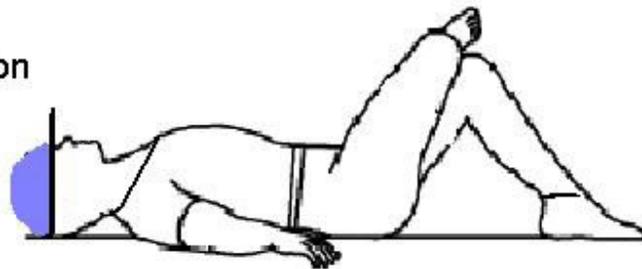
While in a neutral spine, imagine bringing your belly button or navel back into your spine and up into a position under your ribcage. A good way to think of this is by imagining that you are attempting to button a pair of pants that is a size too small and you have to sort of suck your stomach in!

Hold this position with your belly button for 5 seconds.

Relax and repeat for a total of 15 repetitions.

Back Pain Exercise #3, Quadratus Lumborum Stretch

Start Position



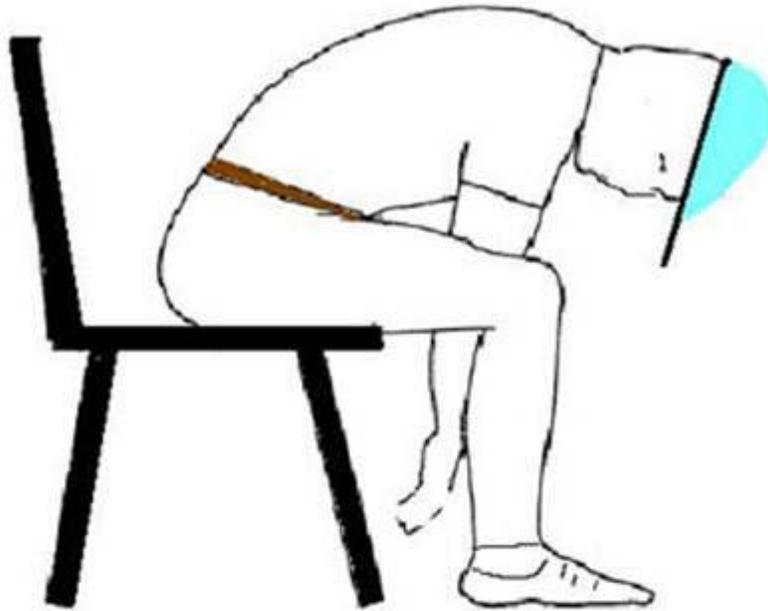
End Position



Lie on back (use bed or floor), keeping knees bent, as shown.
Lift right leg over left knee.
Use right leg to pull left leg down.
Perform 5 repetitions.
Hold each repetition for 10 seconds.
Switch using left leg over right knee.

Stretch only to within your limits, do not force movement.
Do not try to push knee all the way to floor.

Back Pain Exercise #4, Lower back stretch in Sitting



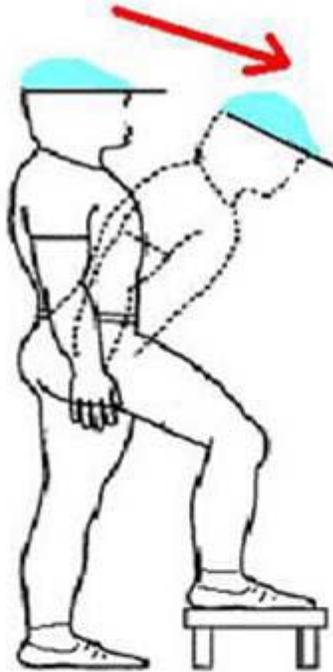
Sit in chair, knees shoulder distance apart.
Place arms between legs and lean forward toward floor.
Return to start position.
Repeat for 5 repetitions. Hold each repetition for 10 seconds.

To feel a greater stretch, grasp legs and attempt to bring your body closer to your thighs.

Never force the movement or go into pain.

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Back Pain Exercise #5, Lower back stretch in standing



Place right foot on a step stool.

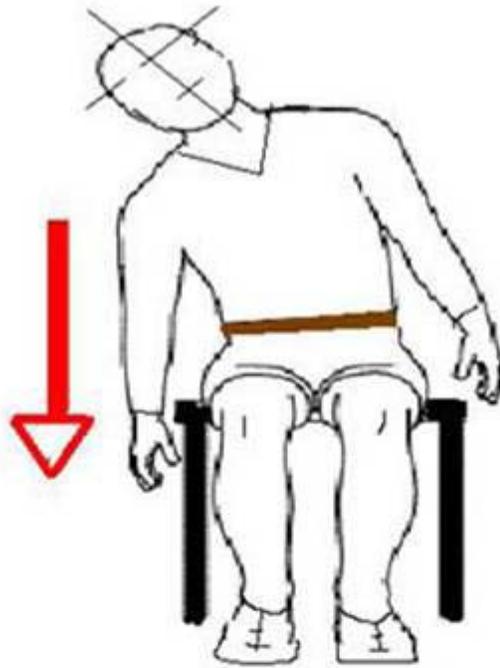
Keep back straight and lean forward at the hip joint until you feel a stretch in low back.

Hold for 10 seconds and return to start position.

Perform 5 repetitions and then repeat on left side.

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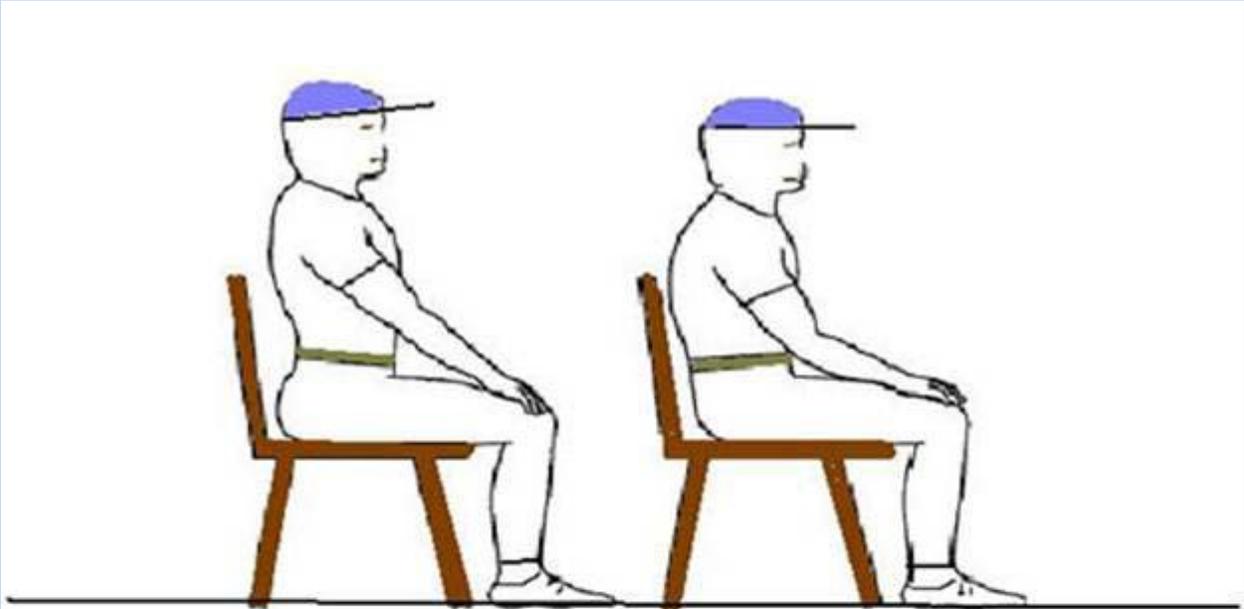
Back Pain Exercise #6, Lumbar Side bending Stretch in Sitting



Sit in a chair without arms, place your arms at side, elbows straight.
Bend sideways to left, gently reaching toward floor.
Return to start position.
After 10 repetitions lean to right and perform on opposite side.
Do one side at time.

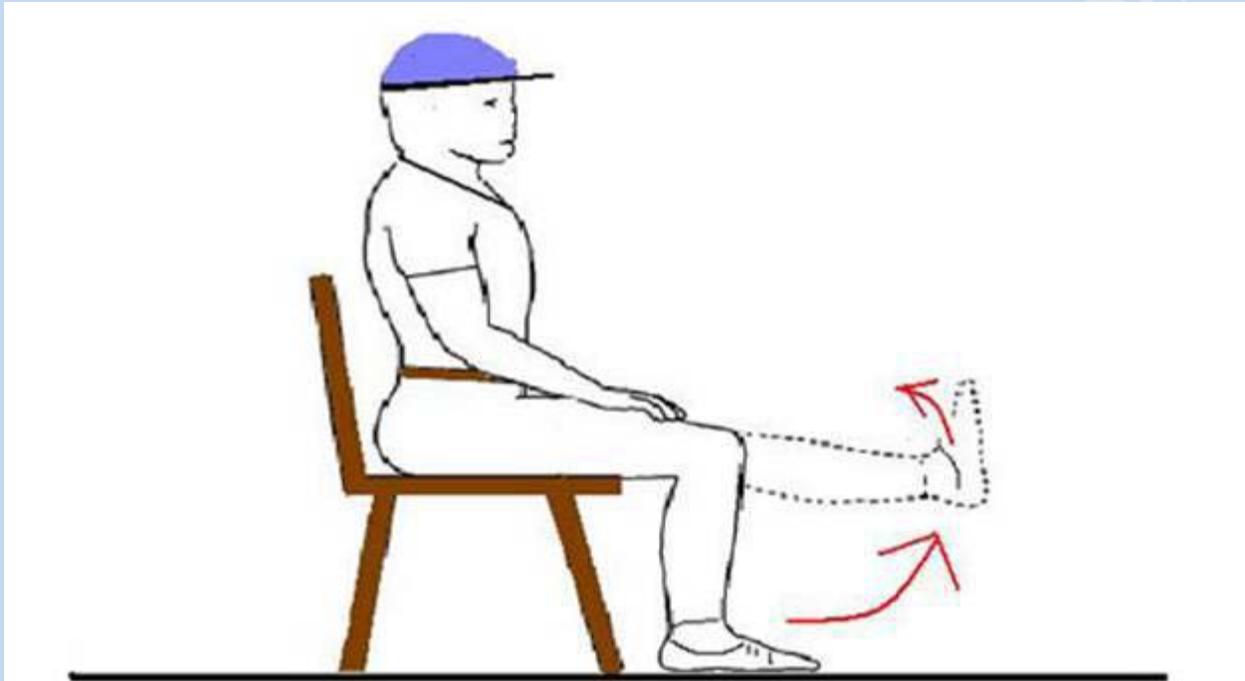
Do not force the movement.

Back Pain Exercise #7, Active Slouch Correct in Sitting



Sit in chair with proper posture, low back slightly arched.
Slowly round lower back, flattening lower back (do not go into pain).
Slowly return to arch position, trying to increase the arch.
Repeat for 10 repetitions. Once a day.

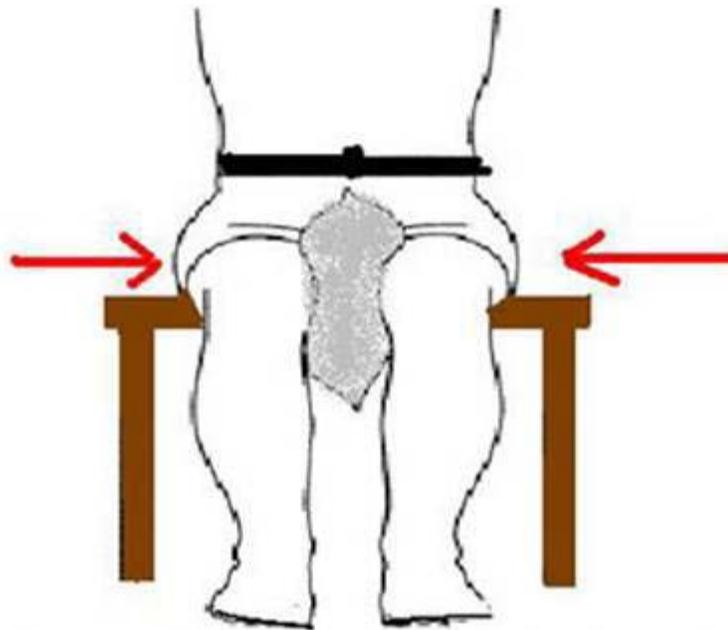
Back Pain Exercise #8, Active Hamstring Stretch in Sitting



Sit on a firm chair, knees bent.
Keep a proper curve in low back, as shown.
Flex left foot upward, while straightening knee.
Perform 5 repetitions. Holding for 10 seconds.
Repeat stretch with other leg.

Do not allow low back to lose the curve. It is not uncommon to experience trembling in the leg you are stretching.

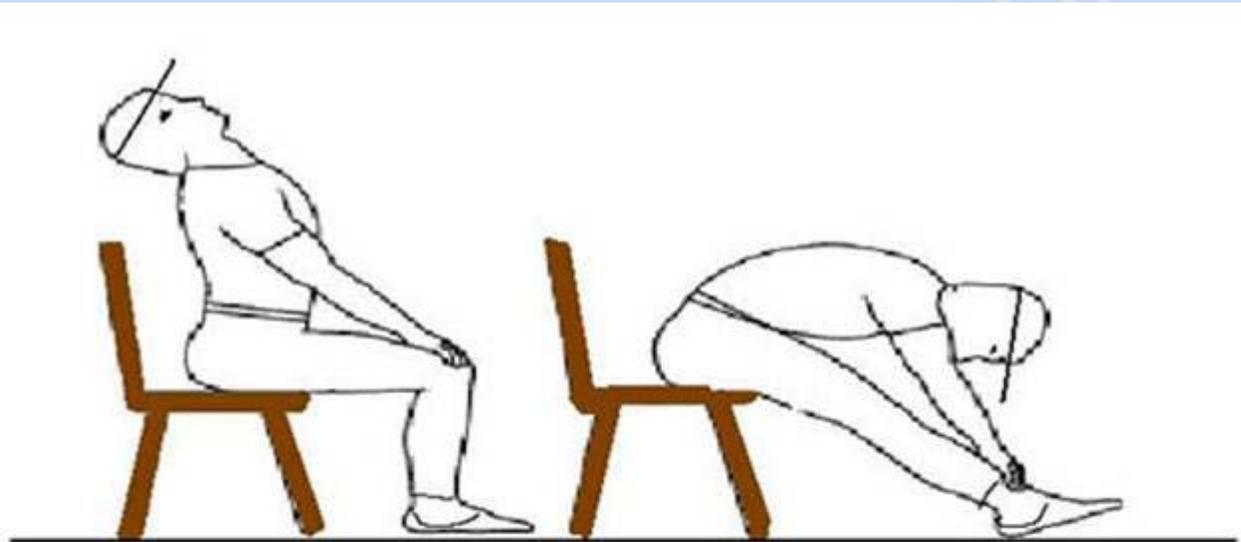
Back Pain Exercise #9, Isometric Adduction in Sitting



Sit in chair or on firm surface, place large pillow between knees.
Squeeze legs together.
Hold for 10 seconds.
Repeat 10 times.

Do not hold your breath. Count out loud.

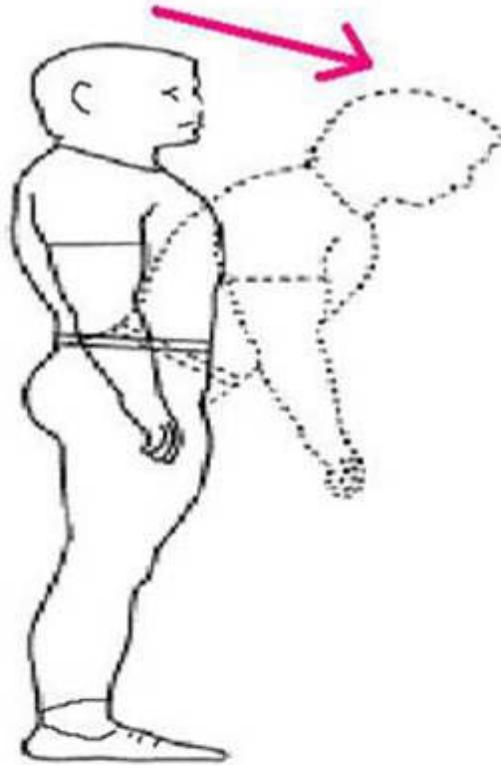
Back Pain Exercise #10, Cat-Camel in Sitting



Perform while sitting.
Arch back, tilt chin up comfortably.
Lean forward, stretching arms to feet, rounding back.
Stay in painfree range of movement.
Do not force.

Hold for 10 seconds.
Repeat for 5 repetitions.

Back Pain Exercise #11, Lumbar Eccentric Loading



Stand with hands at sides..

Slowly bend forward, bending only at the hip joint.

Allow arms to hang in front as you bend.

Return to standing position by straightening at the hip joint.

Do not bend or arch low back. Maintain neutral spine.

Perform 10 repetitions.

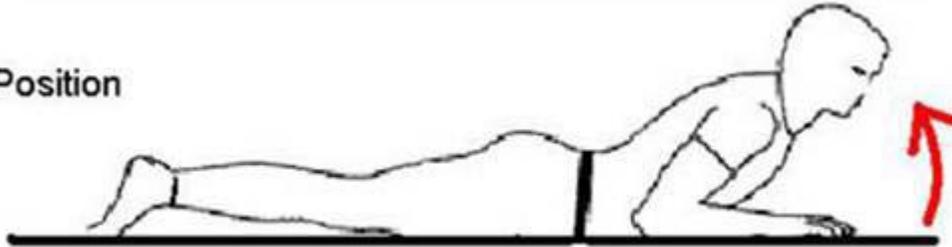
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Back Pain Exercise #12, Press-ups in Prone Position

Start Position



End Position



Lie face down on stomach, elbows bent, hands beside face.
Push up onto elbows, keeping hips on floor.
Exhale at top position.
Return to start position and repeat.

Do not go into pain. Stay in painfree range of movement.
Do not force movement.

Perform 10 repetitions.

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