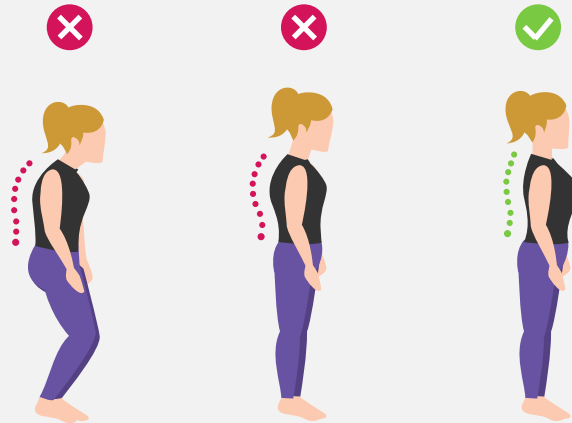




TIPS FOR EXERCISING with back pain



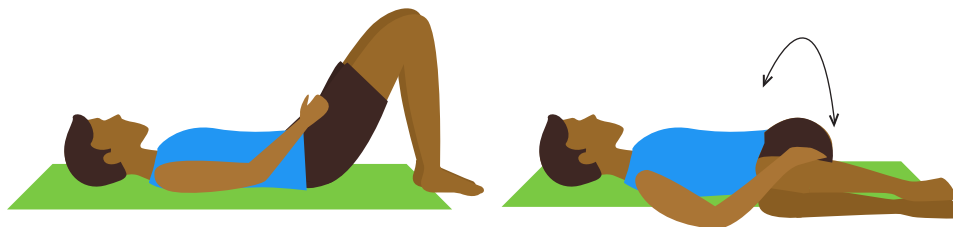
Start with good posture using neutral spine.

While standing or on the floor, imagine a rod running down your back to stand straight. Use your abs to support your back and as you progress through movements. Don't tilt your pelvis too much or round your back.

Stop: Talk with your doctor before starting an exercise program. Listen to your body. If you feel pain or cannot maintain neutral spine stop.

WARM UP STRETCHING

Regular stretching will help loosen tight muscles while strengthening your back.



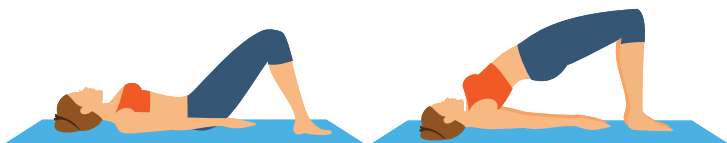
Trunk Rotation

- Lie on your back.
- Place your feet flat on the floor floor and bend your knees at a 45 degree angle.
- Roll both knees slowly to the right as far as you can. Bring your knees back up to center and roll both legs over to the left as far as possible.

STRENGTH TRAINING TO BUILD MUSCLES

Focus on exercises that can build strength in the core muscles of your back, abdominals, buttocks and hamstrings. Use light weights or body weight.

Protect your back. Avoid exercises that involve extreme or abrupt moves. Instead, move slow and steady focusing on the flexion and extension action in the muscles.



Glute Bridge

- Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees.
- Tighten your abdominal and buttock muscles.
- Raise your hips to create a straight line from your knees to shoulders.
- Hold for 5 to 10 seconds. Do two sets of 10 repetitions each.



Supine Bicycle

- Lie on your back with knees bent and feet on the floor. Hands behind head.
- Move legs in a bicycle pedal motion. Rotate your torso to move your elbow toward opposite knee as it comes up. Your elbow does not have to touch knee. Be sure to keep back in a neutral position and do not allow low back to lift or arch up.
- You may need to bicycle legs at a higher angle in order to keep low back in proper position.
- Don't pedal too fast or you will lose benefit of the exercise due to momentum helping.
- Do 10-20 repetitions per leg. 2-3 sets.



Bird Dog

- Begin on all fours with your hands directly under your shoulders and your knees directly under your hips.
- Pull your abs in to your spine. Keeping your back and pelvis still and stable, reach your right arm forward and left leg back.
- Don't allow your pelvis to rock side to side as you move your leg behind you. Reach through your left heel to engage the muscles in the back of the leg and your butt.
- Avoid sagging or rounding your back. Don't push the stretch too far.
- Return to the starting position, placing your hand and knee on the floor. Repeat on the other side.



Marshfield Clinic
Health System