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"treating the cause of your problem, not just the symptoms"

Exercises to Prevent Back Pain

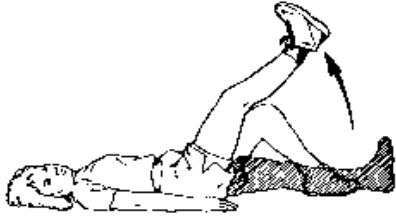
You can minimize the potential of experiencing back pain with exercises that make the muscles in your back, stomach, hips and thighs strong and flexible. Some people keep in good physical condition by being active in recreational activities like running, walking, bike riding, and swimming. In addition to these conditioning activities, there are specific exercises that are directed toward strengthening and stretching your back, stomach, hip and thigh muscles. By combining specific strengthening and stretching exercises with regular chiropractic care, you are less likely to suffer from back pain. If you are unfortunate enough to already have a problem, these exercises may help accelerate your recovery. However, before beginning any exercise program, you should discuss the program with your chiropractor and follow his or her advice. The following are a few simple exercises you can do to help prevent low back pain:



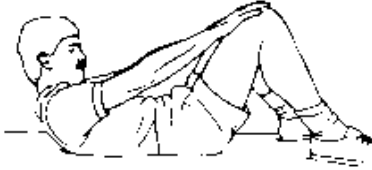
Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with knees bent to about 90 degrees. Count to five and slide back up the wall. Repeat 5 times.



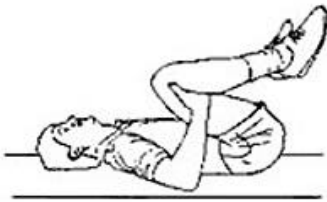
Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.



Lie on your back with your arms at your sides. Lift one leg off the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg. If that is too difficult, keep one knee bent and the foot flat on the ground while raising the leg.



Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach with both hands toward your knees. Count to 10 and repeat five times.



Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Start with five repetitions, several times a day.

If you have any questions about these or any other exercises, please do not hesitate to call me at my office.