

# Dr. Colin Gage

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Nicola Valley Chiropractic  
2076A Granite Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax: (250) 378-8259  
Email: info@merrittchiro.com  
Website: www.merrittchiro.com

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

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## Be Proactive by Doing Low Back Exercises

Once you already have an acutely sore back, it is "too little, too late" in regards to starting an exercise program. You need to be doing the exercises regularly so that your back doesn't get sore in the first place. To help you get started, below are some simple ones that I would recommend. These exercises should be carried out slowly and deliberately. If you have pain when you perform any of them, limit the particular exercise movement so that you are comfortable. If you feel pain when you start any movement, then it should not be carried out and see your chiropractor immediately.



Starting position for all exercises is on all fours. Hands should be placed shoulder width apart, arms and thighs vertical. Use an exercise mat if you have one.



Arch the back, at the same time, look down at the floor. Then lower the stomach towards the floor, hollowing the back and at the same time look up to the ceiling (if you are pregnant you should not do the second part of this exercise hollowing your back, instead keep your back straight).

**Repeat 10 times.**



Raise one hand off the floor, reach underneath your body as far as you can. On the return, **SLOWLY** swing the arm out to the side as far as you can then return to the starting position.  
**Repeat 10 times**



Stretch one arm forward in front, at the same time stretching the opposite leg out behind.  
**Repeat 10 times**



Sit back on your haunches. Lower the body forward and down so that the nose goes as close to the ground as comfortably possible. Move forward, running your nose along the ground as far as you can go before coming upright and repeating.  
**Repeat 10 times.**

If you have any further questions or feel that you may require some treatment for an existing low back condition, please do not hesitate to call my office directly.