

Dr. Colin Gage

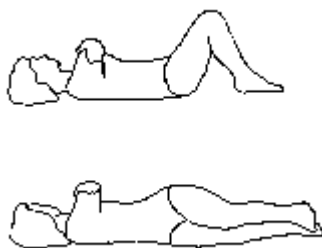
Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

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"

Simple Low Back Exercises

Very few people that enter my office with acute or chronic low back pain can honestly say that they stretch or exercise their low back on regular and preventative basis. This is one of the many reasons why they are in the predicament they are in. Therefore, I thought it would be worthwhile to teach you a few simple low back exercises so that you can get started *before* you begin to suffer with symptoms.



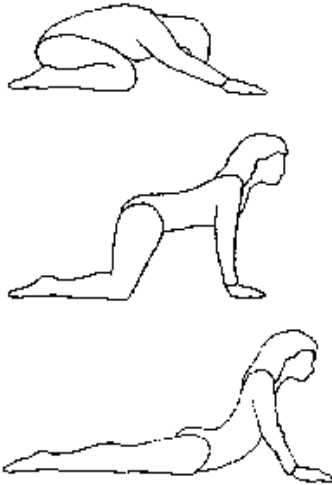
Starting Position: Lie on your back on a table or firm surface. Both knees bent, feet flat on the table.

Action: Cross your arms over your chest. Turn your head (trunk) to the right as you turn both knees to the left. Allow your knees to relax and go down without forcing. Hold for fifteen seconds. Bring knees back up, head to center. Reverse directions. Do each side five times.



Starting Position: Kneel down on the floor and assume the "all-four's" position. Keep your head straight so that the gaze of your eyes is toward the floor.

Action: Slowly allow your trunk to sag as far as you can so that your back is arched. Do not pull it down, but let it relax as you lift up your face towards the ceiling. Then round your back up at the waist as far as you can by contracting your lower abdominal muscles as you lower the top of your head toward the floor. All motion should be initiated from your low back. Hold each of these positions for five to ten seconds and repeat five times.



Starting Position: Kneel on a mat with your knees and ankles. Allow your buttocks to rest on your heels.

Action: Take your upper body over so you are in a crouched position with your arms stretched out in front of you. Relax in this position and then slowly move forward with your elbows straight into a press-up position. Hold for fifteen seconds and repeat five times.

If you do at least these three exercises as described above each and every day, your low back joints will remain mobile and the muscles will stay flexible. If these exercises are combined with regular chiropractic care, the results are even more significant. If you feel any pain during these exercises, stop immediately and see your chiropractor!