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

Low back exercises



1) Lie on the floor in a push-up position. Gently push your shoulders and chest up off the floor, while keeping your pelvis on the floor. Do this very slowly and stop immediately if you feel any sharp pain. Only go as far as what is comfortable for you --it may not be as far as what you see in the diagram. Hold for five seconds and repeat eight to ten times.



2) Unless you have a partner, you will have to slide the heels or your feet under a couch or bed to stabilize your lower body. Your arms can be outstretched to add greater resistance or bent at the sides of your head to make it easier. Slowly and gently lift your chest and shoulders off the floor a few inches while your legs and pelvis remain on the floor. Do not go up too far or you risk hurting your back. Hold for five seconds and repeat eight to ten times.



3) These are commonly called "crunches". Lie on your back with the knees bent to ninety degrees. Keep your arms to your side. Slowly lift your shoulders and head up off the ground only a few inches. Hold for one or two seconds. DO NOT allow your lower back to come up off of the floor! Repeat until you feel the stomach muscles burn a little. Repeat four times. Remember that your abdominal strength is twenty percent of your lower back strength.