

LOW BACK EXERCISE

The following exercises are designed to gradually increase strength and flexibility in the low back and surrounding musculature. Continue to do the exercises after your back injury has healed. This will decrease the chance of re-injury and future back problems.

1. Study the position of each figure carefully before performing each exercise.
2. Do this routine at least 3 - 5 times a week, daily is preferable.
3. Discontinue any exercise which causes pain, until you can add it to the program without it causing discomfort. If pain persists, consult your Doctor of Chiropractic.
4. Begin by completing 5 repetitions of each exercise, except those which state **ONLY ONCE** in caption.
5. Add additional repetitions as you can tolerate comfortably. Work 15 repetitions of each. Continue to do only one repetition where instructed.
6. Perform all exercises smoothly, never jerk or bounce from one position to another.
7. Unless the caption says otherwise, when an exercise is done, to both sides of the body, complete the repetitions to one side and then repeat to the other side.

1



Keeping lower back flat, bring each knee to chest for 30 seconds. Alternate legs. **DO ONCE.**

2



Keeping lower back flat, bring knees to chest for one minute. **DO ONCE.**

3



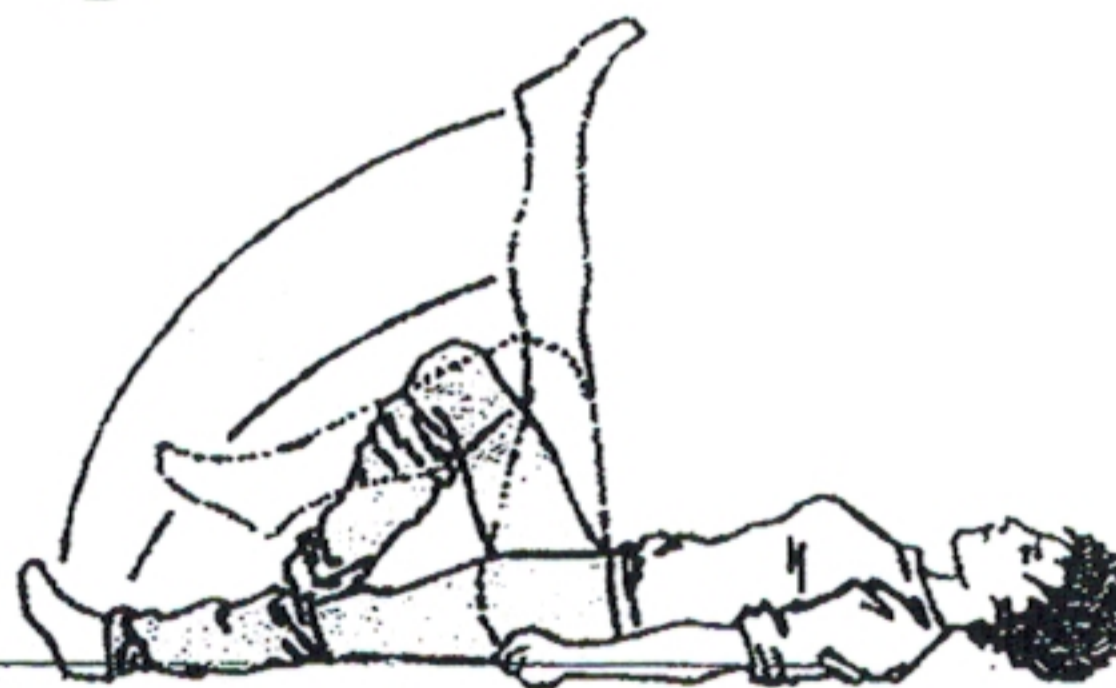
Keeping lower back flat on floor, curl upper body toward pelvis until hands cup kneecaps. Hold 2-3 minutes

4



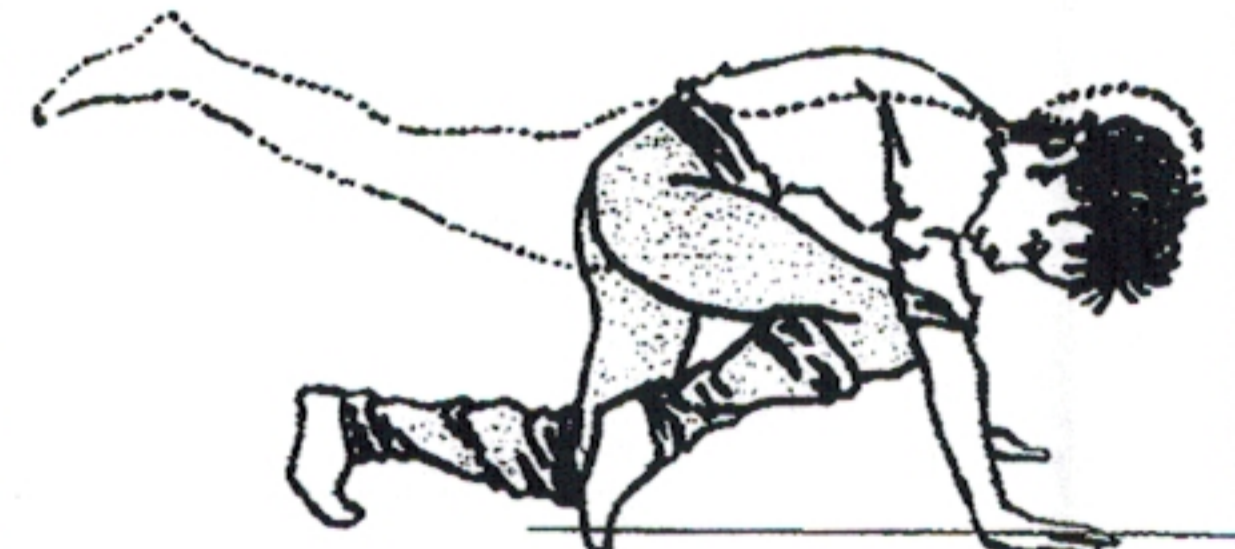
Tilts hips toward head, pressing lower back firmly to floor and tightening abdominals. Hold 2-3 seconds.

5



Pull leg to bent position then follow motion as shown. Complete all repetitions to one side.

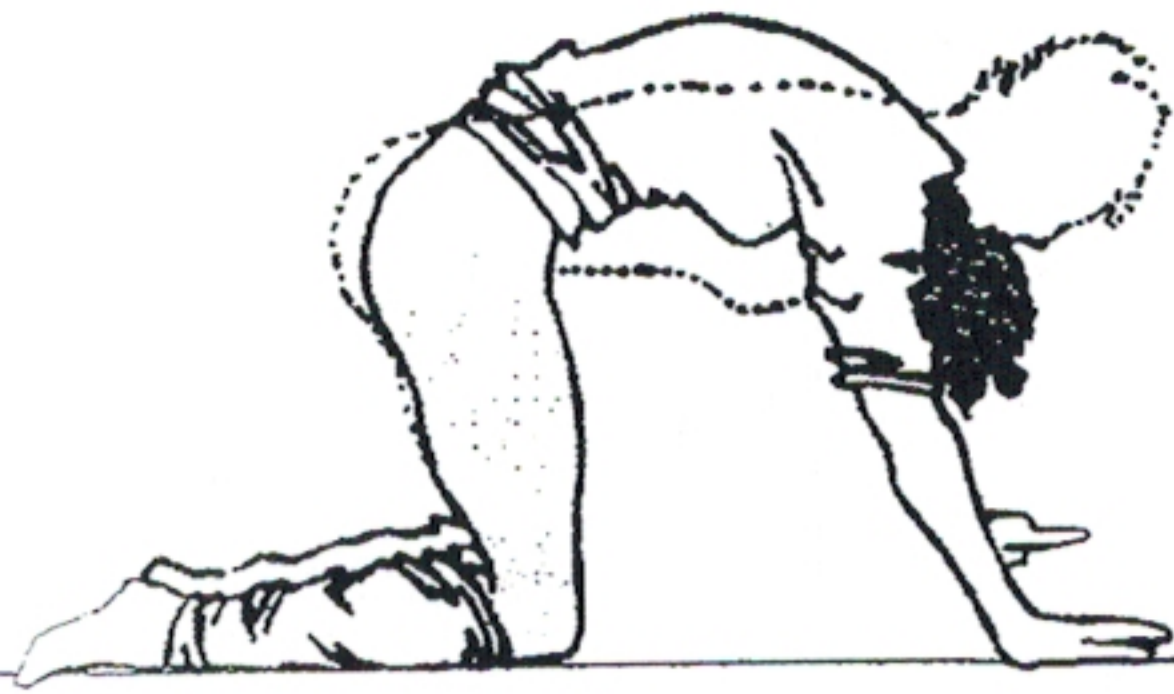
6



Tuck leg to chest, then drive leg back and up until it is straight and level with body.

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7



Arch entire back. Bring pelvis forward and chin to chest while tightening abdominals. Hold 2-3 seconds.

8



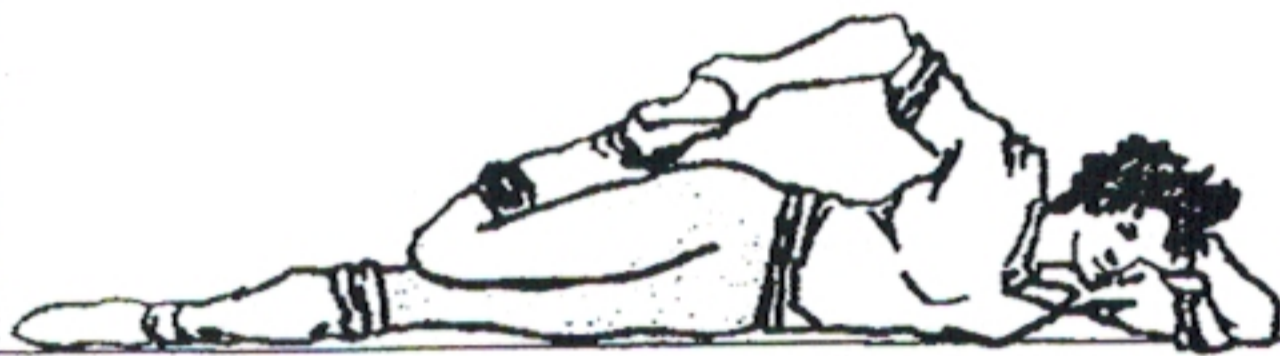
Raise one hand and opposite leg six inches off the floor for three seconds. Alternate sides.

9



Tighten buttocks while pressing pelvis to floor. Hold 2-3 seconds.

10



Pull heel to buttocks while contracting abdominals. Hold 30 seconds. Stretches thigh. DO ONCE.

11



Keep back of leg on floor. Bend only from the waist. Hold 30 seconds. Stretches back of leg.

12



From position shown, lower body toward wall by bending elbows. Keep rear heel on floor. Hold for 30 seconds.

LIFTING TECHNIQUE



- Keep head up.
- Bend at hips and knees.
- Do not bend at waist.
- Keep back straight.
- Grip object firmly.
- Get down to level of object.
- When turning, move the whole body, not just the upper body.

BACK CARE TIPS

- Do not lift heavy objects above your waist.
- Heavy objects should be held close to your body.
- Carry only those things you can handle with ease.
- Avoid sudden or jerky movements.
- Avoid shoes with high heels.
- When standing for long periods of time use an elevated footrest and alternate feet.

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OFFICE EXERCISE ROUTINES

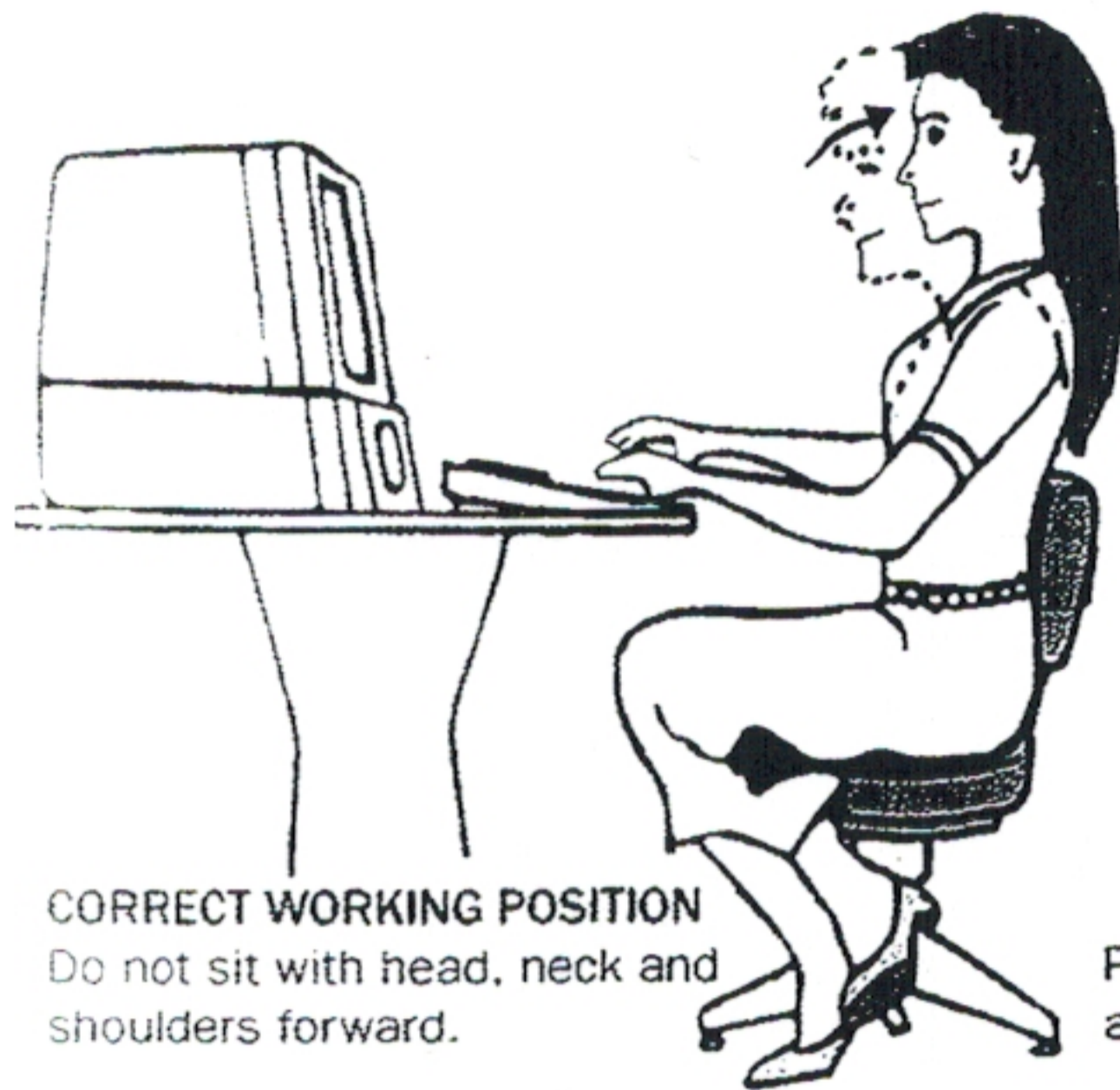
PURPOSE

This program is designed to reduce muscle tension in the neck, shoulders, and back brought on by daily office routines. This program should be done in conjunction with a sound exercise and nutrition program.

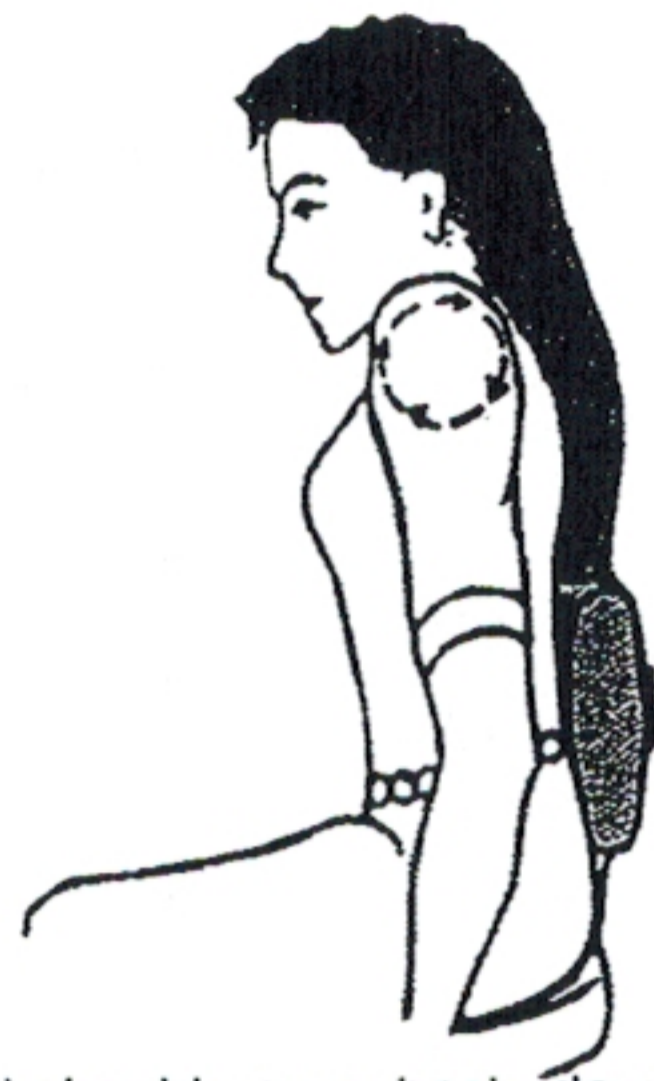
GENERAL DIRECTIONS

1. Slowly and deliberately apply.
2. Hold each position for 15-30 seconds
3. Breathe during the exercises.
4. You should feel tightness, never pain.
5. If you experience any pain, stop and check with your doctor.

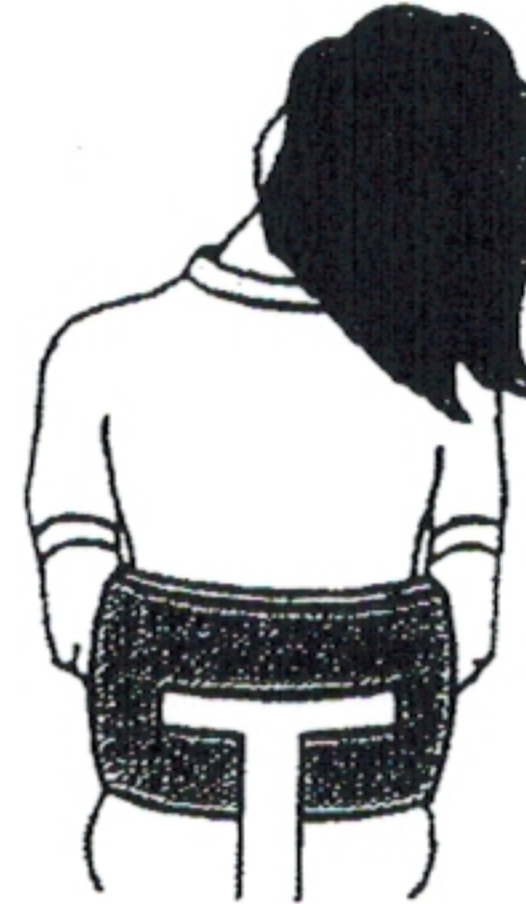
OFFICE ROUTINE: 1. Do each exercise 2 to 3 times. 2. Do the entire routine 2 to 3 times a day. 3. Take a brisk walk at lunch. 4. If possible, do not work in one position more than an hour at a time without a small break.



CORRECT WORKING POSITION
Do not sit with head, neck and shoulders forward.



Pull shoulders up, back, down, and forward in a circular motion.



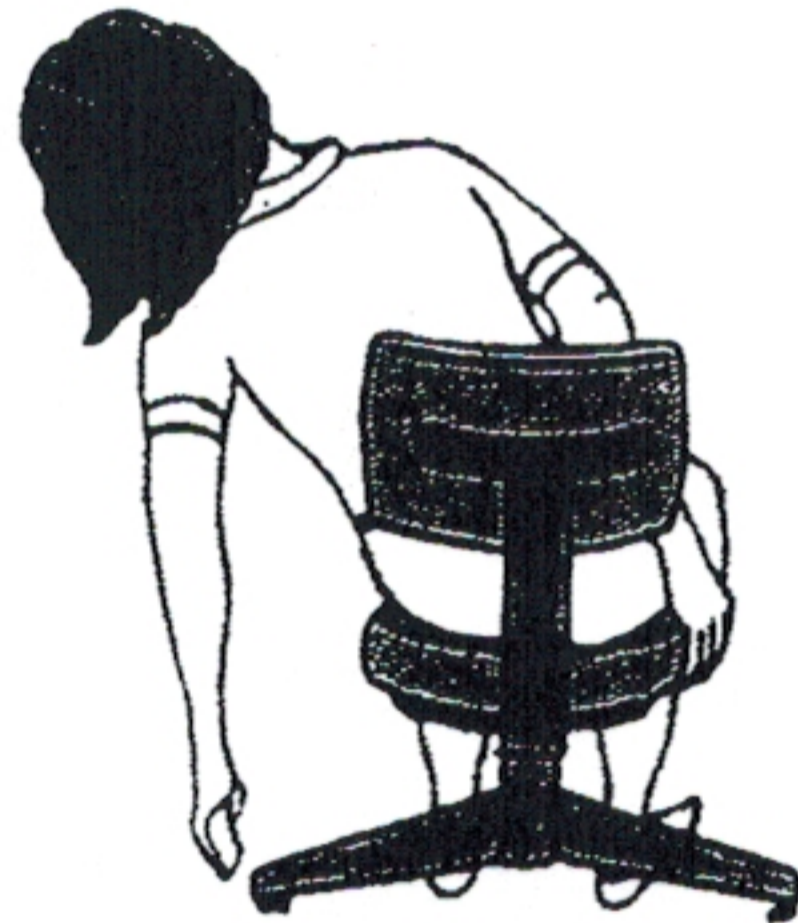
Bring right ear close to right shoulder, hold, repeat to other side.



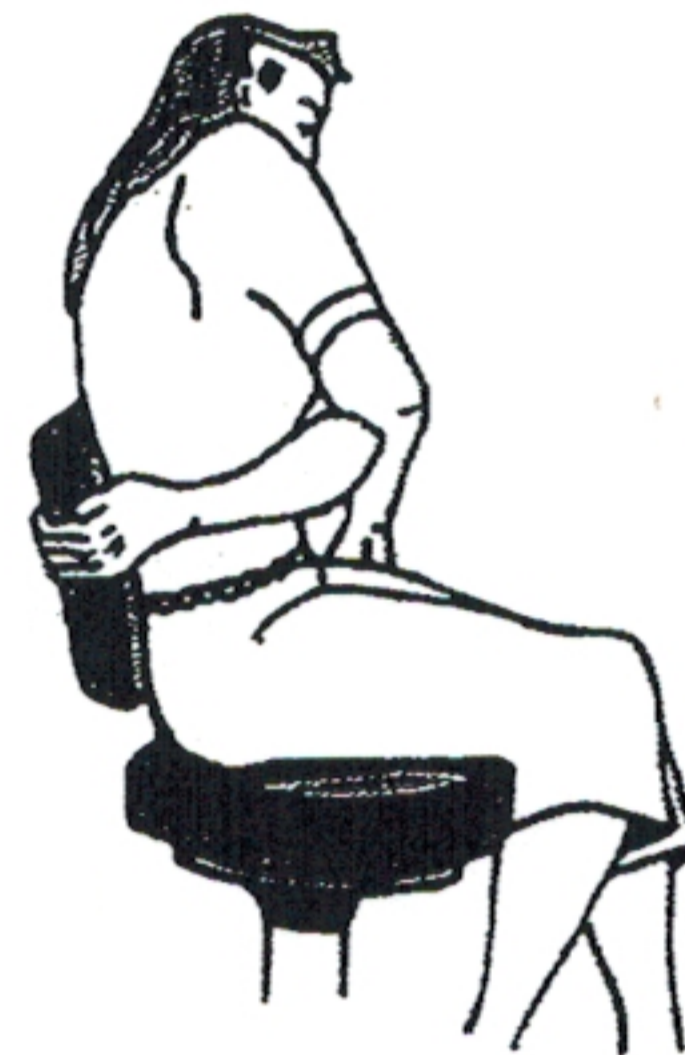
Stretch neck right and left, chin over shoulder.



With hands clasped behind neck, pull elbows together and hold. Bring elbows back, hold.



Holding the edge of chair lean toward opposite side, hold, keep upper body straight.



Grab chair with left hand and reach arm over left hip. Lean to the left, hold. Repeat to other side.



With arms at sides, raise them forward and upward over head, stretch, hold. Repeat raised arms to the sides.

TIPS

- Regularly raise and lower chair.
- Stand with knees bent or one foot up on elevated object.
- Women should wear low heels.
- Wear nylon hose with support if possible.
- Bend legs when lifting objects.
- Push or pull objects rather than lift.
- Never lift more than 1/3 of body weight.
- Carry objects close to the body.
- Avoid overly tight waist bands.
- Make sure sleeves are loose and comfortable.

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