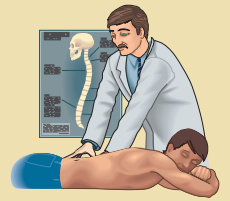


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LOW BACK EXERCISES TO ACCOMPANY CHIROPRACTIC MANAGEMENT OF LOW BACK PAIN

- AVOID SITTING ENTIRELY; THIS INCREASES THE PRESSURE WITHIN THE DISC AND THE JOINTS OF YOUR SPINE AND WILL AGGRAVATE YOUR CONDITION. YOU MUST NOT SIT. EITHER STAND OR LAY DOWN. DO NOT LAY DOWN FOR EXTENDED PERIODS OF TIME UNLESS IT IS THE ONLY COMFORTABLE POSITION YOU CAN FIND.
- AVOID SITTING FOR MORE THAN 30 MINUTES AT A TIME.
- AVOID SITTING FOR MORE THAN ONE HOUR AT A TIME.
- USE ICE ON YOUR LOW BACK FOR 20 - 30 MINUTES _____ TIMES PER ____ DAY; EVERY _____ HOURS.
- ALTERNATE HOT AND COLD ON YOUR LOW BACK; THIS IS DONE BY APPLYING MOIST HEAT IN THE FORM OF A MOIST HEATING PAD FOR 10 MINUTES FOLLOWED BY 5 MINUTES OF AN ICE PACK. PLACE THE HEAT ON THE BACK FOR A TOTAL OF 4 TIMES AND ICE ON THE BACK 3 TIMES. ALWAYS BEGIN AND END WITH HEAT.
- USE HEAT ON YOUR LOW BACK FOR 20-30 MINUTES _____ TIMES PER ____ DAY.
- TAKE THE SUPPLEMENT DISCAT TO HELP WITH HEALING OF THE DISC.
- OTHER SUPPLEMENTATION-- _____ TABLETS/CAPSULES _____ X PER DAY.
- DO THESE EXERCISES ON A FIRM SURFACE SUCH AS THE FLOOR OR A MAT. DO NOT BE ALARMED IF DISCOMFORT IS NOTED DURING EXERCISE. IF THIS PAIN IS GREAT, STOP IT AND CONSULT YOUR DOCTOR BEFORE CONTINUING. THESE EXERCISES ARE TO BE USED IN CONJUNCTION WITH YOUR CHIROPRACTIC CARE AND SHOULD BE DISCUSSED WITH THE DOCTOR BEFORE USE.
- DO THE EXERCISES MARKED IN (X) _____ TIMES A DAY.

EXERCISE 1



LIE ON YOUR BACK WITH YOUR KNEES FLEXED AND YOUR FEET FLAT ON THE FLOOR AS CLOSE TO THE BUTTOCKS AS POSSIBLE. KEEP THE KNEES TOGETHER. TIGHTEN THE MUSCLES OF THE LOWER ABDOMEN AND BUTTOCKS SO AS TO FLATTEN YOUR LOW BACK AGAINST THE FLOOR. SLOWLY RAISE YOUR HIPS UP FROM THE FLOOR AND HOLD FOR A SLOW COUNT OF 8. REPEAT THIS EXERCISE 4 TIMES. IF YOU CANNOT RAISE YOUR HIPS FROM THE FLOOR, MERELY TIGHTEN THE BELLY, THE ABDOMINAL AND BUTTOCK MUSCLES AND WAIT UNTIL YOU CAN

EXERCISE 2



RAISE THE HIPS.
LIE ON BACK AND DRAW THE RIGHT KNEE UP TO THE CHEST AND PULL THE KNEE DOWN UPON THE CHEST WHILE ATTEMPTING TO TOUCH THE CHIN TO THE KNEE DO THIS FOR A SLOW COUNT OF 8 AND REPEAT 4 TIMES. REPEAT THE SAME EXERCISE WITH THE LEFT KNEE BROUGHT TO THE CHEST. RELAX BETWEEN EACH SESSION. REPEAT WITH BOTH KNEES BROUGHT UP TO THE CHEST.

EXERCISE 3



WHILE STANDING OR LYING TIGHTEN THE ABDOMINAL AND BUTTOCK MUSCLES SO AS TO FLATEN YOUR LOW BACK. REPEAT THIS SEVERAL TIMES THROUGHOUT THE DAY. CONTRACT THE MUSCLES AND RELAX THEM APPROXIMATELY 8 TIMES AT EACH SESSION.

EXERCISE 1

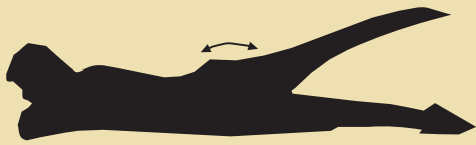


REPEAT #1 EXERCISE ABOVE BUT BE SURE TO HOLD THE KNEES FIRMLY TOGETHER.

EXERCISE 2



LIE FLAT ON BACK AND RAISE THE RIGHT LEG STRAIGHT UPWARD WITHOUT BENDING THE KNEE. PLACE YOUR HANDS BEHIND YOUR KNEE WHILE KEEPING THE KNEE STRAIGHT. PULL THE LEG STRAIGHT UP SO AS TO STRETCH THE MUSCLES BEHIND YOUR THIGH. REPEAT THIS 8 TIMES ON THE RIGHT AND THEN DO IT ON THE LEFT. RELAX YOUR LOW BACK MUSCLES FOLLOWING THIS EXERCISE.



❑ EXERCISE 3

LIE ON YOUR STOMACH AND RAISE THE RIGHT LEG OFF THE FLOOR WHILE KEEPING THE KNEE STRAIGHT. HOLD THE LEG UP IN THIS POSITION FOR A COUNT OF 4 AND SLOWLY LET IT DOWN. REPEAT THIS 4 TIMES. REPEAT THE SAME EXERCISE WITH THE OPPOSITE LEG. RELAX FOLLOWING THIS EXERCISE.



❑ EXERCISE 4

LIE FLAT ON STOMACH WITH ARMS ALONG SIDE, PALMS DOWN. SLOWLY RAISE CHEST FROM FLOOR. FEEL THE MUSCLES OF THE LOW BACK TIGHTEN. HOLD THE CHEST UP FROM THE FLOOR FOR A SLOW COUNT OF 6 AND SLOWLY LET IT DOWN. REST BETWEEN EACH SESSION. REPEAT THIS 6 TIMES.



❑ EXERCISE 5

SIT ON FLOOR ON YOUR KNEES. EXTEND YOUR RIGHT LEG AS FAR TO THE SIDE AS POSSIBLE, KEEPING THE KNEE STRAIGHT AND THE ARCH OF THE FOOT ON THE FLOOR. SLIDE YOUR FOOT ALONG THE FLOOR UNTIL YOU FEEL STRETCH OF THE MUSCLES INSIDE YOUR THIGH. DO IT SLOWLY AND HOLD FOR A COUNT OF 5. REPEAT THIS 5 TIMES ON THE RIGHT LEG AND THEN REPEL WITH THE LEFT SIDE. THESE MUSCLES, WHICH ARE TIGHT AT THE BEGINNING, WILL LOOSEN AND STRETCH WITH SUBSEQUENT EXERCISE SESSIONS.



❑ EXERCISE 6

LIE ON YOUR SIDE. TURN THE TOES INWARD ON THE RIGHT FOOT AND LIFT THE LEG UPWARD. REPEAT THIS 6 TIMES ON THE RIGHT AND THEN 6 TIMES ON THE LEFT. YOU WILL FEEL PULLING IN THE OUTER THIGH AND PELVIS.



❑ EXERCISE 7

LIE ON BACK AND DRAW KNEES TO CHEST, ARMS EXTENDED LEVEL WITH SHOULDER, ROLL HIPS TO SIDE IN AN ATTEMPT TO TOUCH THE KNEES TO THE FLOOR. TURN YOUR HEAD, IN THE OPPOSITE DIRECTION TO WHICH YOUR KNEES ARE BENDING. REPEAT THIS 4 TIMES GOING FIRST TO THE RIGHT AND THEN TO THE LEFT. THIS EXERCISE BRINGS ALL SPINAL MOVEMENTS TOGETHER IN A SMOOTH FORCEFUL MANIPULATION OF THE SPINAL JOINTS. SINCE THE EXERCISE INVOLVES ROTATION, IT SHOULD ONLY BE DONE UNDER PHYSICIAN INSTRUCTION.



❑ EXERCISE 8

LIE ON YOUR BACK. BEND THE KNEES AND BRIGHT THE FEET UP TO THE BUTTOCKS. NOW LIFT AND STRAIGHTEN THE LEGS SO THAT THE LEGS ARE AT A RIGHT ANGLE TO THE BODY. RAISE THE BUTTOCKS FROM THE FLOOR AND PLACE YOUR HANDS BESIDE THE BUTTOCKS AND SUPPORT YOUR PELVIS AS YOU RAISE THE PELVIS FROM THE FLOOR. ALLOW THE LEGS TO GO OVER THE HEAD WITH THE FEET OVER THE HEAD AND THE LEGS PARALLEL TO THE FLOOR. HOLD THIS POSITION FOR 10 SECONDS AND REPEAT 2 TO 3 TIMES. SLOWLY LOWER YOUR PELVIS AND LEGS TO THE ORIGINAL STARTING POSITION. THIS EXERCISE SHOULD ONLY BE USED BY THOSE WHO HAVE BEEN WORKING WITH THE EXERCISES FOR SOME TIME AND HAVE THEIR BACK PAIN UNDER CONTROL.