



HEALTH & FITNESS
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Client Solutions: 3 Tips to Alleviate Low Back Discomfort!

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3 Tips to Alleviate Low Back Discomfort!

Back pain affects nearly 80% of the adult population. To avoid being part of that statistic, there are three things you can do every day to help strengthen your core and alleviate discomfort:

WHAT YOU WILL NEED: Stability ball, floor mat

Exercise 1

1 Kneeling Hip Flexor Stretch

Kneel on your back leg, bending your front leg 90-degrees. Contract your glutes and shift your body forward. Raise the arm that is on the same side as the knee that is on the ground, stretching to the opposite side until a stretch is felt in the front of your pelvis. Rotate backwards and hold for 30-seconds.



Increase Flexibility - Increase Fitness?

The latest ruling in the debate on the benefits of flexibility has declared that flexibility might be better for your fitness than previously thought. While we have speculated that flexibility can improve your posture and your range of motion - according to a study published in *Medicine and Science in Sports and Exercise*, flexibility goes way beyond the call of duty. Researchers found that implementing a flexibility program of stretching 3 times a week for 10 weeks improves muscular strength, endurance and power! Who knew you could stretch your way to better fitness?

Complete Reference:
Kokkonen J, Nelson AG,
Eldredge C, Winchester JB

(2007). Chronic static stretching improves exercise performance. *Medicine and Science in Sports and Exercise* 39(10), 1825-1831.

Exercise 2

2 Kneeling Lat Stretch

Kneel in front of a stability ball with one arm placed on top of the ball, pointing your thumb up towards the ceiling. Keep the other hand on the ground. Reach your arm forward to feel a stretch along the side of your torso into your lower back. Attempt to round your back by touching your butt to your heels. Hold for 30 seconds.



Stretching each day may keep low back pain away!

Exercises such as back extension and static stretching have been shown to be beneficial in increasing lumbar spine range of motion. Researchers found that a minimum of 8 weeks adhering to a static stretching program increased range of motion in the lumbar spine, which can contribute to alleviating pain often associated with decreased motion of the low back. However, beware that often many individuals may have imbalances that could be furthered by implementing a back extension program.

Complete Reference:
Bybee RF, Mamantov J, Meekins W, Witt J, Byars A, Greenwood M (2008). Comparison of two stretching protocols on lumbar spine extension. *Journal of Back and Musculoskeletal Rehabilitation* 21, 153-159.

Exercise 3

Brace Yourself, Drawing-in May Help Alleviate Low Back Pain

3 Floor Marching

Lie on your back with your knees bent, keep your feet flat on the floor and your toes pointing straight ahead. Gently draw-in your navel towards your spine and contract your glutes. Slowly lift one foot off the floor with control, hold in the air for a few seconds and lower your foot back to the floor. Repeat with the other foot.



Research hailing from Australia, has shown that drawing-in of the abdominal wall may contribute to increased stiffness of the sacroiliac joint (an epicenter of low back pain for many). The relevance of the study contributes to the growing interest in training the deep muscles of the spine (transversus abdominis, lumbar multifidi) to help decrease low back pain in patients while lowering recurrence rates after an "acute pain episode".

Complete Reference:
Richardson CA, PhD;
Snijders CJ, PhD; Hides JA, PhD; et. al. The Relation Between the Transversus Abdominis Muscles, Sacroiliac Joint Mechanics, and Low Back Pain. SPINE 2002; 27 [4], 399-405.

SETS	REPS	TIMES PER WEEK
2 rounds of the 3 exercises above	Hold each stretch; for exercise 3, march for 15 reps each leg	2-3