

Standing Extension

- Start with hands on back (heels at involved level)
- Slowly arch backwards as far as possible without discomfort
- Hold 5 – 10 seconds and return to starting position
- 1 – 2 sets 5 – 10 repetitions
- Do as often as desired



Camel



- Start on all fours
- Dip lower abdomen towards floor
- Head remains neutral
- Hold for 30 seconds and return to starting position
- Repeat 2 – 3 times.
- Do as often as desired

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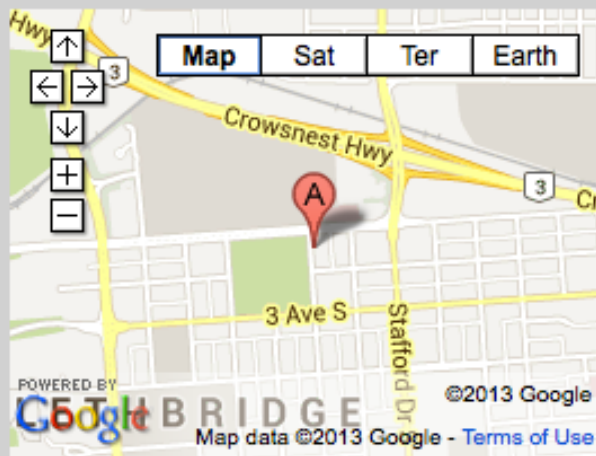
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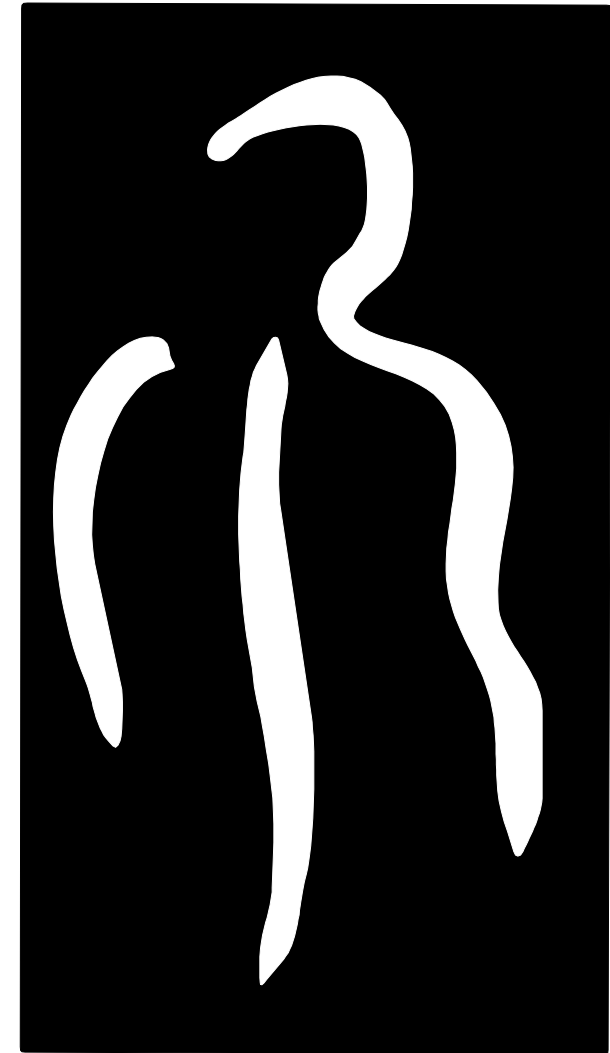
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Acute Low Back Pain Exercises

Unilateral Knee to Chest



- Start on back with legs outstretched
- Bring one knee up to chest (Keep outstretched leg slightly bent at knee)
- Repeat with other leg
- Hold 5 – 10 seconds and return to starting position
- Repeat 2 – 3 times
- Do as often as desired

Child's Pose



- Start on knees with arms overhead
- Slowly lean forward and let body curl forward, keeping head off of ground
- Hold for 30 seconds and return to starting position
- Repeat 2 – 3 times.
- Do as often as desired

Press Up (Prone to forearms/palms)



- Start lying on your stomach
- Begin to raise upper body slowly, while keeping pelvis on floor.
- Allow back to “sag”
- Progress from forearms to palms.
- Hold 5-10 seconds and return to starting position
- 1 – 2 sets 5-10 repetitions
- Do as often as desired

Bilateral Knee to Chest



- Start on back with knees bent and feet flat on floor
- Bring knees up to chest
- Hold 5 – 10 seconds and return to starting position
- Repeat 2 – 3 times
- Do as often as desired

Cat



- Start on all fours
- Create an arch in back, while bowing head
- Hold for 30 seconds and return to starting position
- Repeat 2 – 3 times.
- Do as often as desired