

BACK EXERCISES
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The following is a 10-12 min routine of back and stomach exercises which, when done EVERY morning before breakfast, will (almost) guarantee that you will have *no* more back pain in future!

Please note

- (i) your back injury is for life if it involves one or more disks
- (ii) all you can do is protect the weakness of your back by
 - (a) strengthening your stomach muscles and by
 - (b) thinking with **EVERY** motion, exercise, work etc. that you **HAVE** to tighten your stomach muscles! You have no other choice! This is a cross you will have to bear for the rest of your life. But how insignificant compared to some of the burdens others have to carry.
- (iii) when you are fit you can do most of the usual jobs and exercises. Your back will give warning signals and will let you know when to stop.
- (iv) rotation of the spine is avoided in these exercises. These type of exercises may hurt rather than help (in my own experience & according to my chiropractor)
- (v) get yourself a little "prayer" rug to do your exercises (and your prayers if so desired)

ROUTINE

1) Stand, legs slightly apart and loosen up the upper torso and shoulders by (i) making circles with your elbows (ii) elbows up shoulder high - swing rapidly to right/left - 5 with arms bent and 5 with arms stretched at end of swing (iii) stretch arms out in front, swing arms around to behind your back and clap your hands
— invent your own exercises to loosen up your torso

2) knees, elbows and arms on mat, rest head on arms, toes stretched. relax for 15-30 secs.

3) throughout this exercise keep your arms stretched, knees on mat, hands on mat 3 ft in front of knees, arms stretched, toes stretched. Now slowly move pelvis down almost to mat (this hollows your back) keeping arm stretched, head in neck. Now reverse back to starting position. Now continue i.e. move head to mat, into prayer position, keeping arms stretched. Now back to starting position. Repeat 10 times.

— Note: If you back hurts you may only be able to do one cycle and very gently.

4) knees and hands on mat, hands 2 ft in front of knees - arms stretched - back horizontal - slowly rotate pelvis and at the same time rotate your shoulders- your back will move up and down - keep head steady and arms vertical

5) knees on mat - left hand on lower part of left calf -right hand 2 ft in front of left shoulder - bow forward with head onto mat 5 times - repeat on RHS

6) 10 push-ups - with back curved up - nose touches mat

7) on your stomach - stretch legs - hand under chin - move left leg up 4 inches - repeat with right leg. **DO NOT MOVE BOTH LEGS AT SAME TIME!** -- this may put too much pressure on your back.

8) turn on right side - right arm on mat at right angle to body - place head on right biceps

(i) move left leg up (scissor motion) 10 times

(ii) rest on right elbow - head off mat - pull left leg up to touch