

Your guide to managing

LOWER BACK PAIN



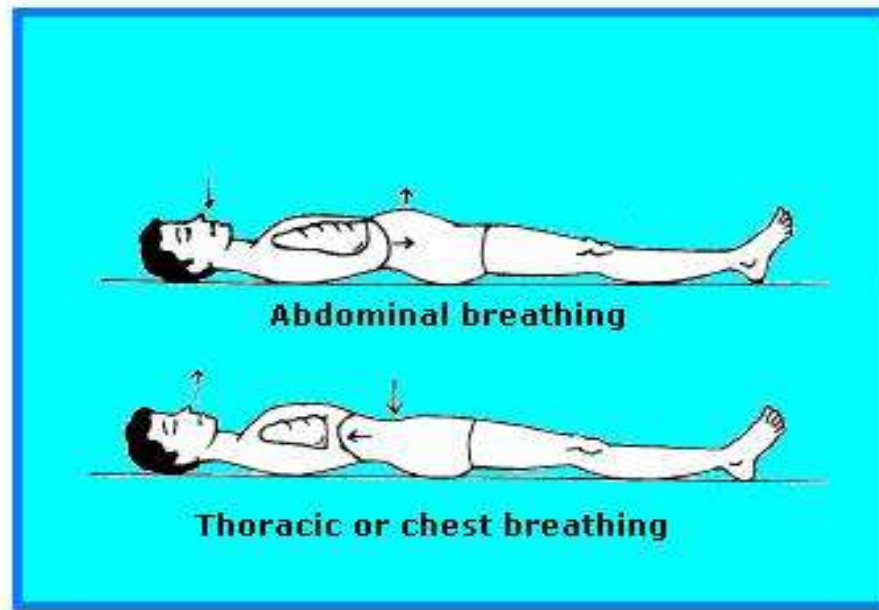
Step 1 –

Work out what the main cause of your symptoms are. . .

- ✓ Consult your specialist chiropractor or musculoskeletal specialist.
- ✓ All clever practitioners know that there are many causes to low back pain; a detailed history and physical assessment can diagnose most causes.

Step 2 –

Focus on your breathing. . .

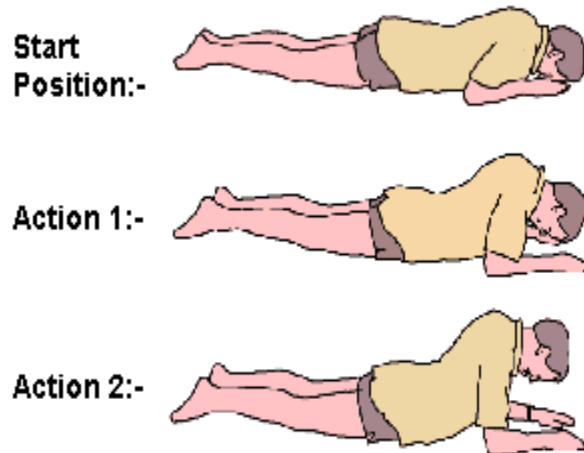


Practice ten quality breaths per night before bed – you want your abdomen to rise twice as much as the chest, as deep muscles respond much quicker when you're breathing properly.

Step 3 –

Move, and often. . .

- **Support yourself against a wall using your elbows**
- **Without moving your legs, slowly move your lower body toward the wall**
- **Hold for 20 seconds and repeat as often as is comfortable**



Extensions on the floor



Side bending up against the wall

Step 4 –

Stay mobile through your mid-back. . .

It's essential to keep the lower back from locking up.



**Bring arms up and
down slowly in a
small arc of motion
while keeping elbows
in contact with wall**



**Slowly, do each movement 15 times
(continuous movement)**

Step 5 –

Stretching the most common superficial muscles that protect your lower back. . .



Step 6 –

Regular physical exercise is a must. . .



Step 7 –

Practice these back saving exercises. . .

CURL-UP

- **This exercise forces you to work your entire abdominal muscle complex while keeping your lower back in its naturally arched position.**
- **The move minimizes stress on your spine while increasing the endurance of the muscles.**



Step 7 –

Practice these back saving exercises. . .

SIDE BRIDGE

- **You'll work your lateral stabilizers-muscles that are crucial in ensuring that your spine is fully supported-by assuming a body position that puts them at a disadvantage and forces them to work harder than normal.**



Step 7 –

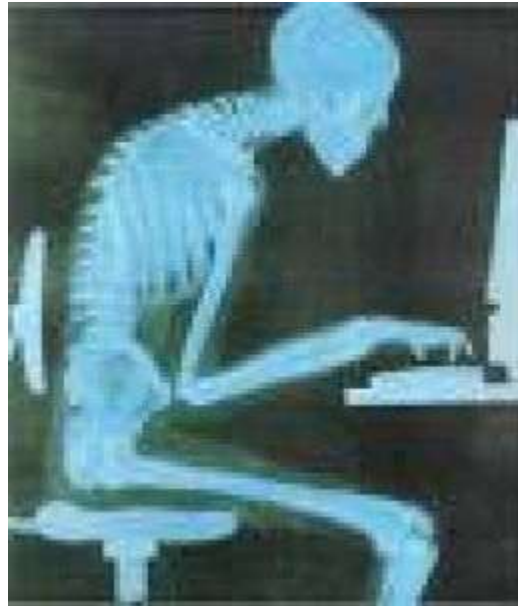
Practice these back saving exercises. . .

BIRD DOG

- **This exercise works your lower- and middle-back extensors – the muscles that help you bend backward – while producing half the stress on your spine that conventional back-extensor exercises such as the ‘Superman’ – simultaneous leg and arm lifting – create.**



DOES IT MATTER IF I DON'T CHANGE. . ?



***If you wear your back out,
where are you going to live. . ?***

LINKS & RESOURCES

- **Dr Stuart McGill - <http://www.backfitpro.com/>**
- <http://www.andrewvincentchiropractic.com.au/>