

EATON CHIROPRACTIC

General Back Exercises

Each picture below depicts the exercise being performed properly.

● Sit-ups



Sit-up exercises should be done very precisely to avoid any traction to the spine. Place your knees up on a chair, with your legs and hips at a 90 degree angle. Support your neck but don't pull on it as you raise your upper chest, no more than 30 degrees. Look straight up with your eyes to keep from pulling forward on the head. Do 3 sets of 12 reps. It is important to concentrate on feeling the strain in your abdominal muscles and not your neck or back.

● Hamstring Stretch



Sitting on the ground, with one leg straight and the other one comfortably bent in front of your body, bend at the waist and lean forward, keeping your back as straight as possible. Reach with your arms towards the foot until a stretch is felt under your thigh. Hold each stretch for a minimum of 30 seconds, any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 sets of 12 reps.

● Back Flexion Stretch



While lying on your back, pull both knees to your chest while simultaneously flexing your head forward until you reach a comfortable stretch in a balled-up position. Do 8-12 repetitions this way holding each one for 8-10 seconds at a time.

● Exercise Ball



Exercise balls have been around for awhile, you can pick up one at a Sports store. Just simply sitting on the ball requires use of postural muscles. Simply bouncing up and down on the ball will help increase proprioceptive input to the spine. Proprioception is what helps keep your muscles coordinated and thereby promotes spinal stability. Current research demonstrates that increasing proprioceptive input can help reduce the likelihood of injuring an area.

● Gluteus Stretch



Lying down on your back, bend your right knee, and place your left leg over the right leg, resting the outside of the left ankle slightly above the right knee. Place your right hand around the outside of your right thigh and place the left hand around the inside of your right thigh. Lock the two hands together. Now pull forward towards your chest to achieve a stretch in the left gluteus portion of your buttocks. Do the exact opposite to achieve a stretch of the right gluteus portion of the buttocks. Hold each stretch for a minimum of 30 seconds, any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 sets of 12 reps.

● Piriformis Stretch



Lying down on your back, bend your right leg and pull up your right knee towards your opposite chest with your left hand. You should feel the stretch in the Piriformis portion of the right buttocks. Do the exact opposite to achieve a stretch of the left Piriformis portion of the buttocks. Hold each stretch for a minimum of 30 seconds, any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 sets of 12 reps. Any pain you feel with this exercise should only be a local stretching sensation to the back of your thigh and buttocks area, without aggravating your condition.

● Back Extension McKenzie Exercise



While lying on your stomach, push up your chest only with both hands simultaneously while keeping your pelvis flat against the floor. Push your back up until you reach a comfortable stretch in the extended position. Do 8-12 repetitions while holding each one for 8-10 seconds at a time. You should feel no pain with this exercise, only a pulling up of the spine as the back goes into extension

● TFL Stretch



Start with stretching the TFL portion of the left hip and outside thigh. While standing, hold your left hand securely on a solid surface to support your body as you place your left leg past your right until you reach a maximum stretch. Follow this with tilting your upper back to the right side while simultaneously pushing the left side of the hip. Do the exact opposite to achieve a stretch of the right TFL portion of the hip and outside thigh. Hold each stretch for a minimum of 30 seconds, any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 sets of 12 reps

● Calf Stretch



Start with stretching the right Gastroc portion of the right calf area. While standing, place your right leg in front of you and your left foot directly behind you. Place the toes of your right forefoot up against a door or other flat wall surface, keeping your heel down to the floor. Lean your upper body forward to place a stretch on the back of the calf. Do the exact opposite to achieve a stretch of the left calf area. Hold each stretch for a minimum of 30 seconds. Do 3 sets of 12 reps.

● Psoas Stretch



Start with stretching the right Psoas muscle. While standing, place your right leg in front of you and your left foot directly behind you as far as you can comfortably stretch it. Shift your lower body forward, while simultaneously pushing your upper body backwards with your arms. Do the exact opposite to achieve a stretch of the right Psoas portion of your front upper thigh area. Hold each stretch for a minimum of 30 seconds. Any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the Psoas area of the upper thigh, without aggravating your condition.

● Quadriceps Stretch



Start with stretching the left Quadriceps muscle. While standing hold a solid surface for support and bend back your left leg. Grab your left ankle and pull that foot to your left buttocks while simultaneously pulling your left thigh backwards while keeping your back straight. Pulling your thigh backwards is a very important part of this stretch, as it will place the stretch in the mid-thigh instead of overloading the pressure on the knee. Do the exact opposite to achieve a stretch of the right Psoas portion of your front upper thigh area. Hold each stretch for a minimum of 30 seconds. Any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 sets of 12 reps.