

Mojo Back

Phase 2 - Optimise Function of the Spine and Nervous System

Now that you are pain free or your pain has reduced we need to carry on your treatment plan which includes exercises and advice designed to continue the correction and also strengthen you to help prevent recurrence of your complaint. .

The exercises are designed to help maintain the improved movement your chiropractor has created with his/her adjustments. Additionally they will help strengthen a rehabilitate your spine

Whilst standing or sitting, place your thumb and index finger either side of you spine in your low back area. Contract your abdominal muscles by pushing them out gently forwards. You should feel your spinal muscles harden slightly. This is the position to hold for each of the core strengthening exercises to achieve maximum benefit.

- Extend one leg backwards maintaining your balance. Hold for 5-7 seconds –alternate legs and repeat three times.



- When this becomes easy extend the opposite arm out forwards and hold for 5-7 seconds, alternate and repeat twice.



- Slowly lift your buttocks off the floor as far as possible without straining. Maintain this position for 30 seconds.
- Repeat 3 times.



- Assume a press up position on your elbows and hold the lower abdominal muscles tight (like in exercise 1) to work the abdominals and the low back muscles.
- Hold this position for as long as possible and do 3 repetitions.

Should you experience any increase in your symptoms STOP IMMEDIATELY and call your chiropractor for advice.

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