

## Exercise 1: Lie Prone\*

- Lie prone, arms down the side of body, face turned to either side
- Take a few deep breaths and then mentally relax the muscular tension from the lumbar area completely for 2-3 minutes.
- Done at beginning and end of each exercise session
- Recommended position when resting
- \*A First Aid Exercise (treats acute back pain)



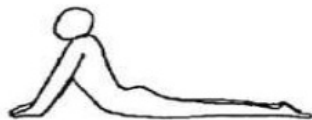
## Exercise 2: Prone on Elbows\*

- Now move further into spinal extension by placing elbows under the shoulders
- Take some deep breaths and continue to mentally relax all the lumbar muscles
- Stay in this position 2-3 minutes
- Always follows #1: Lie in Prone, done once per session
- Useful for more severe low back pain
- \*A First Aid Exercise (treats acute back pain)



## Exercise 3: Prone on Hand\*

- Put hands under shoulder and straighten the elbows and push the upper body up as far as pain permits.
- Mentally relax the pelvis, hips and legs and let the back sag
  - The back sag can be increased by calmly breathing out in the relaxation phase (when arms and back is extended)
- After 1-2 seconds, return to the elbows position
  - Can be held longer if pain is centralizing
- Move through each repetition smoothly 10 times and each time try to raise the upper body a bit higher until the back is extended as much as possible and the arms are straight.
- \*Most effective



› low back pain