

PRIESTLEY CHIROPRACTIC

81 Conklin Street | Farmingdale NY 11735 | Phone: 516-752-1007 | Website: www.Priestleychiro.com
Walter@priestleychiro.com | Chris@priestleychiro.com

Rehabilitative Exercises for Low Back and Mid Back Pain

It is best to use an exercise mat on the floor. If you don't have an exercise mat, a thick carpeted floor with a comforter on top will work. Perform each exercise slowly. Some moderate pain may be experienced while doing these exercises. That is acceptable. If the aggravation from the exercises lasts more than 20 minutes, we probably over did it and will do them with less frequency and intensity the next time.

Number 1: Knee to chest



Starting off on your back with both knees bent and feet flat on the floor, slowly pull one knee up to your chest at a time. Hold for a second or two then switch legs, and then pull both legs up. Complete this cycle 3 times.

Number 2: Press Downs



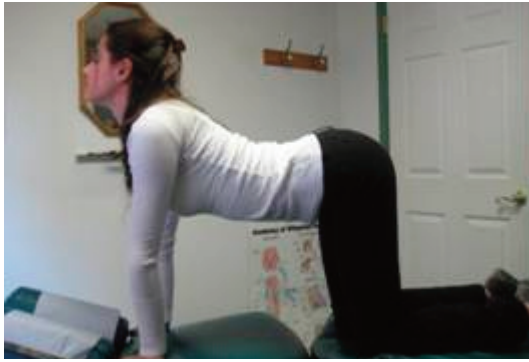
Start off on your back, with both knees bent and feet flat on the floor. Normally there is an arch in your back, attempt to press the small of your back into the floor to flatten out this arch. Then relax. Do this 10 times.

Number 3: Side to Side



Start off on your back with your knees bent and feet flat on the floor. Stretch your spine by leaning your knees slowly from one side to the other. Do this cycle 3 times.

Number 4: Cat Camel



Start on your hands and knees. Let your abdomen hang down. Lift your head up. Then do the opposite: arch your back up and let your head fall down. Start off with 5 cycles and work your way up to 10.

Number 5: Leg Extensions



Start off on your hands and knees. Slowly extend one leg out, hold it for a second or two, and then perform the same procedure with the other leg. Start off with 5 cycles and work your way up to 10.

Number 6: Opposite Arm, Opposite Leg



Start off on your hands and knees. Slowly extend one leg out while extending opposite arm out. Then switch and do the opposite arm and opposite leg. Start off with 5 cycles and work your way up to 10.

Number 7: Abdominal Hollowing



Attempt to draw your navel towards your spine by hollowing your abdomen. After you pull your navel in, then try to raise it using your abdominal muscles. It is important not to raise your ribs, shoulders, or chest for this exercise. Do this 10 times.

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