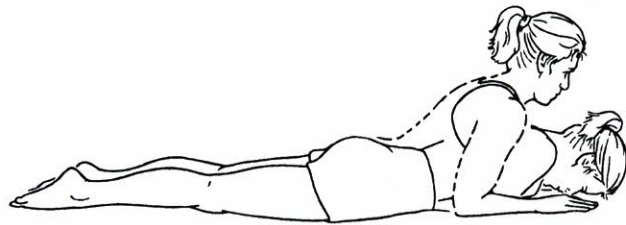


BACK - 1 On Elbows (Prone)

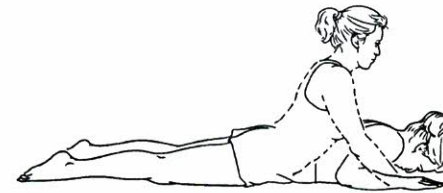


Exercise 1

Rise up on elbows as high as possible, keeping hips on floor. Hold 10 seconds. Return to stomach and stay there 1 min. While on your stomach, assess your pain; is it less intense? coming out of a leg? (centralizing)

Repeat as long as pain continues to trend down or centralize. Assess your pain when you are prone(on your stomach) only. Pain will typically increase while performing the actual exercise when you are up on your elbows.

BACK - 2 Press-Up



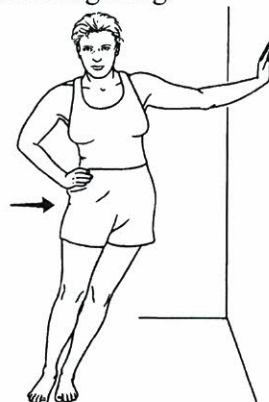
Exercise 2

This should be attempted if exercise 1 fails to change pain symptoms. Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 5 seconds. Return to prone and relax about 1 min while assessing your symptoms.

Repeat 5 times per set. Repeat as long as pain continues to trend down or centralize. STOP if your pain is higher when you are flat on your stomach than the previous time.

BACK - 6 Wall Lean Stretch This exercise is used to centralize the pain if it is down one leg more than the other. Don't think 'lean', instead think 'push on the hip of the side where the pain is going down the leg. If right leg push on right hip and slide the hips to the left. The girl in the picture has the pain on the right side, down the right leg.

With hand against hip, slowly push hips toward wall, other hand can either be on a wall or on the opposite hip. Hold 5 seconds. Come back to midline and assess location and intensity of pain. It should be coming out of the leg. If it's going further down the leg, STOP.



BACK - 44 Backward Bend (Standing)

Arch backward to make hollow of back deeper. Keep head level with the horizon, don't look up. This can be used preventatively when performing a lot of bending or lifting. If pain begins to go further down leg/s STOP. The pain should be less each time you come back to an upright position. Hold 5 seconds.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

