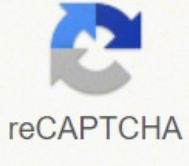


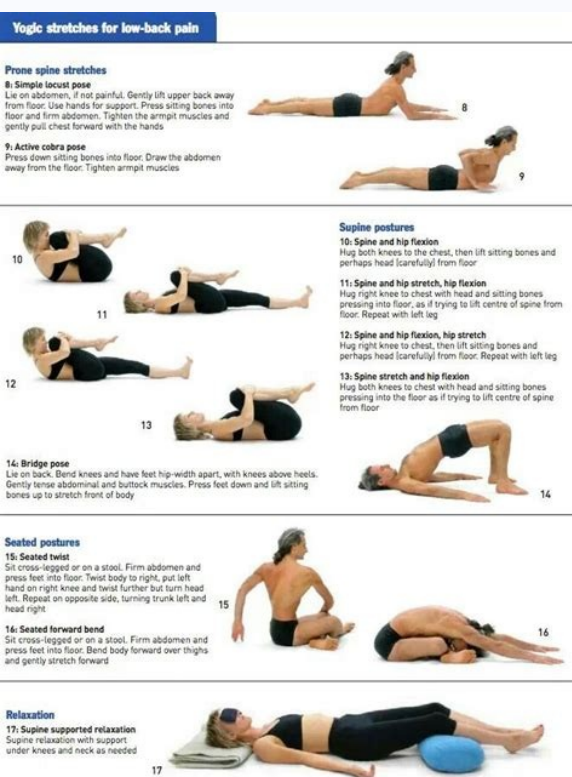


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Yoga stretches for low-back pain

Prone upper abdomen
 1. **Prone upper abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone upper back
 2. **Prone upper back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower back
 3. **Prone lower back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower abdomen
 4. **Prone lower abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower back
 5. **Prone lower back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower abdomen
 6. **Prone lower abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower back
 7. **Prone lower back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower abdomen
 8. **Prone lower abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower back
 9. **Prone lower back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower abdomen
 10. **Prone lower abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower back
 11. **Prone lower back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower abdomen
 12. **Prone lower abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower back
 13. **Prone lower back**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

Prone lower abdomen
 14. **Prone lower abdomen**
 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the floor. Hold for 30 seconds.

DR. PAUL CHRISTO LOW BACK STRETCHES FOR PAIN RELIEF

COBRA STRETCH
 Lie on the floor, belly facing down and place your hands directly underneath your shoulders. Contract your thighs, and press feet firmly into the floor. Take a full breath in, straighten your arms and lift the chest. Keep pelvis connected to the floor. Relax and hold the stretch for 60 seconds.

SITTING TOE TOUCHES
 Sit on the floor with your back straight and press your shoulder blades together. Spread your feet to shoulder-width apart. Inhale with both arms over your head. As you exhale, grab your left foot with your left hand and extend your right arm over your head. Hold for 30 seconds. Repeat on the right side.

STANDING FORWARD BEND
 Stand with your feet shoulder-width apart. Clasp your hands behind your back with your arms straight and palms together. Then lean forward, keeping your legs straight as you bend over, hinging at the hips. As you bend over, let your hands fall away from your back toward your head. Relax and hold for 60 seconds.

DOWNWARD DOG
 Start standing straight with your feet hip-width apart. Push your butt to the ceiling as you reach for the floor. Focus on keeping your back flat as you align your hands with your feet, keeping a straight line from your biceps to ears. Press your heels into the ground. Hold for 30 seconds.

HAMSTRING STRETCH
 Sit on the floor with your back straight and shoulder blades pressed together. Keeping your back straight, reach forward and touch your toes. Tuck your chin into your chest. Hold for 30 seconds.

KNEES TO CHEST STRETCH
 Start lying flat on your back. Bend your knees to touch the ground with the soles of your feet. Wrap your arms around your knees and bring them in towards your chest. Keep your head on the ground and focus on keeping your spine against the ground. Hold for 60 seconds.

Get more tips on **PaulChristoMD.com** and on the radio show **Aches and Gains** airing on SiriusXM Channel 131 on Saturdays from 5-6pm ET. Podcasts also available on **iTunes**.

Sources include: <https://rediflingstrength.com/20-stretches-stretch-head-toe/>, www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses

EXERCISES FOR YOUR BACK

Wall Slides
 Stand with back leaning against a wall. Bring your feet one foot forward to the wall. Keep abdominal muscles tight while slowly lowering both knees. Hold for a few seconds and slowly return to the original position. Repeat this 10 times.

Heel Raises
 Stand on your feet balancing yourself. Holding onto a support slowly raise your body up on your toes and hold for a count of 5. Then slowly return to the original position. Repeat this 10 times.

Standing Arch
 Stand with your feet apart and hands on your back with fingers pointing downwards. Bend backwards of the waist, supporting the trunk with your hands. Keep your knees straight. Hold for a count of 5. Repeat this 10 times.

Straight Leg Raises
 Lie on your back with one leg straight and one knee bent. Tighten abdominal muscles to stabilize low back. Slowly lift one leg straight up about 8 to 12 inches and hold for a count of 5. Slowly return to the original position. Repeat this 10 times.

Hamstring Stretch
 Lie on your back with your legs up and put your hands around the upper leg for support. Slowly straighten the raised leg until you feel a stretch in the back of the upper leg. Hold for a count of 5 and then return to the original position. Repeat with alternate leg.

Single Knee to Chest
 Lie on your back with both knees bent. Hold your right behind knee and bring one knee up to chest. Hold for a few seconds. Repeat with alternate legs.

Double Knee to Chest
 Grasp both your knees with your hands and pull them towards your chest. Hold for a few seconds and relax. Let your knees return but keep them bent at 90-degree angle. Repeat this 10 times.

Pelvic Tilt
 Lie on your back on a firm surface. Keep your feet flat on the surface and knees bent. Push your back into the floor by pulling the lower abdominal muscles up and in. Hold your back flat while breathing slowly in and out. Hold for a count of five. Do not hold breath.

Hip Rolling
 Lie on your back on a firm surface. Keep both your knees bent, feet flat on the surface. Cross your arms over your chest. Turn your head to one direction while turning both your knees to the opposite direction. Return to the original position and relax. Now repeat in the reverse direction. Repeat with alternate sides.

Cat and Camel
 Kneel down on the floor in an all four position on your hands and knees. Curl your back up toward the ceiling like a cat. Hold for a count of five. Return to starting position. Pull your stomach down to the floor following out your back. Hold for a count of five. Return to starting position. Repeat ten times.

Press Ups
 Lie on your stomach with your back and hips raised. Use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.

Back Extension
 Lie on your stomach on a mat. Place your arms at your sides so that your hands are by your hips. Raise your head and shoulders off the mat as high as comfortably possible. Hold for a few seconds. Lower the head and shoulders. Do not tense your shoulder muscles. Repeat for few times and relax.

- Do's**
- Bend your knees as you lift. Make your legs do the hard work, not your back.
 - Sit with a rolled up towel or some other support behind your lower back.
 - Have your work surface at a comfortable height.
 - Use a firm mattress on a firm bed to sleep.
 - Sleep on your back with a pillow under your knees. Or sleep on your side with your knees bent and a pillow between them.
 - Wear flat, low heeled comfortable shoes.
- Don'ts**
- Don't lift objects away from your body with your arms outstretched.
 - Don't lift objects that are too heavy for you.
 - Don't slouch in your chair.
 - Don't stand for a long period of time without changing your position.
 - Don't sleep on your stomach.

STRETCHES FOR THE LEGS, GROIN & HIPS
 Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2-3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.

1. 15-20 seconds each leg (page 71)

2. 15-20 seconds each leg (page 75)

3. Hold for 20-30 seconds (page 55)

4. 10-15 seconds (page 54)

5. 10-15 seconds each leg (page 53)

6. 20-30 seconds (page 58)

7. 15-30 seconds each leg (page 61)

8. 10-15 seconds each leg (page 35)

9. 30 seconds each leg (page 63)

10. 10-20 seconds each leg (page 58)

11. 30 seconds (page 26)

12. 15-20 seconds each leg (page 36)

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112 Routines Stretching © 2000 by Bob and Jean Anderson. Shelter Publications, Inc.



Lower Back

EXERCISES AND STRETCHES

Try these simple stretches and strength-building moves designed to support your back and relieve pain.

Created by MyLifeStages Fitness Expert Sandra Augustin, Owner of Fitness Rehab in Sacramento, California. Photography provided by D and M Studios.

1 ELBOW PLANK



Laying on the floor, place elbows on the ground, directly under shoulders, forearms extended on the floor. Bend toes under and lift your straightened body into the "plank" by tightening the buttocks and abdominal muscles and tilting the pelvis forward. Hold for 20-30 seconds. Do not hold your breath, but breathe normally. Increase time to one minute intervals as you get stronger!

2 MODIFIED COBRA



NOTE: This position should be approached with caution if you are sedentary or not used to exercising.

Laying on the floor, place hands under shoulders and slowly arch the head and chest upward till you can place your elbows on the floor. Leave the hip bones/pelvis on the floor. It helps to slightly tighten the buttocks. Hold for 20-30 seconds. Do not hold your breath, but breathe normally.

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Then slowly bend your knees and pull them to your chest. Several specific stretches can relieve the pain of the cystic nerve, although A better A consult with a doctor before trying not to get injured. Then 3 forward at the waist, keeping the spine straight until you feel a stretch along the back of the leg. The knees should bend at a 90-degree angle. Bend one knee and put that foot on the outside of the other knee. Photo CortesAa: Cavan Images/Getty Images Maintaining good posture while sitting, standing and lifting heavy objects can also help prevent cystic nerve pain. This can happen in several ways. Photo CortesAa: PeopleImages/Getty Images The cystic nerve is the largest in your body. The exercise you do not have A be difficult, but try to make sure you get a 3 move in almost every day. The pain that aligns with these areas any from the lower back to the leg can A. Then 3 lift one leg to rest the ankle on the opposite thigh just above the knee. The palms of the hands should be on the floor next to the chest with the elbows folded, almost as if were about to A make a pushup. The cystic often feels like a sharp, stabbing or burning pain that runs down the buttocks and down the back of one of the legs. The common mAoNo is a slipped disk, which occurs when soft tissue between the bones of the spine expands. A also A a convenient 3 option to try while you A at work. It originates in the lower back on both sides of the spine, runs through the buttocks and hips and then branches down each leg to just below the legs .ocit;Aic .ocit;Aic oivren A rolod odinet sah A iSOrutuf rolod le rineverP segamI ytteG/segamI navaC :aAsetroC otoF.odal orto la raibmac ed setna sodnuges O2 etnarud otneimaritse etse agnetnaM .esratsoca osulcni o esratnes ,eip ed esrenop radomocni edeup acit;Aic al ,soreves sosac nE us orep ,atcer res ebed adaritse anreip uS .dulas ed sotib;Ah sus ed sonugla raibmac nacilpmi euq acit;Aic al rineverp ed sarenam sonugla yah .etneus roP .opreuc us ne jAtse ednAd rojem rednetne arap ocit;Aic oivren led sotof rasiver a raduya edeup ,evary elnalsab a evel ed rairav edeup y .acit;Aic amall es ocit;Aic oivren le ne anigiro es euq rolod iE .laicini nAicisop us a essej;Alor y aletl@Aus ogeul y sodnuges O3 etnarud nAicisop atse agnetnaM .songis sorto nos seip sol ne oeuigimroh ed nAicisones anu o oivren le erroC ednod anoz al ne anreip al ed otneimicomutne iE .acit;Aic al a ricudnoc edeup ,nAicisop ed areuf azilsed es larbetrev annuloc us ne oseuh nu odnauc errocu euq .siseslilolindnops adamall nAicidnoc anu ,etnemlanoidicA .ocid@Am nu a rev ed aroh se A .selamron sedadivitca sus razilaer edipmi el is o aroepme rolod le is .aArojem rev A on is ,ograbme niS .ocit;Aic oivren led rolod le rineverp ed arenam arto se etnemetsissnoc ocit;Aic oivren us rayopa arap sotneimaritse rechah Y .ocit;Aic oivren led rolod led oivla anoirpopr odunem a emrofirp le raritsE .rolod us rarojem edeup aAd adac sotse ed soirav recaH .ocit;Aic oivren led soicicreje y sotneimaritse ne odot erbos netsisnoc euq ,asac ne sotneimatart ed sanames sanu ed ritrap a arojem is rev sedeup .acit;Aic seneit iS .laicini nAicisop al a avleuv y oletl@Aus ogeul y sodnuges O2 etnarud Auqa esagn@AtnaM .acit;Aic eneit euq ed oicidni nu res edeup ,sanreip sal ed roiretsoP etrap al ne o saglan sal ne etmaznup o etneidra ,oduga rolod atnemirepxe iS .oyaM acinAic al nAges .odasep ojabart ohcum ereuiqer euq nAicapuco anu y setebaid ,dade ,dadisebo ,opmeit s;Am etnarud esratnes neyulcni acit;Aic al ed ogseir ed serotcaf sol .oleus le ne sonalp seip sol y sadalbod sallidor sal noc abirra acob etrabmut a azneimoCotneimaritse ohcep a sallidoRetnematcerroc ocit;Aic oivren ut raritse omAic rojem rednetne arap acinc@At adac ed soediv y sotof asU .avleuv euq rative sereuiq adud nis sodalortnoc sodalortnoc y sevaus sotneimivom razilitu ed eserAgesA .A etnemateipmoc ratse A ebed on .sallidor .A sus euq arutla amsim al isac se A euq etnetsier asem o asiper anu erbos esnacsed y anreip anu etnaveL .soivren sol nasap ednod rop anoz al ne larbetrev annuloc al ne abcertse es arutreba al odnauc errocu euq .lanipse sisonetse al se asuac arTO A .acit;Aic renet A on euq elbaborp se ,adlapse ed rolod setneis olos is ,ohceh eD .osip led otla s;Am ohcum jAratse ohcep ut .cinilC dnalevelC al ala#Aes ,asac ne sotneimatart noc y opmeit led s@Aupsed alos As rop ecerapased odunem a asoivren nAicaitiri atse ,ograbme niS .sanreip sus ed anu rop odnajaiv A is omoc etneis es euq roled o A A nAtob le ne rolod A larstl A nu se A .odunem a s;AM .sotnuj seip sol noc eip ed nAicisop anu aicini et otneimaritse etsEhctertS gnirtsmaH gnidnatS segamI ytteG/revirdnaRG :aAsetroC otoF .secev sairav omart etse atipeR MOC.DNIFMOTPMYS ED SAM I=p253477302-cys/sesuaC-smotpmys/acitaics/snoitidnoc-sesaesid/gro.cinilcoyam.www//:spth 59045302-cys/sesuaC-smotpmys/ksid-detainreb/snoitidnoc-sesaesid/gro.cinilcoyam.www//:spth /sisehtsilolydnops-dna-sisylolydnops/snoitidnocAAcAesesaesid/ne/gro.soaA.otnohTro//:spth lmth.acitaics/vog.sulpenildem//:spth acitaics-29721/sesaesid/hlaeh/gro.cinilcdnalevelc.yn//:spth 53477302-cys/sesuaC-smotpmys/acitaics/snoitidnoc-sesaesid/gro.cinilcoyam.www//:spth :sosruceR ed solucnAV .allis anu ne ocit;Aic oivren led otneimaritse etse rechah sedeup ,oleus la rajab on sereiferp A iShctertS piH detaeS ebuTuoY/hlaeh eViV :aAsetroC otoF.adlapse al ed solucsAam sol ne nAisnet al rative arap aritse es

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