



## Three Tips for Low Back Pain

Low back discomfort occurs in 80 percent of the population. There are many causes of low back pain, ranging from tight and weak muscles due to overuse or inactivity, to vertebral disc displacement, and poor posture. Below are just three possible solutions to low back pain. Stretch your hip flexors, stretch your lats, and strengthen your core with these three movements.

### Recovery



#### Hip-Flexor Stretch -- Standing

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2			30 sec	Slow	0 sec		

#### Description

- ⌘ Repeat with the opposite side.
- ⌘ Stand with your right foot about 18 inches behind you, and place both hands on your hips.
- ⌘ Tuck your tail bone under and contract your abdominal muscles.
- ⌘ Keeping the above position, push your hips straight forward.

#### ProTip

- ⌘ Push your pelvis forward

#### Mistakes

- ⌘ Excessively arching the lower back
- ⌘ Not pushing the hips forward

#### EQUIPMENT

- ⌘ No Equipment Needed



#### EQUIPMENT

⌘ No Equipment Needed

### Side Bend

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2			30 sec	Slow	0 sec		

#### Description

- ⌘ Standing, place the right hand on your right hip.
- ⌘ Reach the left arm over your head.
- ⌘ Bend your torso to the right, reaching the left hand over to the right side of the body.
- ⌘ Repeat with the opposite side.

#### ProTip

- ⌘ Make sure your side bends occur smoothly throughout the entire trunk

#### Mistakes

- ⌘ Only bending forward at the waist



#### EQUIPMENT

⌘ No Equipment Needed

### Plank

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	10		2 sec	Slow	30 sec		

#### Description

- ⌘ Balance on your toes and elbows, with your torso about 6 to 8 inches from the floor.
- ⌘ Hold your legs, hips, torso, neck and head in a straight line.
- ⌘ Tighten your abdominal muscles.

#### ProTip

- ⌘ Align your entire spine straight

#### Mistakes

- ⌘ Dropping the head
- ⌘ Drooping the lower back
- ⌘ Drooping the hips
- ⌘ Sticking the hips up too high