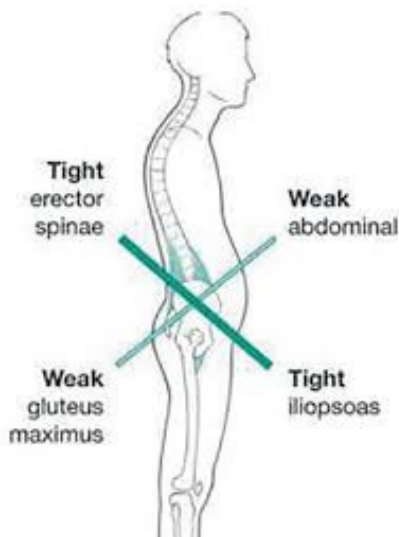


Lower Body Exercises

General Low Back Pain

It is stated that approximately 80% of people will experience back pain at some point in their lives. Back pain is the third most common reason for doctor's visits, and one of the top reasons individuals miss work.

Due to things like posture, poor lifting techniques and lack of physical activity, individuals of all ages can experience either acute, sub-acute, or chronic symptoms of back pain. Usually with back pain comes an imbalance in the muscles of the core and lower body.



Lower Crossed Syndrome
Dr. V. Janda(1979)

These exercises may help relieve some back pain you may be experiencing, and help strengthen the muscles that provide stability to the lumbar spine.

Back pain should not be taken lightly. If you are experiencing any pain at all, please see a qualified healthcare professional.

Disclaimer:

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Stretch

Child's pose

Aim to sit back on your heels as your reach across the floor with your hands.
Hold for about 60-90 seconds.

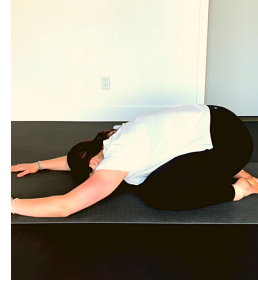
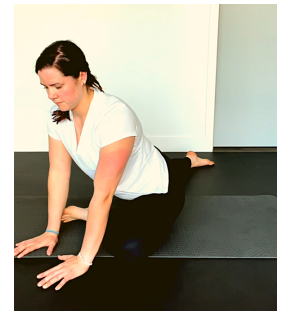


Figure 4 or Pigeon Pose

You may use yoga blocks or pillows to assist you in this pose. You may always do "Figure 4" if pigeon pose is too challenging.
Hold 60 second per side.



Kneeling hip flexor stretch

In a lunge position make sure to squeeze your glutes and bring your pelvis forward.
DO NOT LEAN FORWARD!
Hold for 60 seconds per leg.



Side lying twist

Start with arms extended on one side of the body.
Take top arm and bring it across your body to the other side.
Aim to place arm and shoulder on the ground.
Perform 10 times per side



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Strengthen

Bird Dog

Keep the core as still as possible as your move.

Move with the count of 3 out-hold for 2-3 in.
Repeat 5 times per side for 3 sets.



Side Plank

Knees are bent and lift your hips up and forward and hold.

Aim to hold for 30 seconds per side. 3 sets



Curl Up

To initiate the movement, lift your shoulders up towards the ceiling - not curling towards your feet.

Hold the position for 5 seconds.
Repeat 10 times for 3 sets.



Glute Bridge

Squeeze your buttock and drive through your feet to lift your hips up. Squeeze your glutes at the top for 2 seconds.
You should feel this in your glutes not your hamstrings.

Repeat 10 times for 3 sets.



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