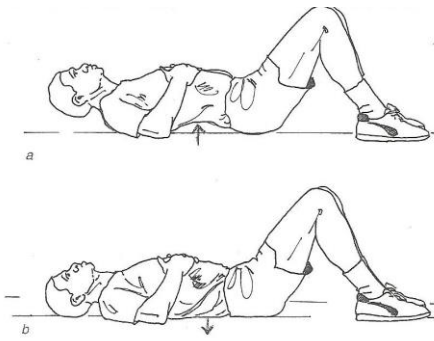


# Core Stabilization & Stretching

## Exercises



### Posterior Pelvic Tilts (above)

- Tighten up core muscles by pushing the small of your back flat against the table/floor
- Hold for 10 sec. Repeat 10 times
- **DO NOT HOLD YOUR BREATH WITH ANY EXERCISES.**



### Seated Stability (above)

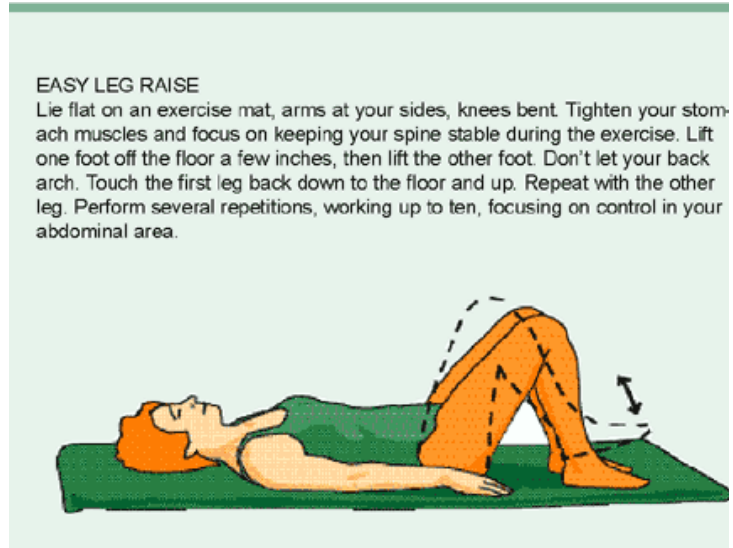
- Tighten core muscles prior to moving limbs
- For beginners: keep core tight and raise one arm or leg at a time
  - Repeat 15 times for each limb
- Advanced: Raise the opposite arm and leg simultaneously while keeping your core tight
- Do not lift both legs as pictured.



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 Lie on your back. Tighten your buttock muscles. Repeat. **IMPORTANT**- no movement should occur during this exercise.

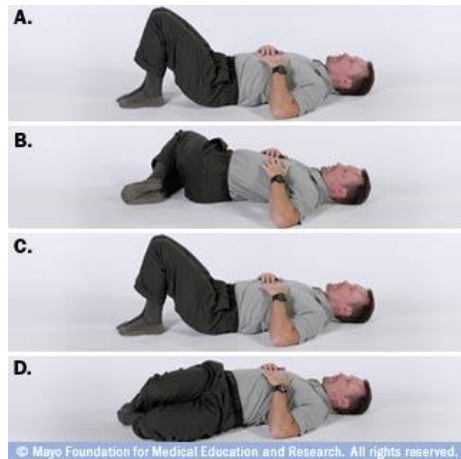
### Glut Sets

- Lying on back with knees bent or straight
- Tighten buttocks muscles
- Hold 10 seconds. Repeat 10 times.



### EASY LEG RAISE

Lie flat on an exercise mat, arms at your sides, knees bent. Tighten your stomach muscles and focus on keeping your spine stable during the exercise. Lift one foot off the floor a few inches, then lift the other foot. Don't let your back arch. Touch the first leg back down to the floor and up. Repeat with the other leg. Perform several repetitions, working up to ten, focusing on control in your abdominal area.



### Lumbar Rotation (above)

- Bend both knees and while keeping trunk still shift knees to one side
- Hold for 10 seconds
- Slowly bring knees back up and shift to the other side and hold for 10 seconds
- Repeat 10 times



### Hamstring stretching

- Place a dog leash or towel around your foot. Keeping knee straight, pull your foot toward your nose until a stretch is felt.
- Hold for 30 secs
- Repeat 3 times

# Managing and Preventing Back Pain



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## Common Causes:

- Strains and Sprains
  - Often occur when you bend too far or too often, lift heavy loads, or twist suddenly
  - Over time many mini-traumas occur, leading to scar tissue formation
    - Scar tissue is weak and inflexible → causing the back to be tighter and weaker
- Herniated Discs (often called a bulging disc)
  - Occurs when a portion of the disc (which is a spacer between the bones of your spine) protrudes into the spinal canal after a tear in the disc
  - This can result from trauma, degeneration, or prolonged wear and tear
- Spinal Stenosis and Arthritis
  - Occurs as a result of wear and tear of the vertebrae and joints in the spine.
  - Not always pain producing. Pain is a result of pressure being placed on the nerve, by the lack of space.

## Preventing Pain

- *Back pain can be managed and often prevented*
- If you spend a lot of time sitting:
  - Make sure your lower back has enough support
  - Use an ergonomically designed chair, or place a rolled towel in the small of your back
  - Take time to walk around and stretch one time every hour you sit throughout the day
- If you're mostly on your feet:
  - Periodically prop one foot up or gently bend forward toward your toes throughout the day
- When sleeping:
  - Sleep on your back with a small pillow under your knees
  - Or sleep on your side with a pillow between your knees
  - Avoid sleeping on your stomach. It can often put excessive stress on your back
- When lifting heavy objects:
  - First lift up a corner of the object to be sure you can handle the load
  - Never bend at the waist to pick something up
  - **ALWAYS BEND AT THE KNEES!**
  - Keep the object close to your body and **DON'T TWIST!**
  - Avoid lifting over your head
  - Push instead of pulling heavy objects
- When exercising:
  - Be cautious of activities involving twisting, bending, and impact
  - **INCLUDE CORE STABILIZATION EXERCISES!** (see attached examples)
- Other things that may help:
  - Decreased stress, weight loss, quit smoking, drink water

