



IMG PHYSICAL THERAPY

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Yoga for Back Pain

Back Pain Fast Facts:

- 70-80% of people experience low back pain at least once in their lives
- 24-33% of people will experience more than one episode of low back pain

Although low back pain very common, it has been proven that exercise can help prevent and possibly treat it depending on how severe the case. One type of exercise that is becoming more popular that you may want to consider including in your weekly routine is yoga.

Yoga Fast Facts:

- Yoga meaning: to join the body and mind together
- Started more than 5,000 years ago
- Consists of exercise, breathing, and meditation
- Common misconception clarification:
 - Not based on religion
 - There is no creed or fixed set of beliefs
 - There is no god-like figure
- Yoga philosophy: everything comes from within an individual

Yoga for Low Back Pain for Beginners

This exercise routine can be done 3-5 times per week and should take approximately 15-20 minutes. Each pose should be held for 3-5 long, deep, breaths. **Make sure you listen to your body and if anything causes pain do NOT continue with that exercise.** Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.

Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

1. Corpse Pose



1. Lay on the floor on your back with feet about hips width apart, arms by sides with palms facing up.
2. Close your eyes and relax.
3. If this position is uncomfortable you can put a pillow under your knees and head.

Repeat poses #2-6: 2-3 times. The final resting pose should be held for at least 5 minutes.

2. Hand to Toe Pose



1. Lay on your back with both knees bent and feet flat on the floor
2. Use a strap (dog's leash, bath towel, bed sheet, belt) and wrap around ball of your right foot
3. Straighten your right leg towards the ceiling. It is ok if your knee remains bent.
4. Straighten left leg. If this is uncomfortable keep left leg bent.
5. You should feel a stretch in the back of your right leg.
6. Repeat on other side.

3. Cow Pose



A.



B.

1. Start in a "table-top" position (Fig. A) with your hands directly beneath your shoulders and knees directly beneath your hips. Your eyes should be looking down about 6 inches in front of your hands.
2. As you inhale, arch your back and drop your belly towards the floor as you lift your chest and butt towards the ceiling (Fig B.).
3. As you exhale, come back to the tabletop position.

4. Cat Pose



A.



B.

MICHAEL WINOKUR

1. Start in a “table-top” position (Fig. A.) with your hands directly beneath your shoulders and knees directly beneath your hips. Your eyes should be looking down about 6 inches in front of your hands.
2. As you exhale, tuck your chin towards your chest and curve your spine up towards the ceiling. It should look like you are making a “C” shape with your stomach (Fig. B).
3. As you inhale return to the tabletop position.

5. Child’s Pose

1. Kneel on the floor, touch your big toes together, and sit on your heels.
2. Separate your knees about hip width apart.
3. Slowly walk your hands out in front of you as you bring your chest towards the floor while keeping your butt on your heels.
4. You should feel a stretch in your back and shoulders.



6. Staff Pose

1. Sit on the floor with your legs together and extended in front of you. Sitting on a pillow may make this more comfortable.
2. Slightly rotate your thighs inwards and press them into the floor. Flex your feet up towards the ceiling.
3. Place your hands on either side of your hips with your fingers pointing towards your toes.
4. Lift the top of your head as if there was a string pulling you up towards the ceiling as you sit up as tall as you can. Tighten your abdominal muscles but make sure you do not hold your breath.



Conclude your yoga practice by clearing your mind and resting in the Corpse Pose that you started with for at least 5 minutes.

Final Pose: Corpse Pose

1. Lay on the floor on your back with feet about hips width apart, arms by sides with palms facing up.
2. Close your eyes and relax.
3. If this position is uncomfortable you can put a pillow under your knees and head.

