

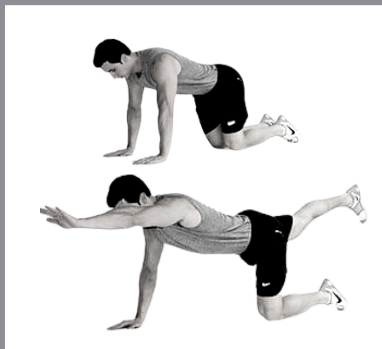
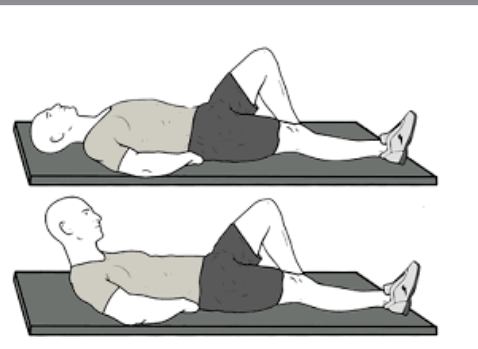
HAVE BACK PAIN?

Take control - exercises for back pain

Our 'core' is the link between our upper and lower bodies; mastery of control here is the secret to injury prevention, reduced back pain, and improved balance, strength, mobility, speed, endurance and agility. Traditional curl ups and back ups can strain the back.

The exercises below termed 'The Big 3' were developed by Dr. Stuart McGill, rigorously studied, and proven to protect your back and improve core endurance. Get started today!

Perform daily: work up to 10 second holds, of 6 reps.



McGill Curl-Up

- Lie on back, one leg flat on the floor, other bent.
- Put hands under the low back to maintain a normal arch.
- Exhale draw navel in to brace belly. Tongue on roof of mouth to brace neck. Keep space between chin and chest. Avoid curling.
- Lift your shoulders off the floor and return. Stay smooth, only lift a few inches.

Bird Dog

- Start on all fours - hands under shoulders, knees under hips, both shoulder-width apart.
- Exhale draw navel to backbone.
- Inhale reach opposite arm and leg out.
- Avoid rotation through the spine, maintain posture, keep hips in line.
- Return, repeat other side.

Side Bridge

- Lying on side, propped up on elbow, stack knees on top of each other with a 90 degree bend.
- Keep elbow under shoulder, and spine neutral, while lifting hips off the ground.
- Hold for a 5-10 count. Slowly return to the starting position. Perform 6 reps.
- Switch sides, repeat.

"Back pain is one of the most common reasons for missed work...and the second most common reason for visits to the doctor's office." – American Chiropractic Association

