

MILLS CHIROPRACTIC CENTER

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Lumbar Flexion Exercises



Lie down on the floor with your knees bent and gently press your lower back to floor. Place hands as shown. If you need some support for your neck, put your hands behind your head. Gently cradle your head in your hands and keep your elbows back (don't pull on your neck!)

Contracting your stomach (squeeze it like you're squeezing water out of a sponge), slowly lift shoulder blade a few inches off the floor. Keep your neck in alignment (it helps if you place a fist under your chin to make sure you're not tilting your head) At the top of movement, contract your stomach as hard as you can, and hold for a few seconds and exhale.

Inhale and slowly lower back down to the floor, stopping just before you relax all the way down. Try not to put weight on your feet as you come up...initiate the movement from your abdominals.

Tips: Keep your lower back flat throughout the entire movement.

Breathe continuously throughout each repetition.

Repeat the crunches for 15 to 20 repetitions.

Perform exercises for 5 - 7 days per week.



Pull your right leg toward your chest with hands behind the knee. For this stretch keep the back of your head on the floor or mat if possible, but don't strain. Hold an easy stretch for 30 seconds. Repeat, pulling your left leg toward your chest. Be sure to keep your lower back flat. If no real stretch is felt, don't worry. If the position feels good, use it. This is a very good position for the legs, feet and back.

Do 3 repetitions on each leg.

Perform exercises for 5 - 7 days per week.

After pulling one leg at a time to your chest, pull both legs to your chest. Concentrate on keeping the back of your head down.

Do 3 repetitions, hold each rep for 30 - 60 seconds.

Perform exercises for 5 - 7 days per week.