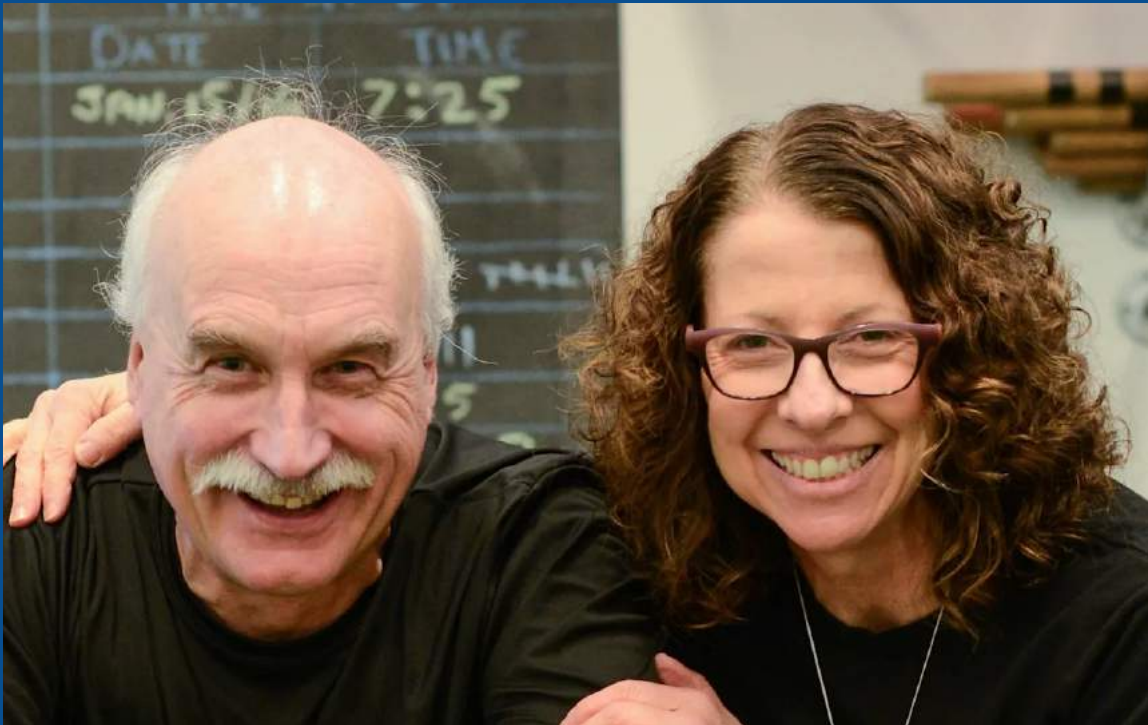


# A SMARTER WAY TO STRENGTHEN YOUR BACK



This workbook and accompanying videos work best when viewed in a pdf viewer such as Adobe Acrobat Reader that can be downloaded [here](#). If you are viewing this workbook in a web browser, please right click on the [CLICK HERE](#) button and choose "open in new tab". This will keep your place in the workbook. Using the back button will return you to the first page of the workbook.

*As with all exercise programs, when using our exercise videos, you need to use common sense. To reduce and avoid injury, you will want to check with your chiropractor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. Edgemont Chiropractic Clinic and Sheila Hamilton Movement Garden are not responsible for any injuries sustained in the performance of these exercises*

Please do these exercises with quality not quantity in mind. Hold for breath cycles, and complete the repetition number that feels good with your anatomy. Repetition ranges are approximate.

## Breathing

- Lie face down with forehead on hands. Breathe into the lower back and sides.
- Let the upper back and shoulders relax.
- Perform 20 diaphragmatic breaths. (The whole cylinder.)



- **Face Up Option:** with hands at your sides.
- Feel the intra-abdominal pressure you create with your inhale.
- On the exhale set your neck posture (chin tuck) and rib hip – depending on your posture.

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## Knee Press Breath

- Lie on your back and align your neck.
- Take one foot off the ground and place both hands onto the topside of your knee.
- Create a little counter pressure between the knee and hands – gently press low back or ribs a little to the floor.
- Hold for 3 deep breaths and change knees. Repeat 2 x per side.



## All Fours Neutral

- Position yourself in all fours with hands under your shoulders and knees under your hips.
- Find neutral spine position: head, mid back and sacrum in line.
- Perform 10 diaphragmatic breaths.

**Standing Option:** Find a wall to stand against and align your posture. Perform 10 diaphragmatic breaths.

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## Side Lying Clam Shells

- Position yourself on your side with your bottom hip tucked under and your head supported with your bottom arm.
- Stack your knees a little in front of you, feet together.
- Lift the top knee and try to feel your hip work.
- You should not be rolling back or moving your low back.
- Perform 10 reps on each side.



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# Hip CARS

## ( Controlled Articular Rotations)

- Position yourself in all fours with hands under your shoulders and knees under your hips. Place the down knee on a cushion if you have one.
- Find neutral spine position: head, mid back and sacrum in line.
- Circle your hip slowly in as big a range of motion as you can without involving the back.
- 3 circles in each direction.

**Standing Option:** Find a wall or counter to use for balance support and do from standing.



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# Half Kneeling Stretch

## From Half Kneeling or Standing with a Staggered Stance

- Place one knee on the ground supported by a pillow if needed.
- Tuck the hip under on the 'down knee' side, lengthening through the front of the hip.
- Hold for 60 seconds, adding small pulses if you like but please avoid arching your back.



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# Frog

- Spread your knees wide.
- Keeping the back in neutral, hinge the hips back towards your heels.
- Take an abdominal breath, then hinge back up to your starting point. Repeat 10 times.
- Add neck turns to look at the opposite foot as you hinge your hips back towards your heels.

**Standing Option:** Hang onto the back of a chair, railing or counter for support to do this from standing.



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# Crawling

- Position yourself on all fours with hands under your shoulders and knees under your hips.
- Find neutral spine position: head, mid back and sacrum in line.
- Crawl forward with knees on the ground practicing the opposite pattern.
- Keep your hips level like you were balancing a cup of tea on your back!
- Try a few static holds with knees off and hold for 3 breaths.
- If this feels ok, then progress to crawling with knees off the floor.

**Standing Option:** Cross your opposite arm and knee and touch with knee up at 90 degrees.



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# Half Kneeling Shoulder CARS

## Controlled Articular Rotations

- From the half kneeling position rotate your arms slowly as much as you can access from the shoulder without moving the rest of your body. Go slowly so you can access and improve your shoulder mobility.
- Perform 2 slow circles on each side – palms facing each other as you circle forward and up then palms rotate outwards (thumbs down) once arms sweep overhead and down to your sides.



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## X-Lifts

- **EASY:** Maintain neutral back. Take the opposite hand and knee 1 inch” off the floor and hover. Hold for 1–3 breaths.
- **ADVANCED:** Maintain neutral back. Extend arm and opposite leg. Hold for 1–3 breaths. Challenge control with slow speed.
- Repeat x 5 per side.

**Standing Option:** Standing Cross Taps: Touch your hand to the opposite knee by lifting your knee to hip level. Perform near a wall or counter if support is needed for balance safety.



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## GLUTE BRIDGES

Lie on your back with knees bent, feet shoulder width apart. Set your neck, rib-hip connection, engage your glutes and lift your hips into a straight line from shoulders to knees. The torso should move as a solid unit. Repeat x 10

\*Regarding breath on the bridge – this can change depending on the demand but for now I suggest “Initiating the Lift of the hips with the inhale.” When we start to add movement to breath there is often more than one correct way to coordinate it. I like to say we need to dial the breath for the imposed demand – so if the demand is low we may not even have to think about coordinating the breath at all.



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## Hip Hinge

- With your feet hip width or wider, find a neutral spine. Work on hinging your hips back to the wall behind you. Using the dowel helps to teach your body how to develop this movement pattern.
- Your knees stay over your shoelaces and do not go forward as in a squat movement pattern.
- Find neutral spine position; back of head, mid back and sacrum in line or as close as you can get it.
- Perform 10 hinges – breathing in as you sit your hips back and out as you return to standing.



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## High Arm Plank

- Position yourself in All Fours Neutral (see above) with hands under your shoulders and knees under your hips.
- Find neutral spine position: head, mid back and sacrum in line.
- Step back into a high arm plank position tightening your hips and keeping a neutral spine.
- Hold for 1 -3 diaphragmatic breaths if you can maintain the posture and breath.
- Practice 2-3 times.

**Standing Option:** Find a wall or counter and stand with your hands on the wall. Back your feet away and pretend you are holding the wall up. Perform 3 + diaphragmatic breaths.

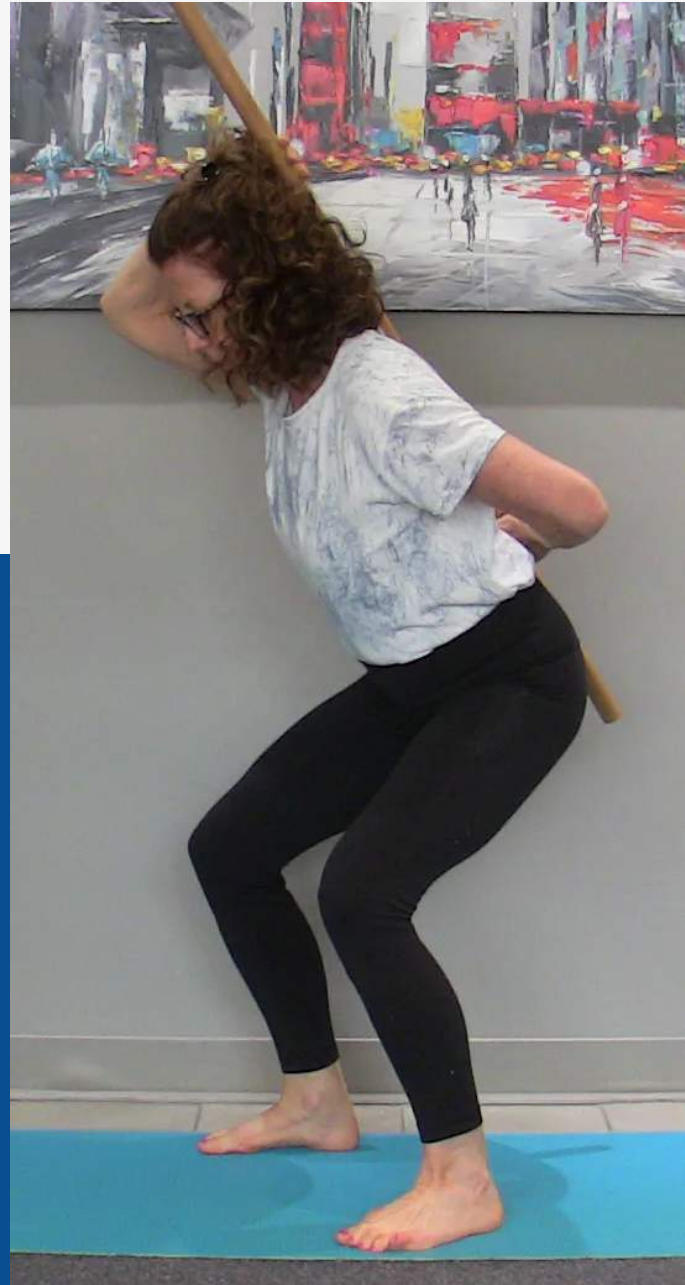
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# Squat

- Position your feet hip width or wider and adjust your feet naturally.
- Find neutral spine position: head, mid back and sacrum in line.
- Breath in as you descend and out as you stand up.
- Perform 10 squats.
- Use something to support you if needed.



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# Half Kneeling Band Row

If you don't have a band, just use your arms.

- From a half kneeling position check the tension of pulling the band apart.
- Ensure you are not putting tension in your wrists or into your neck and yet work between the shoulder blades to retract them – move together towards your spine.
- Perform 10 pulls and then change knees.
- Use a foam or pillow to support your knee if needed.

Standing Option: Perform with feet staggered – one foot in front of the other.

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Questions?

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