

MATADOR

REHAB + PERFORMANCE

Lumbar Spine Exercises: Load Your Tissues and Bulletproof your back! Low back pain is the number one cause of disability in the United States. 70% of all people will experience low back at some point in their lives. While there is not one specific fix for low back pain, we know that exercise is the best medicine. Hundreds of research studies have been conducted on low back pain, comparing things like medications, injections, surgeries, sport chiropractic treatments, and acupuncture. While all show some benefit, the intervention that yielded the most consistent, positive results was exercise. As Sport Chiropractors, our job is to find ways for you to move that are tolerable for you, without increasing your pain. These early exercises can help decrease your pain, before we prepare to make you stronger and more resilient. Try these exercises to help improve your low back mobility and decrease your pain. Start in a small, gentle range of motion, and increase as you can tolerate. Stop an exercise if it increases your pain. [Click the links below](#)

[Hip rotation shifts](#): 20 per side

[Child's pose](#): hold 20 seconds per side repeat as needed.

[Cat/Cow](#): 15 reps slow and controlled

[Cobra](#): 10 reps big breath each time

[Deep Hip flexor stretch](#): 20-30 seconds per side

Your range of motion should improve slowly but surely, so don't rush it! Don't push it, take it nice and easy, soon you'll be enjoying a pain free spine!

If you have any questions feel free to reach out and contact us! We're here to help you get back to your life.

-Dr. Arturo Elias

Matador Rehab & Performance
13807 Red Maple Wood suite 201E
210-272-7118

Matador.Rehab@gmail.com
www.MatadorRP.com

