

STRENGTH EXERCISES

FOR A HEALTHY BACK

Strengthen your lower back and core with these exercises.



BIRD DOG

2 x 10 seconds per side:

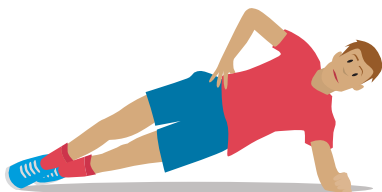
- Start with hands and knees on the floor, shoulder width apart. Hands under shoulders and knees under hips.
- Lift and extend arm and the opposite leg.
- Engage core muscles (tighten abdominal muscles as if bracing for an impact).
- Keep shoulders and hips flat.
- Point the nose to the floor and breathe slowly.



PLANK

2 x 10 seconds:

- Keep the back and neck neutral.
- Elbows directly under shoulders.
- Squeeze the glutes and tighten abdominals.
- Create a straight, strong line from head to toes and breathe slowly.



SIDE PLANK

2 x 10 seconds per side:

- Roll to the side and onto your elbow.
- Legs out with the top foot ahead of the bottom foot.
- Engage core muscles and lift the pelvis while maintaining a neutral spine.
- Keep knees on the ground to make it easier.



MODIFIED CRUNCH

2 x 10 seconds:

- Bend one knee, other leg straight out.
- Place hands, palms down, under the arch of your low back.
- Lift elbows slightly off the ground.
- Engage the core.
- Roll shoulder blades about 1" off the floor and hold for 10 seconds.
- Imagine you are gently holding an apple under your chin to keep the neck neutral and breathe.

WARM UPS

FOR A HEALTHY BACK



Hold each stretch for 10 seconds per side.



British Columbia
Chiropractic
Association



@bcchiro



@bcchiro



@bc_chiro



www.bcchiro.com

604-270-1332 | 1-866-256-1474

125 - 3751 Shell Road
Richmond, BC V6X 2W2