



MORRISON
CHIROPRACTIC, P.A.
Gentle, Effective, Quality Chiropractic Care

Getting the most from your lower back rehabilitation program

Exercise Daily: While most exercise is effective when performed three times per week, low back exercises are most beneficial when performed daily.

Avoid back “stretching” exercises: Although commonly prescribed in the past, for the injured back, spine flexibility should not be emphasized until the spine has stabilized and has undergone strength and endurance conditioning. It may take months to reach this stage.

Exercise must not exacerbate back pain. “No pain – no gain” does not apply. Please check with the doctor or CA if you have pain, we will guide you.

Add walking to your routine. Cardiovascular training makes rehabilitation and injury prevention more effective. In particular, daily fast walking with an upright torso and arm swing reduces aggravating spine loading.

Avoid bending after arising from bed. The intervertebral discs contain more fluid in the morning after arising from bed. This fluid causes increased viscosity and stiffness that can lead to disc injury when the spine is flexed. Therefore do not perform flexion activities within the first hour after arising. This includes bending at the waist to don socks or pants or while brushing teeth. You will learn alternative techniques. The cat-camel exercise will reduce spinal fluid viscosity and should be performed shortly after arising.

More repetitions of less demanding exercise will enhance endurance and strength. Endurance is especially important for injury prevention.

No set of exercises is ideal for everyone. An individual program, with some common elements, combines science and clinical experiential wisdom will result in enhanced low back health.

Be patient and stick with the program. Increased function and reduction in pain may not occur for up to three months.

Reference: McGill, S. Low Back Disorders. Evidenced Based Prevention and Rehabilitation.