



# **EXERCISES TO LESSEN BACK PAIN 3 of the best**

**BY PIA MAGANOV**

Thank you for your interest in improving your health and for downloading this book. Please read the Introduction before attempting the exercises. I hope you enjoy this book.

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## Introduction

### Welcome

Welcome and congratulations on being here! You will learn 3 simple exercises that can help your back feel better so that you can get on with your life and enjoy living. These exercises are well tested and have been proven to help 100,000's of people when their backs feel tight or strained. Many people incorporate these exercises into a daily routine. We highly recommend this practice as looking after your spine will keep you active for many, many years.

Pia wrote this book from her experience with working for 15 years in the fitness industry as a Personal Trainer and Pilates instructor. Like most people she has suffered from back pain at various times. She has found the these exercises have consistently proven to be the best exercises to give her and her clients relief from back pain.

### Gentle exercises relax the spine and may reduce back pain

Hours sitting at a computer, driving your car, and reading, adds pressure to your spine. Looking down tightens your chest and neck muscles while your shoulders and lower back muscles may weaken. This unbalanced mix of strong and weak muscles can result in neck and back pain.

We all look forward to participating in our favourite activities. A healthy back is curial. How can you play golf or ride your bike if you are suffering from back pain?

*Life is so much more enjoyable when you are pain free.*

A healthy back is flexible and strong. Gentle exercise is a great way to keep your back flexible and may reduce back pain. The 3 exercises explained here have been shown to help ease the tension in your back by gently stretching the lower back muscles.

These three simple exercises have been especially selected as they are enjoyable and effective.

## Seek Advice

Always seek advice from an appropriate health care professional or medical practitioner before attempting a new exercise program.

Before doing any of these exercises consider the cause of your back pain. If your back pain is as a result of recent trauma, injury or surgery, please seek the advice of your health care professional before using these exercises. First aid treatment such as R.I.C.E. (rest, ice, compression and elevation) may be more appropriate.

Do not do these exercises if you are on medication that reduces pain or swelling such as aspirin, paracetamol or anti-inflammatories. These medications may mask your body's natural warning mechanisms and you may not be aware of movements that will aggravate your condition.

**IMPORTANT:** These exercises are **not suitable** if you have a **disk bulge**. They are suitable for people who have tight hip flexors or tight gluteals muscles.

## Important -

### *Please read this section before starting this program*

Back pain can be the result of a myriad of activities in your life. It should not be ignored. Take into **consideration** what is suitable for your back and your situation at all times. Inappropriate exercises or stretches could cause more damage and increase the pain and **must be avoided**.

When in pain, we often seek quick fixes to stop the pain so we can get on with what we had planned. Pain is a way of our body tells us something is wrong. **If ignored**, the situation could get worse.

Before embarking on any exercise program be prepared to pay attention to how your back feels when doing the movements. If the pain increases or if the exercise just **does not feel right**, do not continue to do it.



## Let's Start

Lots of words have been used to describe the exercises. This is on purpose. All too often we think of exercise as fast and vigorous. We can also expect instant results. The words are there for you to slow you down and for your to understand the purpose of the exercise. The exercises *can* help your back and you should feel pretty good after doing them, but *only if you do the exercises with care*.

These 3 exercises are performed on the floor, lying on your back. If it is uncomfortable for you to get onto the floor, you could use a firm bed. A soft bed is not suitable. If lying on your back causes more pain, return to a position that is comfortable to you and do not continue with these exercises.

### How to approach to these exercises

- Go slowly, perhaps the slowest you have ever moved.
- Go gently, allow yourself to be aware of the effects of the movement.
- As you focus on the movement, be calm, breathe deeply and purposely to release tension from all over your body.
- Please read the whole exercise description before starting the exercise.
- To help reduce and discomfort in your back, it is important to relax the whole body. Be aware of any pain and consciously try to relax the muscles around that area. If the pain persists or increases, stop doing the exercise.



## Exercise 1: Hip rolls

This exercise introduces gentle movement to the **lower back**.

- The key to this exercise is “**less is best**”.
- Keep your movements within a comfortable range of movement.
- Please take a gentle and patient approach to this exercise.

### The key points that make all the difference:

- Positioning your back **before you start**: ensure you have a slight arch in your back even when your knees are bent up.
- Move the knees only a small way side to side.
- Breathing **calmly** while doing the movement. Allow the breath and the slow movement to calm the body.
- Relax your shoulders.
- Imagine the movement is **massaging your back** of the hips.

## The Hip Roll exercise

### *The setup*

1. Lie on **your back** with your legs stretched together out along the floor and your arms slightly out from the body. Your buttocks should feel heavy, **pressing into the floor**.
2. Slowly bend one knee to put your foot **flat on the floor** without letting your hips move.
3. Slowly bend the other knee to put that foot flat on the floor.
4. Use your inner **thigh muscles** to lightly hold your knees together.





### The move

5. Think of a clock face where your knees are at 12 o'clock. Keeping your range of movement small, **slow and controlled**, breathe and gently move your knees to one side stopping at "1 o'clock".



“Less is best”. Do NOT try to put your knees on the floor, or swing your hips, as this will over-twist the spine. You want to feel a gentle stretch of the lower back muscles and a massage on your back of the hips.

6. Breathe out as you move your knees back to 12 o'clock.

7. **Breathe in** as you slowly, and with control, move your knees to 11 o'clock.



8. **Breathe out** as you move your knees back to 12 o'clock.
9. Maintaining the breathing pattern and controlled, **gentle movements**, take the knees slowly in both directions about 5 times.



WATCH THE VIDEO

<http://www.bacpillow.com.au/home/3bookvideos/>

## Exercise 2: Knee Hug

This exercise **gently stretches** the lower back muscles and gluteals (buttocks). Your hip flexors also get a **massage** which can release tension after long periods of sitting. Do **NOT** do this exercise if you have a disk bulge.

It is a good idea to have a cushion under your head for this exercise.

### **The exercise**

1. Lie on your back with your legs bent and your feet on the floor. Your knees and feet should be about hip width apart. **Imagine all your body weight sinking** into your hips where your legs join your torso. The hips should feel heavy. Let your rib cage **relax** so that your back feels relaxed (not arched up).



## Three Of The Best

2. Take a **loose hold** over your knees by resting the right hand on the right knee and the left hand on the left knee. Do not grab both hands. Keep as much of your back on the floor as possible.

This is the knee hug position – **a soft tuck of the knees and a light touch of the hands on the knees.**



As your back muscles relax you may feel that more of your back is making contact with the floor. This is a good thing. You are **stretching your back**, using the weight of your legs. Ensure your hips remain on the floor.

3. Stay in this position for about a minute if it feels **comfortable**. Breathe freely, thinking about your breath slowing. Imagine the weight of the legs encouraging **your back muscles** to relax and stretch.
4. To release the position after a minute or so, slowly take one foot to the floor. **Wait a moment** and then take the other foot to the floor.
5. **A repeat of the Hip Roll exercise** can be beneficial after this back stretch.



**QUICK TIP**

An **optional** addition to this exercise:

When in the knee hug position, you may like to make small slow, gentle, **circular movements** across the hip area. Do 5 careful circles in one direction and then 5 in the other direction.



**WATCH THE VIDEO**

<http://www.bacpillow.com.au/home/3bookvideos/>



## Exercise 3: Leg Stretch

This stretch helps release tight hip flexors. When your hip flexors are tight your lower back often suffers due to these tight muscles pulling on your pelvis. Do NOT do this exercise if you have a disk bulge.

### The exercise

1. Lie on your back with your legs bent and your **feet on the floor**. Your knees and feet should be about hip width apart. Your **buttocks should feel heavy**, pressing into the floor.



#### QUICK TIP

Remember to hold your **stomach muscles** in firmly for this exercise especially at the start. This helps to **stabilise your lower back** and hips.



2. Holding your **stomach muscles in lightly**, slowly bring one knee towards your shoulder and hold it loosely with both hands.

Straighten the other leg as if pushing it away. **Press your heel into the floor.** Be aware that you can feel that your hips are on the floor. There may be a slight arch in your lower back.



3. In this position, **gently hug the knee.** Keep the stretched leg straight and feeling strong rather than allowing it to relax and go floppy. The leg stretched out is keeping helping hips and back stretch.

Breathing deeply and keep your shoulders relaxed. Focus on the spine getting longer. Hold this position for about **30 seconds** if your back will allow it.

### Three Of The Best

4. To release this position, first bring the out-stretch leg slowly back to the **bent knee position**, then return the leg you have been holding back to the bent knee position.



5. Repeat this stretch on the other leg.



6. **Repeat** one or two more times on both legs.



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## What's Next?

**Congratulations!** You have complete three of the best exercises to gently relax and stretch your back.

These exercises are simple exercises to help you keep your back flexible and to reduce lower back tension.

It is highly **recommended** that you continue to do exercises to stretch and strengthen your spine.

To assist you to strengthen your back muscles further, we have created the **BACpillow**. The BACpillow – Back, Abs, Core pillow - helps your upper back and neck relax. It places your back in the ideal position to **strength and tone** the lower back and lower abdominal muscles. The stronger these muscles are, the better protected **your spine** is from injury and strain.



Information about the BACpillow can be found on the website:

[www.bacpillow.com.au](http://www.bacpillow.com.au)

## About the BACpillow

You want to feeling fit, **strong** and alive. It's time to turn your back on pack pain.

The BACpillow is designed so that when you lie on it, you get the support you need and the **results** you want.

### Three Of The Best

The BACpillow's unique shape **helps you** learn which muscles need to work to support the spine. Often people can't feel them without it.

- Do your **core exercises** lying on the BACpillow and you can feel the muscles working the way they are meant to.
- Your neck is **supported**; your back well positioned.
- The pillow **is comfortable** to lie on and places your spine in the best alignment for working your core muscles.
- With some simple yet very **effective** exercises, you do the rest.

As an added benefit your stomach muscles get **toned**. No more tummy hanging out over the top of your jeans. Imagine how great you will look!



Get one today! Click here:

<http://www.bacpillow.com.au/buy-now/>

## About the Author

Pia Maganov has been in the **fitness** industry for over 15 years. She is a personal trainer and Pilates instructor in Melbourne, Australia. Her approach to exercise follows the Pilates principles of control, **concentration**, centering, precision, breath and flow.

Many of her clients have been with her for 10 years or more. She has helped people **improve** many physical conditions including eliminating back pain, rehabilitation from falls and shoulder injuries, improving neck alignment and **posture** by reducing kyphosis, strengthening ankles and knees.

Her motto is "I love helping you to get **your body** to be the best it can be."

She enjoys working with people to help them strengthen their core muscles. She believes looking after your body allows you **freedom** to do the things you enjoy.



For more information about the BACpillow please **go to our website:**

<http://www.bacpillow.com.au/>

## Three Of The Best

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Before beginning any new exercise program it is recommended that you seek medical advice from your personal physician.

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