



These exercises are designed to increase function and reduce pain, especially pain caused by disc herniations and other lumbar spine injuries. Localized pain during exercises is common and expected, but if the pain ever travels away from the original site this can indicate further complications.

*****IF YOU EXPERIENCE NEW OR INCREASED PAIN DURING ANY OF THESE MOVEMENTS STOP COMPLETELY AND CONSULT WITH YOUR CHIROPRACTOR*****

1

LYING ON STOMACH

Lie on your stomach with your arms down by your side, head face down on towel or turned to one side. Take a deep breath and relax in this position for 5 minutes. Perform 1-2 times a day until pain subsides.



2

PILLOW UNDER CHEST

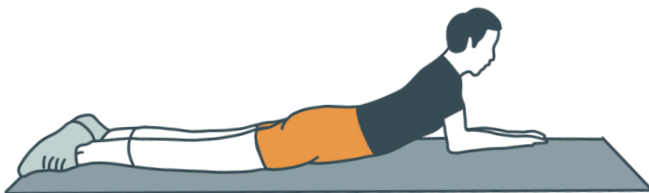
Lie on your stomach with your arms down by your side. Place a pillow under chest (1-3 pillows can be placed for increased extension) and turn head to one side. Take a deep breath and relax in this position for 5 minutes. Perform 1-2 times a day until pain subsides.



3

PROP UP ON ELBOWS

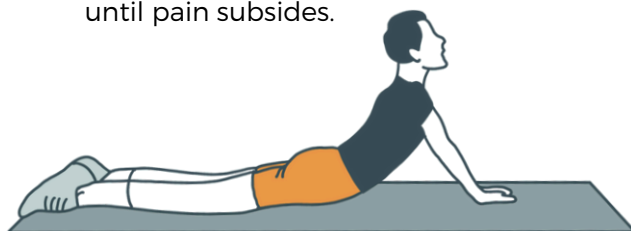
While lying on your stomach, place your elbows under your shoulders so that you are resting on your forearms. Take a deep breath and relax here for 30 seconds. Go back to lying on your stomach and repeat the move 10 times, 1-2 times per day until pain subsides.



4

PRESS-UPS

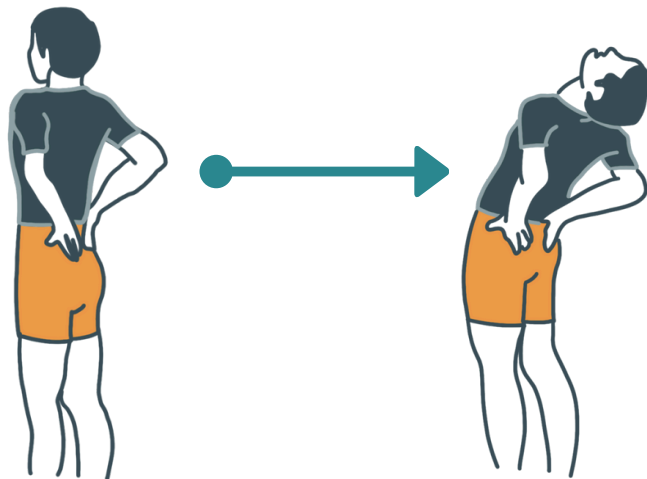
While lying on your stomach, place your hands under your shoulders and slowly straighten your elbows. Keep the lower body relaxed while pushing upper body up as much as possible. After reaching top of stretch, return to starting position and repeat 10 times, 1-2 times per day until pain subsides.



5

BACK BENDING

While standing, place your hands on your low back. Slowly bend backwards as much as you can, then relax and return to the starting position. Repeat this exercise 10 times, 1-2 times daily until pain subsides.



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