

Low Back Pain Prevention

3 Easy Steps to Remain Pain-Free



1. Abdominal (Diaphragmatic) Breathing

- Begin seated upright in a chair, standing in a neutral posture, or laying down on the back
- Place one hand over the belly (abdomen), and one hand over the chest (sternum)
- Exhale through the mouth while gently pulling in the abdomen and keeping the chest from moving
- Inhale through the nose while keeping the chest from moving and concentrating on expanding, or pushing out, the abdomen
- Repeat exercise as many times as you'd like, recommended to adopt this cycle of respiration

2. Abdominal Bracing

- Stand up straight and place one hand on the small of your back and one hand on your abdomen
- Bend forward slightly at the waist and feel the lower back (extensor) muscles contract
- Come back to an upright posture and feel them turn off
- Without bending forward, contract the abdominal muscles (like you are about to get punched in your gut - feel them tighten with one hand) and the buttock muscles (as if you are holding in a bowel movement). You will feel the lower back muscles contract (with the other hand) when you contract your abs and buttocks
- Another way to feel the brace is to try coughing or blowing out as if you were going to blow out a candle. You will feel the contraction in abs, low back, and buttocks
- Do not just suck your belly button inward
- Learn to perform the abdominal brace independent of breathing by taking short, shallow breaths

3. Pelvic Tilting

- Should be performed once patient is able to abdominally brace.
- Do the pelvic tilt to strengthen your abdominal muscles.
- Lie on your back on the floor with your knees bent.
- Flatten your back against the floor by tightening your abdominal muscles and bending your pelvis up slightly.
- Hold for up to 10 seconds. Repeat.