

Back on Track



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An estimated 80% of people will experience lower back pain in their lifetime and 77% of these suffer recurring issues. It doesn't matter whether you pump iron or push pencils, what matters is that you work on strength and balance of your core (abdominal) muscles and your musculo-skeletal system as a whole.



As the new year begins and you set new goals, consider whether intermittent 'niggly' lower back pain is something you experience: if it is, put these guidelines into your 'solutions' toolbox!

Out-of-shape abs force the lower back muscles to work more in everyday activities, straining the supporting musculature and ligaments of the spine. Weak abs combined with excessive abdominal weight can increase the stress on the posterior joints of the lower (lumbar) spine, leading to jamming and inflammation.

A mini-prehabilitation program

Lateral Crab Walking Targets upper body strength, shoulder stability & dynamic core strength. It enhances the ability to control your body and stabilise your spine whilst moving, very functional in everyday life, improving muscle postural endurance.

Simply adopt a press up position and, with as much discipline as possible, use your hands and legs to move sideways. The aim is to move with minimal movement at the hips whilst maintaining a strict press up position, all with your chest over your hands! (pics right)



Decline Plank Place your legs on a raised, stable surface with elbows under your shoulders. Your body position should resemble a 'plank' position though if your back is very Overactive you may need to start with your bum slightly higher. (pics above left)

NOTE if you have a very weak core, which is very likely with chronic lower back pain, then you may well feel your lower back muscles help to hold your body in the plank position to start with. **Do not work through it**, focus on the abdominals and lifting the bum up towards the ceiling. This is NOT an exercise for your back! When you reach a point in the exercise where you can feel the lower back helping, stop and rest.

The plank can be performed daily with two sets of up to a one minute hold (work up to it!) with 30 seconds rest between sets. You will notice a significant improvement in the size of your waist as well as your chronic lower back pain through this exercise. It is phenomenal!

