

The Low Back Pain Cheat Sheet

Movement is important with low back pain, even when it is uncomfortable. Utilizing the proper motion can actually help rather than hurt.

EXERCISES

CAT-CAMEL

- Start position is on hands and knees
- Slowly rise through your upper mid back like someone is pulling a string up through your shoulder blades (hold for about a 5 count)
- Then go into an arched back position like you're letting your belly drop towards the ground
- Repeat process



https://www.youtube.com/watch?v=uE2_ZsoT6f8&t=1s

KNEES TO CHEST

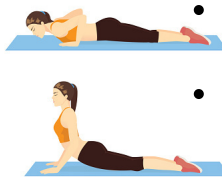
- Start position is laying on back
- Bring both knees to your chest holding them tight to your body
- Keep your head and low back on the ground
- Hold position for 10 seconds
- Drop knees to ground and rest for 5-10 seconds and repeat



<https://www.youtube.com/watch?v=wxXctiQ7ceo&t=1s>

COBRA

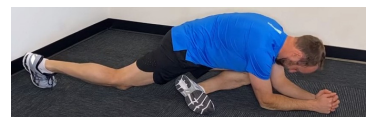
- Start position is lying face down on the ground (hands up by armpits)
- Do an upper body push up (only pressing your upper half up) while hips remain on the ground
- Hold position for a 5 count then release back to starting position
- Rest for 5-10 seconds and then repeat



https://www.youtube.com/watch?v=bcXmIU_yE_4

PIRIFORMIS

- Start on the ground folding one leg in front on you bending at the hip and knee
- Extend the other leg backward
- Keep on your toes of the back leg forcing your knee off the ground
- Lean forward onto your elbows
- Hold for 20-30 seconds



<https://www.youtube.com/watch?v=2shSZgponE8>

Following movement, allow active rest to the low back to take any pressure off of the spine.

90 | 90 Position

- Safe and effective for acute onset of low back pain
- Lying on your back, put your feet up on a chair
- Don't exceed 30 minutes in this position without incorporating some movement.

<https://www.youtube.com/watch?v=HT9Cg3ZfV1s>

ICE

- 15 minutes on and 45 minutes off
- Repeat as many times as needed or possible
- Ice is best used in acute low back pain situations to eliminate inflammation

HEAT

- Best done by taking a hot shower
- Either first thing in the morning or right before bed
- Allows muscles to loosen and relax

SUPPLEMENTS

CBD

- Balm
 - Your skin has a high concentration of cannabinoid receptors. Topical CBD balm binds to these receptors, which results in alleviation of pain and inflammation.
- Tincture
 - Ingestible form of CBD
 - Shown to work as an anti-inflammatory and analgesic to reduce inflammation and pain.

Premier Joint and Disc

- Advanced formula to support joint health and mobility
- Promotes healthy cartilage
- Supports relief of pain due to normal joint wear and tear
- Aids in recovery and muscle function
- Contains willow bark extract
 - Used specifically for treatment of pain (particularly low back pain and osteoarthritis)
- Contains Hyaluronic acid
 - Natural substance found in the body that helps to cushion and lubricate joints

CHIROPRACTIC AND DECOMPRESSION

Chiropractic

- Spinal manipulation can help relieve pain and improve function of spine and low back with a safe and specific adjustment.
- Helps to create mobility, support brain and body communication, alleviate pain, and support spinal structure.

Decompression

- Gently moves low back to create movement to the spine and disc
- Generates nutrient supply to the disc while pushing out waste products
- Removes pressure in low back that can be causing pressure on nerve

DISCPAIN

VS

JOINT PAIN

- Tends to be a progressive pain
- Usually accompanied with neurological symptoms
 - Ex: numbness, tingling, or shooting pains into the glutes or down the legs.
- Worsens with forwards flexion movement

- Tends to be acute onset of pain following likely stiffness that's already been present
- Worsens with backward extension movement

WHEN TO SEEK CHIROPRACTIC CARE

- If pain lasts longer than 48 hours
- Pain is rated greater than a 3/10 on a pain scale
- Any accompanying neurological signs (numbness, tingling, shooting pains, etc)