

EXERCISES FOR BACK, PELVIC, or LEG PAIN SPINAL STABILITY AND HEALTH

The following are exercises for enhancing your spinal stability and body posture, as well as preventing future injuries. These exercises will also aid in decreasing lower back, pelvic, and leg pain. Please follow the recommended protocol provided by your Chiropractor. If you experience increased pain or other new symptoms while performing these exercises, please discontinue immediately and speak with your Chiropractor.

1. BIRD DOG PART 1

Start on hands and knees. Raise left arm, put it down. Raise right arm, put it down. Then raise right leg, put it down. Then raise left leg, put it down. Stick with this series until you can do it comfortably and pain-free.

Progression: Raise left arm and right leg at the same time; switch and do the right arm and left leg at the same time. *Keep head and neck in neutral position, and back as flat as possible.

Do this for 1-3 minutes, 1-3 times per day.



2. BIRD DOG PART 2

***Do this only once you have mastered part 1. This is an advanced exercise.**

Raise right arm and left leg, then contract your abdominals to draw the elbow and knee together. **Repeat 10-15 times per side, at least 3 times per day** if you are experiencing back, pelvic, or leg pain and/or fatigue. This exercise is very important for strengthening your back.



3. BIRD DOG PART 3

***These are standing exercises that should not be attempted unless you have gained strength, coordination, and balance through training exercises 1 and 2 previously.**

- A) Start in standing position, ideally with right foot on a platform or step. Raise right arm in air and extend left leg behind body. Contract to draw elbow and knee together, then return to extended position without placing left foot down on the floor. (*If you cannot balance well enough to do this without touching down, then either touch your foot down in between each repetition, or return back to exercise #2 above to enhance your balance and coordination further before attempting this progression.)

Repeat 10-15 times per side, at least 3 times per day.



- B) Once you can do the exercise in part A successfully, proceed to this variation: Start with your right foot on a bench or platform, with your right arm extended overhead. Step up with your left foot, while at the same time you lower your right arm and raise your left arm and knee

at the same time. **Repeat 10-15 times per side, at least 3 times per day.** This exercise is important for balance and spinal stability and protection from injury.



- C) Once you can complete the exercise in part b, you can now combine the movements together. Start with your right foot on the bench. Step up with your left foot, and contract your abdominals to draw your left knee and right elbow together. Step back down to starting position. **Repeat 10-15 times per side, 1-3 times per day.**



4. BIRD DOG PART 4

Start in a side plank position with your left elbow supported on a bench (use something to pad your elbow if necessary). Contract your abdominals to draw your right elbow and left knee together. **Repeat 10-15 times per side, 1-3 times per day.** This is a very challenging exercise that requires control and coordination of the whole body.

