

LOWER BACK & CORE

UNWIND

Chiropractic Care

EASY LOWER BACK AND CORE EXERCISES



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ABOUT

LOW BACK

Lower back pain occurs because we tend to ignore our backs! But your back is what keeps you in motion and provides stability for you legs to move! So it's important to protect and strengthen your lower back when you begin to notice even the slightest discomfort. Let's me show you some simple exercises to help you!

1.

Hyperextension

1.



2.



Start on your stomach and then extend your lower back. Keep your feet and hands up in the air and hold. Hyperextension exercises are often neglected when it comes to increasing lower back strength. They are actually a great exercise for rehabilitation as well because it doesn't require weights.

2.

Directions:

3 sets

Hold 30 seconds/set

Bird Dog

1.



2.



This is a bit different so let me explain. Start on your hands and knees, and tighten your stomach muscles. Lift and extend one leg behind you. Keep hips level. Alternate after holding 20 seconds!

Directions:

3 sets each side

Hold for 20-30 sec/set

3.

Dumbbell DeadLift

1.



2.



This helps to strengthen your upper and lower back when you do this correctly! Try not to allow your knees pass your feet. It is important to make sure to keep your back as straight as possible.

TIP: Looking up helps to keep your lower and upper back straight!

4.

Directions:
3 sets of 10 repetitions.



Simple Exercises For

CORE STRENGTH

Strong core muscles make it easier to do most physical activities. It is also important because it helps support and protect the lower back. Having a strong core is especially important for athletes as they are susceptible to injuries. Weak core muscles can lead to poor posture and upper back tightness, which can develop upper back muscle tightness.

Planks & Side Planks



Regular Plank



Side Plank

This is a great exercise if cruches hurt your lower back. Contract your abdominals and you can really feel your abdominals working! Keep your legs straight. You can also do this with your knees planted if it's too difficult.

TIP: Make sure to keep your back as straight as possible.

6.

Directions:

3 sets

Hold 30-40 sec/set

Leg Lift

1.



2.



Leg lifts are one of the best exercises you can do to work out and increase abdominal strengths. There are many variations for this. Make sure to keep your knees straight as possible and perform this slowly. If you're having severe lower back pain, consider skipping this exercise.

7.

Directions:
3 sets of 12 repetitions.

Sit-ups (Crunches)

1.



2.



Crunches burns! That's why it's a great exercise for your core. Make sure to contract your abdominals as you go up. Holding your neck helps prevent you from raising your neck and upper back.

8.

Directions:
3 sets of 20 repetitions.

Dumbbell Swing

1.



2.



This exercise is recommended to perform with a kettlebell but you can do this with a dumbbell. Make sure to keep your abs contracted, keep your back straight and squeeze your gluts. This is a total core workout!

9.

Directions:
3 sets of 15 repetitions.

Seated Dumbbell Twist

1.



2.



Take your dumbbells and twist while seated! Make sure your feet are off the ground and try not to shift side to side as much as possible. Tighten up your abdominals and breath. This work out is great with crunches.

Directions:

3 sets of 15 repetitions.

10.

SHARE THIS WITH YOUR FRIENDS!

Hopefully you found these stretches
helpful.

For any questions, please contact us!

For more information, visit our website at unwindchirocare.com

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