

# THRIVE

FITNESS • NUTRITION • LIFESTYLE

## Back Pain Remedy

### Guidelines:

Listen to your body. Work progressively. Use the speed and the range that feels comfortable to you. Your range may increase as you continue because your tissues are getting warmed, hydrated and more malleable. Use pain as a guide. If you feel pain or pinch, stop just before that point and use that as a boundary. If you are feeling fear or 'red flags' stop.

### Standing Alternate Arm Rotation

1.

Stand with Right foot forward and Left foot back, *with both feet straight forward*. Arms straight forward at shoulder level, palms together, hands spread open. Shoulders down away from ears. Keep eyes/head forward. Rotate right arm back to right as far as possible allowing the ribcage, the hips, the knees and the ankles to turn. Then bring that hand back to meet the Left. Then rotate Left arm back to left as far as possible allowing the ribcage, the hips, the knees and the ankles to turn. Then bring that hand back to meet the Right. Continue to repeat for 8-10 reps or until you feel tissues easing and moving with more freedom of motion.  
*Repeat the same with other leg forward.*



### 3D Standing Hip Flexor/Calf

2.

Stand with Right foot forward and left foot back about 3 feet in stride, at about shoulder distance in width, *with both feet straight forward*. Front knee bends and back knee is straight. Both heels stay down. Repeat each Direction for ~ 5 reps

#### Forward & Back Direction:

Rock hips forward and back.



#### Lateral Direction:

Stay forward with hips and then rock right to left broadly



#### Right & Left - Circular

Direction: With hips remaining square forward turn in broad circles to right; repeat on the left



#### Rotational Direction:

Keeping back foot straight. Do not allow it to spin as you turn hips. Reach Right foot forward to left diagonal and then wide to right diagonal. Repeat right and Left for reps.  
***Repeat the same with other leg forward***



3.

**Seated Spine Decompression**

Seated on a chair on the forward half of chair. Feet straight forward at hip distance width. Hands on knees.

**Straight Direction:** Using the strength of your arms so that your back muscles can relax, lower your torso down toward your thighs. Using the strength of your arms to push your torso back up to upright. Repeat for 8-10 reps or until you feel tissues easing and moving with more freedom of motion.



**Diagonal Direction:** Do the same as before but turning the torso diagonally to right for one rep and then diagonally left for one reps, alternating sides. Repeat for 8-10 reps or until you feel tissues easing and moving with more freedom of motion.

**To Sides Direction:** Put Right hand on left knee and Left hand on back left corner of chair. Do the same as above lowering your torso down and pushing the torso back up. Repeat for 8-10 reps or until you feel tissues easing and moving with more freedom of motion. Repeat for Left side...



**More advanced Core difficulty** – If after doing the above you feel a “Yes” from your body that you can make it more difficult, keep your hands in place but no longer bear the weight of your torso with your arms. Let your back muscles do the work of lifting and lowering torso.

**Even more advanced Core difficulty** - If after doing the above you feel a “Yes” from your body that you can make it even more difficult, let your arms hang down by your side and repeat the movements again letting the muscles of your back to the work. Repeat for each direction...

4.

**Squeezing The Buns**

Standing with feet straight forward at hip distance in width. Tighten glute muscles by squeezing the buns. Consciously tighten both sides equally. Check if you are feeling your non-dominant cheek. Often the dominant side is squeezing harder. Notice how your Pelvis will tilt under slightly and your core muscles tighten just by tightening your buns.

• **Options:**

- Squeeze and hold for 1 second and repeat
- Squeeze and hold for 5 seconds and repeat

Repeat for 10-25 reps

