

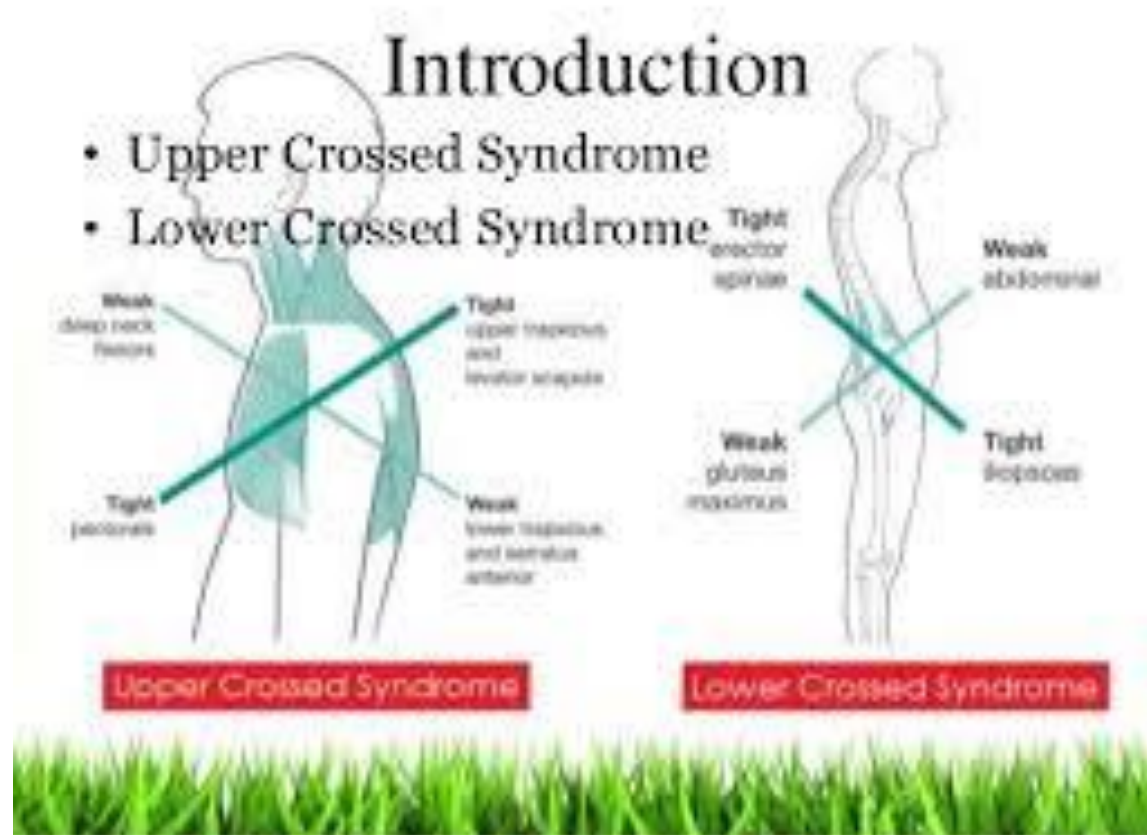
The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Methods for Reducing Back Pain

2 Common Causes of Back Pain

- ▶ Upper Cross Syndrome

- ▶ Lower Cross Syndrome



Talking about

- ▶ Rolling
- ▶ Stretching
- ▶ Training

Rolling

- ▶ Different ways to roll
 - ▶ Never over a joint
 - ▶ Can go entire length of muscle
 - ▶ Can go 1 inch at a time
 - ▶ Hold the ball at a tight spot and rock back and forth a little
 - ▶ Hold the ball at a tight spot and hold the ball there while moving your limb in different directions

Stretching

- ▶ Key Points
 - ▶ Never to pain
 - ▶ Go until you just start to feel the stretch (actually a contraction)
 - ▶ Wait for it to relax
 - ▶ If it does not relax, you have gone too far
 - ▶ Once it has relaxed, try to go a little further and wait again until it relaxes again

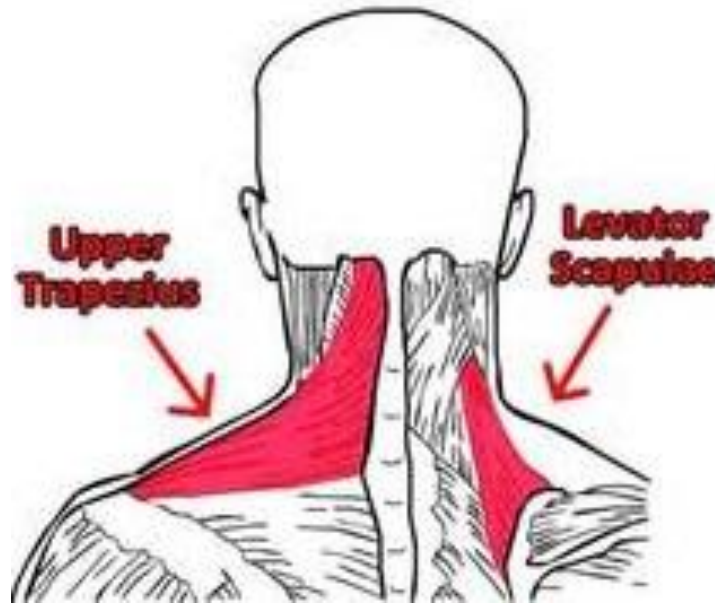
Training

- ▶ When training weaker, over stretched muscles
 - ▶ Make sure you use light weights
 - ▶ Using weights that are too heavy will cause the stronger muscles to take over the workload
 - ▶ Lower weights and more repetitions to start
 - ▶ Can even start with static holds and then move into weights

Upper Cross Syndrome

Results in the following tight muscles:

- Upper Trapezius and Levator Scapula

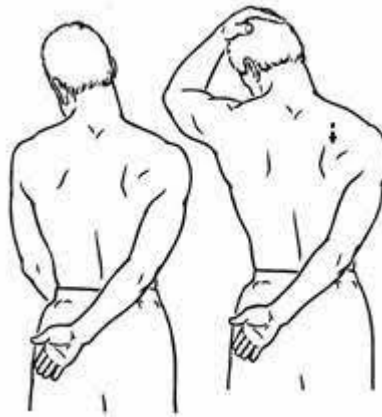


Rolling for Upper Trapezius and Levator Scapula

- ▶ Tennis ball with hand
- ▶ Tennis ball with wall
- ▶ Tennis ball on floor



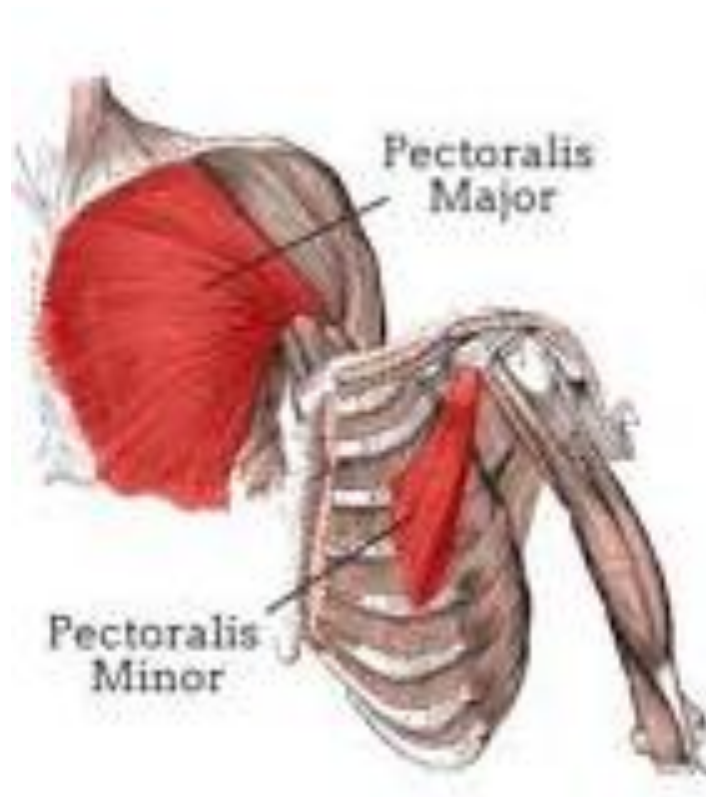
Stretching for Upper Trapezius and Levator Scapula



Upper Cross Syndrome

Results in the following tight muscles:

- Pectoralis Major and Minor

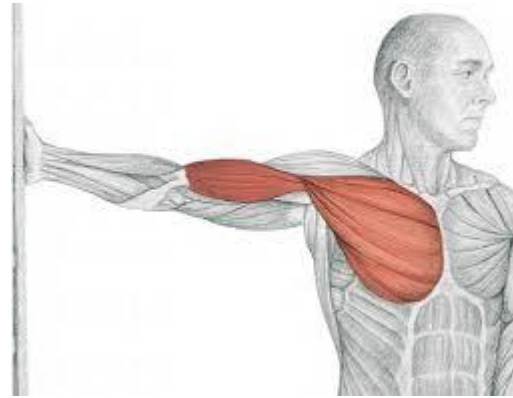
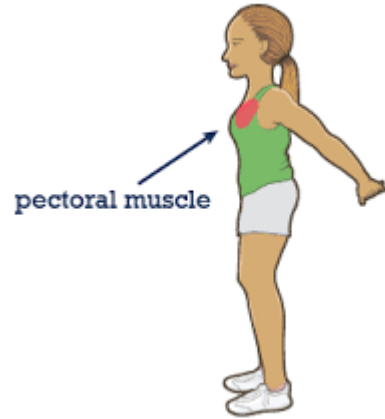


Rolling for Pectoralis Major and Minor

- ▶ Tennis ball with hand
- ▶ Tennis ball with wall
- ▶ Tennis ball on floor



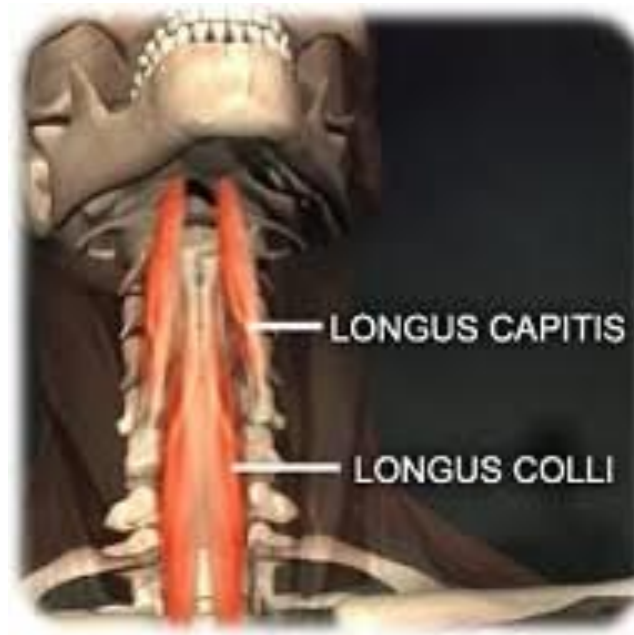
Stretching for Pectoralis Major and Minor



Upper Cross Syndrome

Results in the following weak muscles:

- Deep Cervical Flexors



Exercises for Deep Cervical Flexors

- Chin tucks



- Head lifts



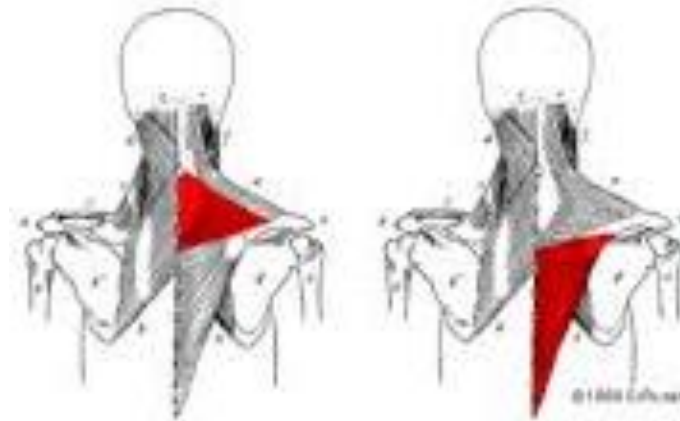
- Resistance against flexors - ball or hand



Upper Cross Syndrome

Results in the following weak muscles:

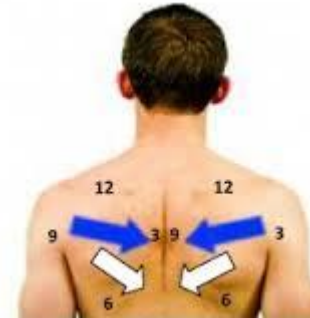
- Middle and Lower Trapezius



Exercises for Middle and Lower Trapezius

- ▶ Middle and Lower trapezius function

- ▶ Set Shoulders (almost always!)



- ▶ Middle and Lower Trapezius exercises



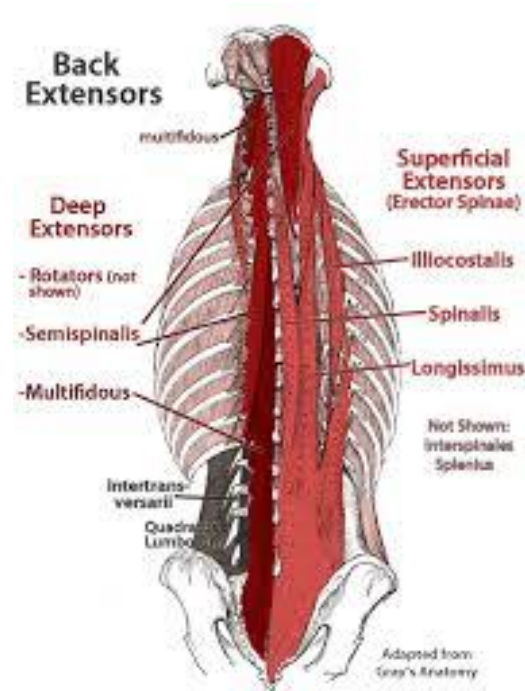
- ▶ Wall Angels



Lower Cross Syndrome

Results in the following tight muscles:

- Thoracolumbar extensors



Rolling for Thoracolumbar Extensors

- ▶ Tennis ball with wall
- ▶ Tennis ball on floor
- ▶ Roller on floor



Stretching for Thoracolumbar Extensors

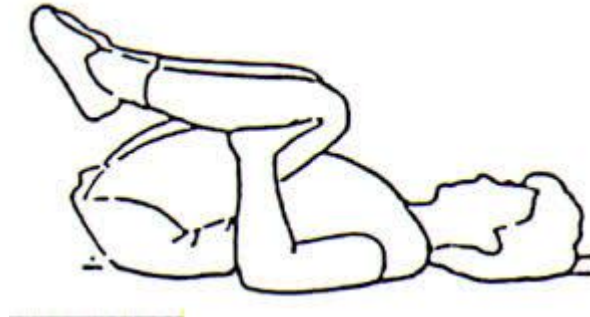
- ▶ Lower Back stretch in chair



- ▶ Child Pose



- ▶ Knee Hug



- ▶ With Rotation



Lower Cross Syndrome

Results in the following tight muscles:

- Iliopsoas and Rectus Femoris

Iliopsoas



Rectus femoris

Inserts on tibial tuberosity via patellar tendon

Rolling for Iliopsoas and Rectus Femoris

- Iliopsoas with ball



- Rectus Femoris with ball



- Rectus Femoris with roller



Stretching for Iliopsoas and Rectus Femoris

► Iliopsoas



► Rectus Femoris



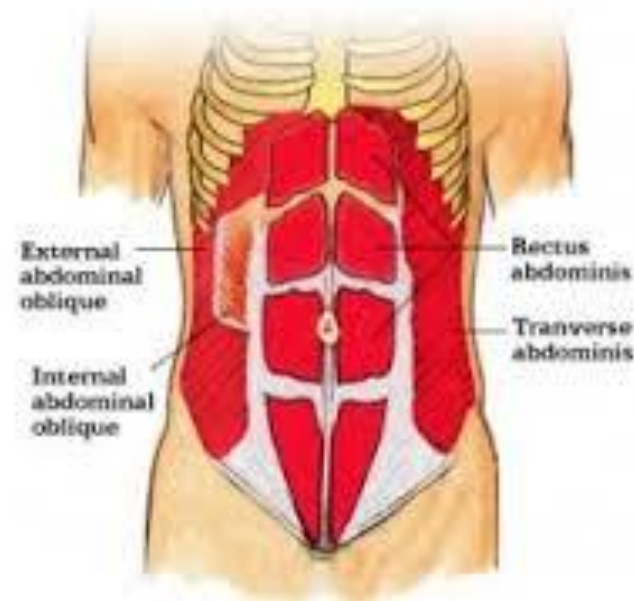
WorkoutLabs.com



Lower Cross Syndrome

Results in the following weak muscles:

- Abdominals



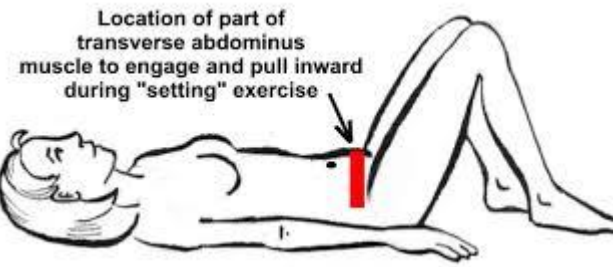
Exercises for Abdominals

- ▶ Transverse Abdominus (TVA) - seated

- ▶ TVA - lying



- ▶ TVA - kneeling



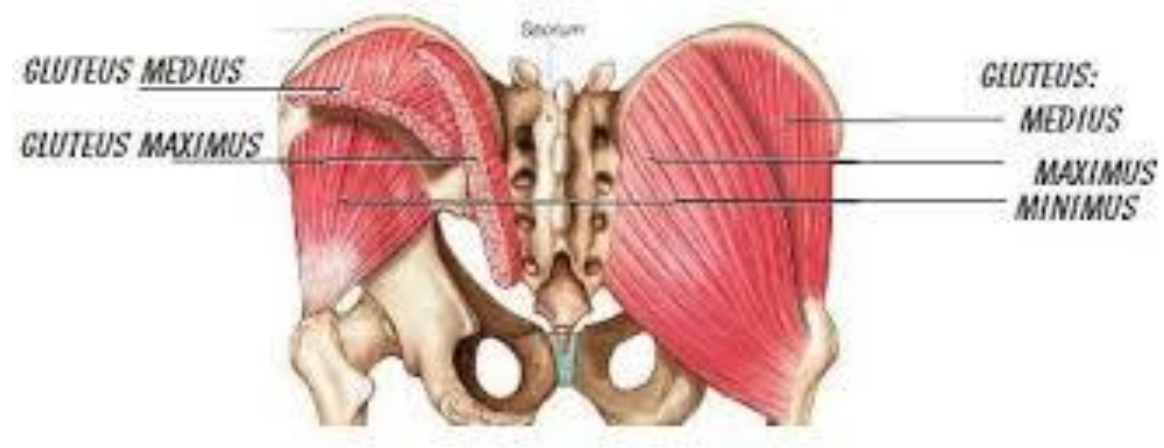
- ▶ Front Plank



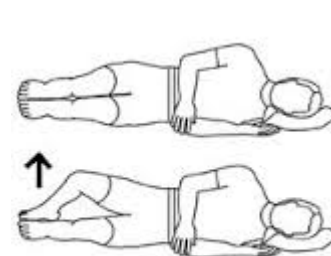
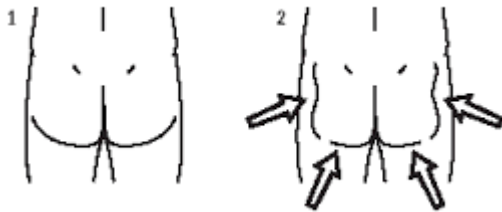
Lower Cross Syndrome

Results in the following weak muscles:

- ▶ Gluteus Maximus and Medius



Exercises for Gluteus Maximus and Medius



Back Pain

- ▶ Postural training is an important part of treating back pain.
- ▶ Especially pay attention to sitting posture.
- ▶ Fixing back pain requires persistency and effort.
- ▶ If you need clarification or more information on exercises and stretches, come see us at the fitness centre!