

FIX MY BACK PAIN



GET BACK TO

PAIN FREE

WORKOUTS

 **CRITICAL BENCH**.com
PHYSICIAN-DESIGNED WORKOUTS



By Rick Kaselj, MS & Mike Westerdal, CPT

Fix My Back Pain

***QUICK
START***

with Rick Kaselj, MS

My Story

Rick Kaselj

- Injury specialist
- Worked with thousands of people in medical centers, physical therapy clinics, chiropractic clinics, fitness centers, recreation centers and homes (Over 40,000)
- I am also a teacher and presenter for health and fitness professionals when it comes to relieving pain and overcoming injury with exercise (Taught over 6,000)
- Blog – ExercisesForInjuries.com

Back Pain Cycle

1. Rest / Ice / Drugs / Safe Exercises
2. Doctor
3. Diagnosis
4. Physical Therapy
5. Miscellaneous Modalities
6. Stretching & Strengthening
7. MRI
8. Physical Therapy / Cortisone Injection / Surgery
9. Repeat

Breaking The Back Pain Cycle

- I am going to break the Back Pain Cycle for you.
- I've been doing this for 19 years
- Let me show you how with Fix My Back Pain is going to do this

Breaking The Back Pain Cycle

How Do We Do That?

1. Internal Reshaping of the Back
2. External Reshaping of the Back
3. Injury Specific Pain Relieving Exercises

BR3 Method

- Back Reshaping 3-Component Method -

***You need to reshape your back
to allow for pain-free
movement, pain-free living,
pain-free workouts and
pain-free fun.***

Traditional Back Pain Approach

Stretching and Strengthening

- *Does Not Work
& Is Not Enough -*

Who Is Fix My Back Pain For?

*People who train hard and
want to get back to pain
free workouts.*

Quick Start

- **4 Types of Back Pain:**
 - Sprains & Strains
 - Disc Herniations & Bulges
 - Sciatica
 - All Others

Quick Start

- *Type 1 – Sprains & Strains:*
 - stiff back
 - morning back pain
 - aches
 - threw my back out

Quick Start

- *Type 1 – Sprains & Strains (cont.):*
 - back arthritis
 - osteoarthritis
 - slipped disc
 - degenerative disc disease

Type 1 – Sprains & Strains Back Pain

- **What is it?**
 - Damage / stretching to the ligament
 - Arthritis or wear and tear of the back
 - Flexion Intolerant
- **What does it feel like?**
 - Ache back, sore back, tight back muscles, painful back, sharp back pain with some positions that provide relief.

Type 1 – Sprains & Strains Back Pain

- **How does the back pain happen?**
 - Poor technique, lifting, trauma, accident, sports, prolonged stressful position (sitting, sleeping, diving)
- **What will make it worse?**
 - Putting the back into stressful positions, static flexed spine, flexing the spine, transitional movements

Type 1 – Sprains & Strains Back Pain

- **What will make it better?**
 - Eliminating stress on the back, decreasing tension around the back and protecting the back.
- **What should I do?**
 - Do the Sprains & Strains component

Quick Start

- **Type 2 – Disc Herniations & Bulges Back Pain:**
 - herniated disc
 - disc bulge
 - bulged disc

Type 2 – Disc Herniations & Bulges **Back Pain**

- **What is it?**
 - Damage to the disc of the back. Part of the disc has move out more than the other discs in the back
 - Flexion Intolerant
- **What does it feel like?**
 - Ache back, sore back, tight back muscles, painful back, sharp back pain with some positions that provide relief.

Type 2 – Disc Herniations & Bulges

Back Pain

- **How does the back pain happen?**
 - Progression of Type 1 – Sprains & Strains Back Pain
 - Poor technique, lifting someone, trauma, accident, sports, prolonged stressful position (sitting, sleeping, diving).
- **What will make it worse?**
 - Putting the back into stressful positions, static flexed spine, flexing the spine, transitional movements
 - Small percentage have an anterior disc herniation or bulge - avoid extension

Type 2 – Disc Herniations & Bulges **Back Pain**

- **What will make it better?**
 - Addressing eliminating stress on the back, decreasing tension around the back and protecting the back.
- **What should I do?**
 - Do the Disc Herniations & Bulges Back Pain component

Quick Start

- *Type 3 – Sciatica Back Pain:*
 - butt pain
 - nerve pain
 - leg pain

Type 3 – Sciatica Back Pain

- **What is it?**

- Damage to the disc of the back. Part of the disc has moved out more than the other discs in the back which leads to compression against one of the nerves in the back.
- There can be compression from other structures around the nerve that are leading to symptoms.
- Flexion Intolerant

- **What does it feel like?**

- Nerve pain in the back, seat or leg

Type 3 – Sciatica Back Pain

- **How does the back pain happen?**
 - Progression of #2 - Disc Herniations & Bulges (35% develop into sciatica)
 - Poor technique, lifting someone, trauma, accident, sports, prolonged stressful position (sitting, sleeping, diving)
- **What will make it worse?**
 - Putting the back into stressful positions, flexed spine, transitional movements

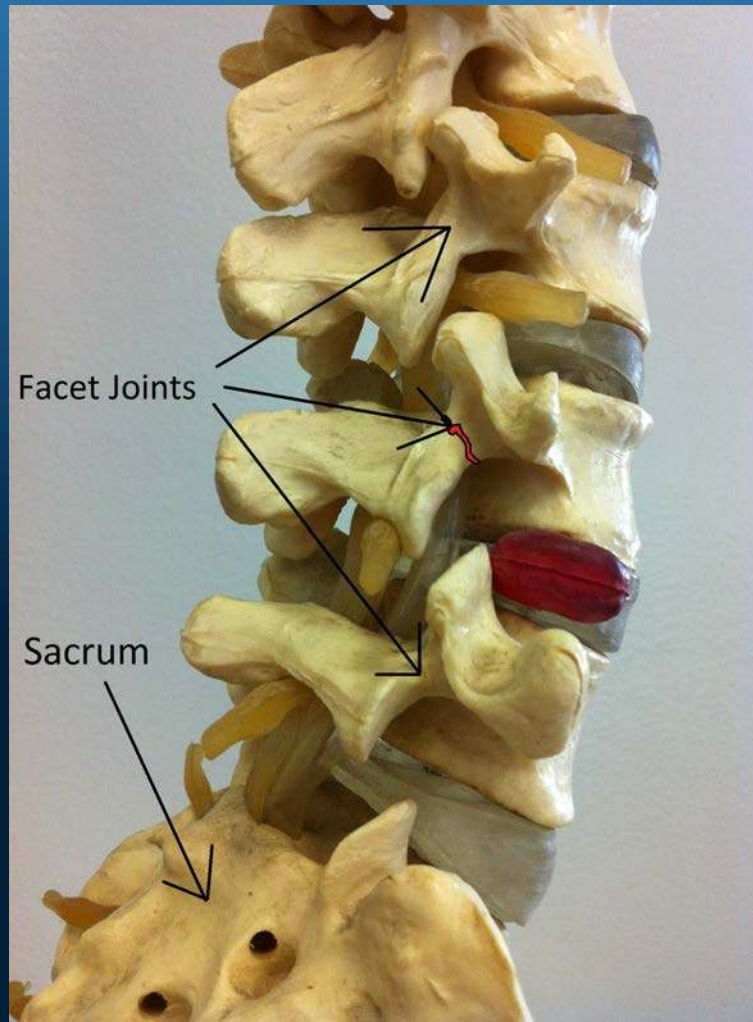
Type 3 – Sciatica Back Pain

- **What will make it better?**
 - Relieving tension around the nerve
 - Avoid end ranges of motion
 - Focus on pain relieving movements
 - Nerve flossing
- **What should I do?**
 - Do the Sciatica Back Pain component

Quick Start

- *Type 4 – All Others*
 - Spondylolysis
 - Spondylolisthesis
 - Spinal Stenosis

Type 4a – Spondylolysis



Type 4a – Spondylolysis

- *What is it?*
 - Bone that protects the spinal chord separate from the body of the vertebrae.
 - Extension Intolerant
- *What does it feel like?*
 - Ache back, sore back, tight back muscles, painful back, sharp back pain with some positions that provide relief.

Type 4a – Spondylolysis

- **How does the back pain happen?**
 - Overtraining as a child
 - Trauma
- **What will make it worse?**
 - Putting the back into stressful positions, extended spine, transitional movements

Type 4a – Spondylolysis

- *What will make it better?*
 - avoid exercises that move the spine especially extension
 - little bit of lumbar flexion or posterior pelvic tilt
 - focus is stability
- *What should I do?*
 - Do the Other Back Pain component

Type 4b – Spondylolisthesis



Type 4b – Spondylolisthesis

- *What is it?*
 - One vertebrae moving forward on the other.
 - Extension Intolerant
- *What does it feel like?*
 - Back stiffness, nerve pain

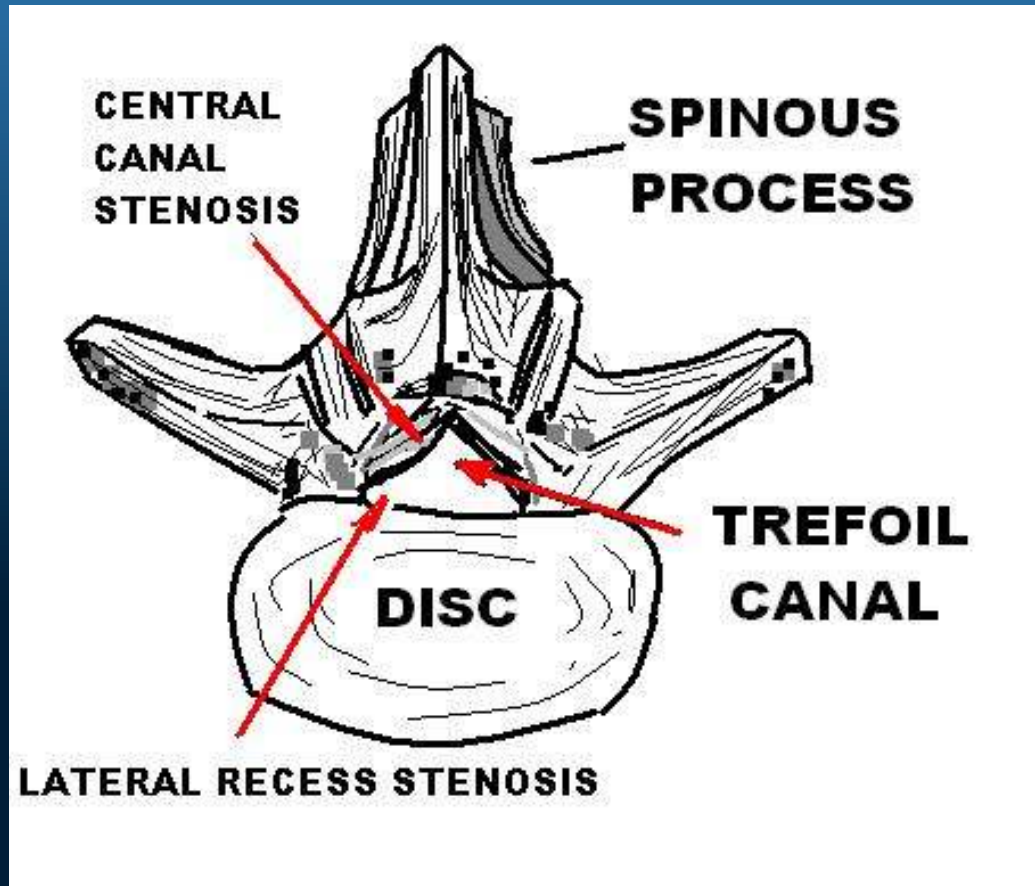
Type 4b – Spondylolisthesis

- **How does the back pain happen?**
 - Progression of spondylolysis
 - Trauma
 - Prolonged heavy loads on the spine
- **What will make it worse?**
 - Putting the back into stressful positions, extend spine, transitional movements

Type 4b – Spondylolisthesis

- **What will make it better?**
 - avoid exercises that move the spine especially extension
 - little bit of lumbar flexion or posterior pelvic tilt
 - focus is stability
- **What should I do?**
 - Do the Other Back Pain component

Type 4c – Spinal Stenosis



Type 4c – Spinal Stenosis

- **What is it?**
 - Decrease canal of the spinal cord.
 - Extension Intolerant
- **What does it feel like?**
 - Discomfort for standing, numbness, weakness.

Type 4c – Spinal Stenosis

- **How does the back pain happen?**
 - Arthritis, aging, heredity, trauma, instability.
- **What will make it worse?**
 - Putting the back into stressful positions, static extension spine, extend the spine, transitional movements

Type 4c – Spinal Stenosis

- **What will make it better?**
 - avoid exercises that move the spine especially extension
 - little bit of lumbar flexion or posterior pelvic tilt
 - focus is stability
- **What should I do?**
 - Do the Other Back Pain component

#1 Key to Overcoming Back Pain

- The success in overcoming your back pain is in you.
- You will need to make changes, take action and do the things that will help fix your back.

Fix My Back Pain

COMPONENT #1 – INTERNAL BACK RESHAPING

with Rick Kaselj, MS

Take This Component Serious

- Do not underestimate how much this component will help you
- It sets the foundation to reshaping the back from the inside
- Doing this step alone will give you 20% of your back pain recovery

Component #1

– Internal Back Reshaping

- **10 Steps :**

- a) *Hydration*
- b) *Eliminate Inflammatory Foods*
- c) *Eat Anti-Inflammatory Foods*
- d) *Avoid Back Pain Causing Positions*
- e) *Decompressing the spine*
- f) *Be Patient and Consistent*
- g) *Restful Sleep*
- h) *Release Stress*
- i) *Powerful Mind*
- j) *Rule Out Something Else*

Component #1a – Hydration

- **Do this:**
 - ✓ *Drink more water throughout the day*
 - ✓ *For most people, I recommend 3 to 4 times what they are drinking now*

Component #1b

– Eliminate Inflammatory Foods

- Eliminate These Foods:
 - ✓ *Wheat (Even better gluten)*
 - ✓ *Milk (dairy)*
 - ✓ *Sugar (unnecessary sugar sources – soda, candy, etc.)*
 - ✓ *Alcohol*
 - ✓ *Soy*

Component #1c *– Eat Anti-Inflammatory Foods*

- *Eat These Foods:*
 - ✓ *Unprocessed Fruits (morning and afternoon snack)*
 - ✓ *Unprocessed Vegetable (salad at lunch or dinner)*
 - ✓ *Joint Healing Supplements (ASR Joint Regen)*

Component #1d – Avoid Back Pain Causing Positions

- ***Avoid these positions:***
 - ✓ *Sitting for a long period of time*
 - ✓ *Excessive standing*

Component #1e

– Decompressing the Spine

- Do these movement:
 - ✓ *Reaching for the sky*
 - *5 to 10 breaths*
 - ✓ *Reach straight up and inhale with palms forward*
 - ✓ *Reach straight up and inhale with palms together and shoulders externally rotated*
 - ✓ *Hands to the ceiling, inhale and reach back*
 - *Vertical hanging*
 - *Inversion table*

Component #1f

– Be Patient and Consistent

- ✓ *It may take 3 months for function to return and pain to decrease*

Component #1g – Restful Sleep

- ✓ *bodies time to repair*
- ✓ *decrease in stress on the spine*
- ✓ *excess bed rest will lead swollen discs and will lead to a back ache*
- ✓ *have you ever been sick in bed for a few days?*

Component #1h – Release Stress

- ✓ *Have you ever been so stressed that it lead to back pain?*
- ✓ *Visualize your muscles relaxing and releasing tension*

Component #1i – Power Mind

- ✓ *Believe you will over come this.*
- ✓ *This is just a brief time in your journey.*

Component #1j *– Rule Out Something Else*

✓ *Internal organs (kidney)*

Component #1 – Internal Back Reshaping

- **10 Steps :**

- a) *Hydration*
- b) *Eliminate Inflammatory Foods*
- c) *Eat Anti-Inflammatory Foods*
- d) *Avoid Back Pain Causing Positions*
- e) *Decompressing the spine*
- f) *Be Patient and Consistent*
- g) *Restful Sleep*
- h) *Release Stress*
- i) *Powerful Mind*
- j) *Rule Out Something Else*

Component #2 – Outer Back **Reshaping**

Component #2 – Outer Back **Reshaping**

- ✓ *Pain is often attributed to the back muscles and often a symptom of something going on underneath.*

Component #2 – External Back Reshaping

- **7 Steps :**

- a) *Technique*
- b) *Excess Sitting*
- c) *Perfect Standing*
- d) *Hip Hinging*
- e) *Powerful Spine*
- f) *Restful Sleep*
- g) *Avoid Bending the Spine When you Wake Up*

Component #2a – Technique

- *perfect technique*
- *exercise technique - deadlift, pushing/pulling from lower body than upper body, spine is 25 to 40% stronger if is locked in neutral than flexed (McGill 2009)*
- *lifting technique*
- *watch for fatigue*

Component #2b – Excess Sitting

- *the new smoking – increase risk of heart disease, diabetes, cancer (Yeager 2013)*
- *driving, eating, working, watching TV*
- *keep sitting dynamic, keep changing*
- *find position that turns off your lower back - sit and move pelvis forwards and back*

Component #2b – Excess Sitting

- *use a roll in your lower back*
- *try to walk - swing the arms from the shoulders compared to the elbows decreases load on the spine by up to 10% (McGill 2009)*
- *back arches when you stand up - 5 times*
 - *Except type 4*

Component #2c – Perfect Standing

- *poor standing posture leads to the spine being flexed and greater stress on the back*

Component #2d – Hip Hinging

- *Moving and lifting from the hips*
- *learning hip hinging*
 - *one hand in front and one behind*
- *Deadlift & kettlebell swing - excellent for this and targeting gluteus maximus*

Component #2e – Powerful Spine

- *perfect posture*
- *hand shaking test*

Component #2f – Restful Sleep

- *spine in good alignment*
- *stomach, side and back*

Component #2g – Avoid Bending the Spine When You Wake Up

- *Avoid full range of motion spinal bending with load after waking up – example is rowers (McGill 2009)*
- the discs loses 90% of the fluid within the first hour of waking up
- focus on hip movement

Component #2 – External Back Reshaping

- **7 Steps :**

- a) *Technique*
- b) *Excess Sitting*
- c) *Perfect Standing*
- d) *Hip Hinging*
- e) *Powerful Spine*
- f) *Restful Sleep*
- g) *Avoid Bending the Spine When you Wake Up*

Last Word

- – ***This will work***
- – ***It is up to you***
- – ***Take control of your back pain***
- – ***Follow the 3 components of Fix My Back Pain***

Fix My Back Pain

COMPONENT #3 – SPRAINS & STRAINS

with Rick Kaselj, MS

Component #3 – Sprains & Strains

- *Keep doing:*
 - *Component 1 – Inside Back Reshaping*
 - *Component 2 – Outside Back Reshaping*

Component #3 – Sprains & Strains

- **What are we doing:**
 - **Addressing Muscle Imbalances** – *balancing out the pulling of the muscles in the back*
 - **Core Stability** – *working on three dimensional stability of the back*
 - **Resetting the Pelvis** – *un-rotating the pelvis*

Component #3 – Sprains & Strains

Before Your Workout:

- **Limber Up – 5 minutes**
 - *Walking, warm up sets, elliptical (upright)*
 - *You will lose the benefit from the warm up if you sit for greater than 20 minutes (McGill 2009 P142)*
 - *If you are not going to do this before your workout, you can heat the area or be in a hot room for 5 minutes – hot shower, heated seat*

Component #3 – Sprains & Strains

Breathing – Back Pain Relief

- *To release tension in the back*
- *Look at breathing normally when you exercise except under heavy loads*

Component #3 – Sprains & Strains

Core Training – 1 set of 5 reps (1 minute)

- *Front - Side – Front*
- *Front – Side – Front with Hold*
- *Front – Side – Front with High Knee*

Component #3 – Sprains & Strains

Hip Hinging (1 minute)

- *Good morning movement – 1 set of 10 reps*
- *Hips to neutral and contract gluteus maximus*

Component #3 – Sprains & Strains

Protect the Back During Flexion & Twisting Exercises

- **Deadlift**
- **Pushing**
- **Pulling – rowing**
- ***Squatting***
- ***Leg Extension***

Component #3 – Sprains & Strains

After Your Workout:

- **Breathing – Back Pain Relief**
 - *To release tension in the back*

Component #3 – Sprains & Strains

- **Reset Your Pelvis (1 minutes)**
 - Right knee up into right hand and pull down with left knee into left hand for 5 seconds
 - Switch sides
 - Do 3 times
 - Squeeze your knees into your hands or into a ball hard for 5 seconds
 - Do a few times until you feel a clunk
 - (Starrett 2013 P289)

Component #3 – Sprains & Strains

- **Loosen Up the Hips & Mid-back – 6 to 10 reps (2 minutes)**
 - Cat & Camel
 - Sitting & Arching Back
 - Sitting, Rotating & Side Bending
- It will not hurt you if you do this before your workout

Component #3 – Sprains & Strains

- **Release Tension in the Muscles Around the Back – 5 reps (1 minute)**
 - Foam rolling rectus femoris
 - Foam rolling hamstring
 - Foam rolling piriformis
- It will not hurt you if you do this before your workout

Component #3 – Sprains & Strains

- **Lengthen the Muscles Around the Back – 2 sets on each side with each held for 20 seconds (4 minutes)**
 - 90-90 stretch with arm overhead – iliacus & rectus femoris
 - Standing hamstring
 - Standing piriformis

Component #3 – Sprains & Strains

- **How often?**
 - Everyday to every other day
- **How much?**
 - Explain in the slide before
- **How to make it harder?**
 - Increase reps and how often you do it

Thank You

- **Let me know how the program has helped you!**
- **Rick Kaselj**
 - support@ExercisesForInjuries.com
 - www.ExercisesForInjuries.com

Fix My Back Pain

COMPONENT #3 – DISC HERNIATIONS & BULGES

with Rick Kaselj, MS

Component #3 – Disc Herniations & Bulges

- **Keep doing:**
 - *Component 1 – Inside Back Reshaping*
 - *Component 2 – Outside Back Reshaping*

Component #3 – Disc Herniations & Bulges

- **What are we doing:**
 - **Addressing Muscle Imbalances** – *balancing out the pulling of the muscles in the back*
 - **Core Stability** – *working on three dimensional stability of the back*
 - **Resetting the Pelvis** – *un-rotating the pelvis*

Component #3 – Disc Herniations & Bulges

Before Your Workout:

- **Limber Up – 5 minutes**
 - *Walking, warm up sets, elliptical (upright)*
 - *You will lose the benefit from the warm up if you sit for greater than 20 minutes (McGill 2009 P142)*
 - *If you are not going to do this before your workout, you can heat the area or be in a hot room for 5 minutes – hot shower, heated seat*

Component #3 – Disc Herniations & Bulges

Breathing – Back Pain Relief

- *To release tension in the back*
- *Look at breathing normally when you exercise except under heavy loads*

Component #3 – Disc Herniations & Bulges

Core Training – 1 set of 5 reps (1 minute)

- *Front - Side – Front on Wall*
- *Front – Side – Front with Hold on Wall*
- *Front – Side – Front with High Knee on Wall*

Component #3 – Disc Herniations & Bulges

- **Hip Hinging (1 minute)**
 - *Hands Down Thigh – 1 set of 10 reps*
 - *Hips to neutral and contract gluteus maximus*

Component #3 – Disc Herniations & Bulges

- **Protect the Back During Flexion & Twisting Exercises**
 - Deadlift
 - Pushing
 - Pulling – rowing
 - *Squatting*
 - *Leg Extension*

Component #3 – Disc Herniations & Bulges

After Your Workout:

- **Breathing – Back Pain Relief**
 - *To release tension in the back*

Component #3 – Disc Herniations & Bulges

- **Loosen Up the Hips & Mid-back – 6 to 10 reps (2 minutes)**
 - Hip Rocking Forward
 - Sitting & Arching Back
 - Sitting & Side Bending
- It will not hurt you if you do this before your workout

Component #3 – Disc Herniations & Bulges

- **Release Tension in the Muscles Around the Back – 5 reps (1 minute)**
 - Ball on wall - rectus femoris
 - Ball on wall - hamstring
 - Ball on wall - piriformis
- It will not hurt you if you do this before your workout

Component #3 - Disc Herniations & Bulges

- **Lengthen the Muscles Around the Back – 2 sets on each side with each held for 20 seconds (4 minutes)**
 - Bench 90-90 stretch
 - Leg in the air hamstring
 - On back piriformis

Component #3 – Disc Herniations & Bulges

- **How often?**
 - Everyday to every other day
- **How much?**
 - Explain in the slide before
- **How to make it harder?**
 - Increase reps and how often you do it

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Fix My Back Pain

COMPONENT #3 – SCIATICA

with Rick Kaselj, MS

Component #3 – Sciatica

- ***Keep doing:***
 - *Component 1 – Inside Back Reshaping*
 - *Component 2 – Outside Back Reshaping*

Component #3 – Sciatica

- **What are we doing:**
 - **Addressing Muscle Imbalances** – *balancing out the pulling of the muscles in the back*
 - **Core Stability** – *working on three dimensional stability of the back*
 - **Nerve Flossing** – *Release compression on the nerve*

Component #3 – Sciatica

Before Your Workout:

- **Limber Up – 5 minutes**
 - *Walking, warm up sets, elliptical (upright)*
 - *You will lose the benefit from the warm up if you sit for greater than 20 minutes (McGill 2009 P142)*
 - *If you are not going to do this before your workout, you can heat the area or be in a hot room for 5 minutes – hot shower, heated seat*

Component #3 – Sciatica

Breathing – Back Pain Relief

- *To release tension in the back*
- *Look at breathing normally when you exercise except under heavy loads*

Component #3 – Sciatica

Core Training – 1 set of 5 reps (1 minute)

- *Push-up to Front Plank on Wall*
- *Side Push-up to Side Plank on Wall*
- *Hand Lift Push-up on Wall*

Component #3 – Sciatica

- ***Hip Hinging (1 minute)***
 - *Quarter Squat – 1 set of 10 reps*
 - *Hips to neutral and contract gluteus maximus*

Component #3 – Sciatica

- **Protect the Back During Flexion & Twisting Exercises**
 - Deadlift
 - Pushing
 - Pulling – rowing
 - *Squatting*
 - *Leg Extension*

Component #3 – Sciatica

After Your Workout:

- **Breathing – Back Pain Relief**
 - *To release tension in the back*

Component #3 – Sciatica

- **Nerve Flossing**
 - Sit and move into a position that has no symptoms and hold for 1 minute
 - Sitting feet back and head down
 - Sitting straighten leg and head back, motion is slow and take 5 seconds to do
 - If minor symptoms, decrease the range
 - Be careful and go light
 - Can be performed few times a day
 - Do not do for first two hours from waking
 - (McGill 2007 P217)

Component #3 – Sciatica

- **Loosen Up the Hips & Mid-back – 6 to 10 reps (2 minutes)**
 - On back rotating thigh in and out (leg straight, leg at 45)
 - Cross Arms, Sitting & Arching Back
 - Cross Arms, Sitting & Side Bending
- It will not hurt you if you do this before your workout

Component #3 – Sciatica

- **Release Tension in the Muscles Around the Back – 5 reps (1 minute)**
 - Ball sitting - rectus femoris
 - Ball sitting - hamstring
 - Ball sitting - piriformis
- It will not hurt you if you do this before your workout

Component #3 – Sciatica

- **Lengthen the Muscles Around the Back – 2 sets on each side with each held for 20 seconds (4 minutes)**
 - Bench 90-90 stretch
 - Leg bent in the air hamstring
 - On back piriformis

Component #3 – Sciatica

- **How often?**
 - Everyday to every other day
- **How much?**
 - Explain in the slide before
- **How to make it harder?**
 - Increase reps and how often you do it

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Fix My Back Pain

COMPONENT #3 – ALL OTHERS

with Rick Kaselj, MS

Component #3 – All Others

- ***Type 4 – All Others***
 - Spondylolysis
 - Spondylolisthesis
 - Spinal Stenosis

Component #3 – All Others

- *Keep doing:*
 - *Component 1 – Inside Back Reshaping*
 - *Component 2 – Outside Back Reshaping*

Component #3 – All Others

- **What are we doing:**
 - **Addressing Muscle Imbalances** – *balancing out the pulling of the muscles in the back*
 - **Core Stability** – *working on three dimensional stability of the back*
 - **Extension Intolerant** – *Minimize and avoid extension*

Component #3 – All Others

Before Your Workout:

- **Limber Up – 5 minutes**
 - *Walking, warm up sets, elliptical (upright)*
 - *You will lose the benefit from the warm up if you sit for greater than 20 minutes (McGill 2009 P142)*
 - *If you are not going to do this before your workout, you can heat the area or be in a hot room for 5 minutes – hot shower, heated seat*

Component #3 – All Others

Breathing – Back Pain Relief

- *To release tension in the back*
- *Look at breathing normally when you exercise except under heavy loads*

Component #3 – All Others

Core Training – 1 set of 5 reps (1 minute)

- *Push-up Wall Walking on Wall*
- *Side Plank on Wall*
- *Front – Side – Front Plank*
- *Front – Side – Front Plank with Leg Movement*

Component #3 – All Others

- Hip Hinging (1 minute)
 - *Bar to thigh – 1 set of 10 reps*
 - *Hips to neutral and contract gluteus maximus*

Component #3 – All Others

- **Additional Core Training – 1 rep (there and back) for 30 feet**
 - **Double Suit Case Carry**
 - **Waiter and Suit Case Carry**
 - **Single Suit Case Carry**

Component #3 – All Others

- **Protect the Back During Extension & Twisting Exercises**
 - Deadlift
 - Pushing
 - Pulling – rowing
 - *Squatting*
 - *Leg Curl*

Component #3 – All Others

After Your Workout:

- **Breathing – Back Pain Relief**
 - *To release tension in the back*

Component #3 – All Others

- **Loosen Up the Hips & Mid-back – 6 to 10 reps (2 minutes)**
 - On back rotating thigh in and out (leg straight, leg at 45)
 - Rolling Mid-back on full foam roller
 - Cross Arms, Sitting & Side Bending
- It will not hurt you if you do this before your workout

Component #3 – All Others

- **Release Tension in the Muscles Around the Back – 5 reps (1 minute)**
 - Ball sitting - rectus femoris
 - Ball sitting - hamstring
 - Ball sitting - piriformis
- It will not hurt you if you do this before your workout

Component #3 – All Others

- **Lengthen the Muscles Around the Back – 2 sets on each side with each held for 20 seconds (4 minutes)**
 - 90-90 stretch – rectus femoris
 - Standing hamstring
 - Standing piriformis

Component #3 – All Others

- **How often?**
 - Everyday to every other day
- **How much?**
 - Explain in the slide before
- **How to make it harder?**
 - Increase reps and how often you do it

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