

# FIX MY BACK PAIN



## GET BACK TO

# PAIN FREE

## WORKOUTS

 **CRITICAL BENCH**.com  
MULTIPLY YOUR POTENTIAL

By Rick Kaselj, MS & Mike Westerdal, CPT

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Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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# **DISC HERNIATIONS & BULGES EXERCISES**

**For Use Before and After Your Workout**

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# DISC HERNIATIONS & BULGES

## BEFORE YOUR WORKOUT

Limber Up for 5 minutes — Performing Breathing for Back Pain Relief — 5 good breathes

|                         | <b>EXERCISES</b>                            | <b>SETS</b> | <b>REPS</b> |
|-------------------------|---|-------------|-------------|
| Core Training Exercises | Front - Side – Front on Wall                | 1           | 5           |
|                         | Front – Side – Front with Hold on Wall      | 1           | 5           |
|                         | Front – Side – Front with High Knee on Wall | 1           | 5           |
| Hip Hinging             | Hands Down Thigh                            | 1           | 10          |

Remember to Protect the Back During Extension & Twisting Exercises:

Deadlift  
Pushing  
Pulling – rowing  
Squatting  
Leg Extension

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# DISC HERNIATIONS & BULGES

## AFTER YOUR WORKOUT

Performing Breathing for Back Pain Relief — 5 good breathes

|  | <b>EXERCISES</b>              | <b>SETS</b>          | <b>REPS</b>          |
|--|-------------------------------|----------------------|----------------------|
| Loosen Up the Hips & Mid-back                  | Hip Rocking Forward           | 1                    | 6-10                 |
|  | Sitting & Arching Back        | 1                    | 6-10                 |
|  | Sitting & Side Bending        | 1                    | 6-10                 |
| Release Tension in the Muscles Around the Back | Ball on wall - rectus femoris | 1                    | 5                    |
|  | Ball on wall - hamstring      | 1                    | 5                    |
|  | Ball on wall - piriformis     | 1                    | 5                    |
| Lengthen the Muscles Around the Back           | Bench 90-90 stretch           | 2<br>on each<br>side | held for<br>20 secs. |
|  | Leg in the air hamstring      | 2<br>on each<br>side | held for<br>20 secs. |
|  | On back piriformis            | 2<br>on each<br>side | held for<br>20 secs. |