



48-HOUR

BACK PAIN

RESCUE GUIDE

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 **CRITICAL BENCH**.com



48-HOUR BACK PAIN RESCUE GUIDE

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NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

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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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

48-Hour Back Pain Rescue Guide is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.



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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.





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48-Hour Back Pain Rescue Guide Exercises



#1 – Back Relaxation Position (708)



#2 – Belly Breathing in Back Relaxation Position (709)



#3 – Pain Ball Deep Hip Rotators Lying Down (710)



#4 – Pain Ball Edge of Pelvis Lying Down (711)



#5 – Pain Ball Upper Hamstring Lying Down (712)



#6 – Knee Rocking Side to Side (715)



#7 – On Back Rotating Legs In and Out (717)



#8 – Single Knee to Chest (721)



#9 – On Back Rocking Pelvis (723)



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#10 – Abdominal Setting (726)



#11 – Side Bending for Mid-Back (729)



#12 – Initial Back Extension (738)



#13 – Knee to Opposite Shoulder (733)



#14 – Initial Hip Hinging (735)



#15 – Alternating Hip Flexor Stretch (740)



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48-Hour Back Pain Rescue Guide Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

This video gives explains how to download the videos - <http://youtu.be/RZEeKUCMzgM>

| | Program Exercise Number | Exercise Number | Exercise Name | Video of the Exercise | Pass-word | Sets & Reps |
|-------------------------|-------------------------|-----------------|---|---|-----------|-------------------------------------|
| #1 - Muscle Relaxation | 1 | 708 | Back Relaxation Position | https://vimeo.com/52584163 | Abs1 | 2 to 3 minutes, daily |
| | 2 | 709 | Belly Breathing in Back Relaxation Position | https://vimeo.com/52585183 | Abs1 | 1 set of 5 reps, daily |
| | 3 | 710 | Pain Ball Deep Hip Rotators Lying Down | https://vimeo.com/52586539 | Abs1 | 1 set of 5 reps, daily |
| #2 - Self Massage | 4 | 711 | Pain Ball Edge of Pelvis Lying Down | https://vimeo.com/52589924 | Abs1 | 1 set of 5 reps, daily |
| | 5 | 712 | Pain Ball Upper Hamstring Lying Down | https://vimeo.com/52593451 | Abs1 | 1 set of 5 reps, daily |
| #3 - Dynamic Stretching | 6 | 715 | Knee Rocking Side to Side | https://vimeo.com/52612428 | lbp3 | 1 set of 5 reps on each side, daily |



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| | Program Exercise Number | Exercise Number | Exercise Name | Video of the Exercise | Pass-word | Sets & Reps |
|------------------------|-------------------------|-----------------|----------------------------------|---|-----------|--|
| | 7 | 717 | On Back Rotating Legs In and Out | https://vimeo.com/52613407 | lbp3 | 1 set of 5 reps on each direction, daily |
| | 8 | 721 | Single Knee to Chest | https://vimeo.com/52666638 | lbp3 | 1 set of 5 reps on each side, daily |
| | 9 | 723 | On Back Rocking Pelvis | https://vimeo.com/52682270 | lbp3 | 1 set of 5 reps on each direction, daily |
| #4 - Core Stability | 10 | 726 | Abdominal Setting | https://vimeo.com/52684385 | lbp3 | 1 set of 5 reps with each held for 5 seconds, daily |
| #5 - Mobility | 11 | 729 | Side Bending for Mid-Back | https://vimeo.com/52687787 | lbp3 | 1 set of 5 reps on each side, daily |
| | 12 | 738 | Initial Back Extension | https://vimeo.com/52706956 | lbp3 | 1 set of 5 reps, daily |
| #6 - Static Stretching | 13 | 733 | Knee to Opposite Shoulder | https://vimeo.com/52694321 | lbp3 | 1 set of 2 reps with each held for 20 seconds, daily |
| #7 - Hip Hinging | 14 | 735 | Initial Hip Hinging | https://vimeo.com/52702983 | lbp3 | 1 set of 5 reps, daily |
| #8 - Hip Flexor | 15 | 740 | Alternating Hip Flexor Stretch | https://vimeo.com/52721374 | lbp3 | 1 set of 5 reps, daily |

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Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercise, or should not be doing it. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

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Equipment Needed

Here is a list of equipment that you will need for the exercises:

- » *Bodyweight*
- » *Floor*
- » *Chair*
- » *Tennis Ball*



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Exercise #1: Back Relaxation Position (708)



End

| | |
|--|--|
| Purpose: | To move into a position that puts less stress on the lower back and allows the back muscles to relax. |
| Starting Position: | Lie on your back with your legs resting on a chair or couch. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Rest in this position focusing on relaxing the muscle in your lower back. 2. Perform for 2 to 3 minutes, daily. |
| Progressions: | Increase to 3 to 5 minutes |
| Contraindications & Common Mistakes: | Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. |
| Video of this exercise: https://vimeo.com/52584163 / Password: Abs1 | |



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Exercise #2: Belly Breathing in Back Relaxation Position (709)



Start



End

| | |
|--|---|
| Purpose: | To move into a position that puts less stress on the lower back and allows the back muscles to relax. |
| Starting Position: | Lie on your back with your legs resting on a chair or couch and one hand on your chest and the other on your stomach. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Take a deep breath and slowly pull the air into your stomach. As you do this the hand on you stomach will raise while the hand on your chest does not move. 2. When your belly has risen to a height with a normal breath, breath out. As you breath out your hand on your stomach will lower and the hand on your chest will not move. 3. As you are blowing out the air focus on blowing out the tension and pain in your lower back while focusing on the fact that the back pain will pass. 4. Perform 1 set of 5 repetitions, daily. |
| Progressions: | Progress to 10 to 20 repetitions |
| Contraindications & Common Mistakes: | Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately. |
| Video of this exercise: https://vimeo.com/52585183 / Password: Abs1 | |



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Exercise #3: Pain Ball Deep Hip Rotators Lying Down (710)



Ball Location



End

| | |
|--|--|
| Purpose: | To decrease the tension in the deep hip rotators by performing self massage. |
| Starting Position: | Start by lying on your back with the ball above your hip joint. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Move the ball in a controlled manner above the hip joint. 2. Move the ball around the muscle around the hip joint but do not self-massage directly on the hip joint. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase to 10 repetitions Increase the amount of bodyweight you put into the ball Perform just on injured side |
| Contraindications & Common Mistakes: | No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. |
| Video of this exercise: https://vimeo.com/52586539 / Password: Abs1 | |



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Exercise #4: Pain Ball Edge of Pelvis Lying Down (711)



Ball Location



End

| | |
|--|--|
| Purpose: | To decrease the tension in the gluteal muscles by performing self massage. |
| Starting Position: | Start by lying on your back with the ball at the top of your pelvis. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Roll the ball in a controlled manner around the edge of the pelvis. 2. Move the ball around the muscle around the edge of the pelvis but do not self-massage directly on the lower back. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase to 10 repetitions Increase the amount of bodyweight you put into the ball Perform just on injured side |
| Contraindications & Common Mistakes: | No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. |
| Video of this exercise: https://vimeo.com/52589924 / Password: Abs1 | |



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Exercise #5: Pain Ball Upper Hamstring Lying Down (712)



Ball Location



End

| | |
|--|---|
| Purpose: | To decrease the tension in the upper hamstring muscles by performing self massage. |
| Starting Position: | Start by lying on your back with the ball at the upper part of your hamstring but below your sit bone (ischial tuberosity) |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Roll the ball in a controlled manner around the upper part of your hamstring. 2. Move the ball around the muscle just below the sit bone. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase to 10 repetitions Increase the amount of bodyweight you put into the ball Perform just on injured side |
| Contraindications & Common Mistakes: | No pain – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise. |
| Video of this exercise: https://vimeo.com/52593451 / Password: Abs1 | |



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Exercise #6: Knee Rocking Side to Side (715)



Start (FRONT)



Middle (FRONT)



End (FRONT)



Start (SIDE)



Middle (SIDE)



End (SIDE)

| | |
|--|--|
| Purpose: | To dynamically stretch the hip rotators. |
| Starting Position: | Start by lying down on your back with your knees bent. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Rock your knees to one side in a controlled manner until you feel a light stretch. 2. Hold the position for one second and then rock the knees to the other side until you feel a light stretch. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase how far you drop your knees to one side Increase to 10 repetitions Just perform on injured side |
| Contraindications & Common Mistakes: | <p>Light Stretch – You should feel a light stretch. A strong stretch will not length the muscle out.</p> <p>Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch..</p> |
| Video of this exercise: https://vimeo.com/52612428 / Password: lbp3 | |



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Exercise #7: On Back Rotating Legs In and Out (717)



Start (FRONT)



Middle (FRONT)



End (FRONT)



Start (SIDE)



Middle (SIDE)



End (SIDE)

| | |
|--|---|
| Purpose: | To dynamically stretch the hip rotators. |
| Starting Position: | Start by lying down on your back with your legs straight. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. 1. Rotate your legs out in a controlled manner until you feel a light stretch. 2. 2. Hold the position for one second and then rotate your legs in until you feel a light stretch. 3. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | <ul style="list-style-type: none"> - Increase to 10 repetitions - Just perform on injured side |
| Contraindications & Common Mistakes: | <p>Light Stretch – You should feel a light stretch. A strong stretch will not length the muscle out.</p> <p>Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch.</p> |
| Video of this exercise: https://vimeo.com/52613407 / Password: lbp3 | |



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Exercise #8: Single Knee to Chest (721)



Start



End

| | |
|--|---|
| Purpose: | To dynamically stretch the muscles in the lower back and gluteal area. |
| Starting Position: | Start by lying down on your back with your knees bent. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Pull one knee with your hands, in a controlled manner, towards your chest until you feel a light stretch in your lower back and seat. 2. Hold the position for one second and then return to the start. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase to 10 repetitions Just perform on injured side |
| Contraindications & Common Mistakes: | <p>Light Stretch – You should feel a light stretch. A strong stretch will not length the muscle out.</p> <p>Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch.</p> |
| Video of this exercise: https://vimeo.com/52666638 / Password: lbp3 | |



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Exercise #9: On Back Rocking Pelvis (723)



Start



Middle



End

| | |
|--|---|
| Purpose: | To dynamically stretch the muscles in the lower back. |
| Starting Position: | Start by lying down on your back with your knees bent. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Rock your pelvis forward, in a controlled manner, until you feel a light stretch in your lower back. Do not over do it, as going too hard will irritate your back. 2. Hold the position for one second and then rock your pelvis back. Do not over do it, as going too hard will irritate your back. 3. Perform 1 set of 5 repetitions, daily. |
| Progressions: | Increase to 10 repetitions |
| Contraindications & Common Mistakes: | <p>Light Stretch – You should feel a light stretch. A strong stretch will not length the muscle out.</p> <p>Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch.</p> |
| Video of this exercise: https://vimeo.com/52682270 / Password: lbp3 | |



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Exercise #10: Abdominal Setting (726)



Start



End

| | |
|--|---|
| Purpose: | To activate the deep abdominal muscles that supports the lower back. |
| Starting Position: | Start by lying down on your back with your knees bent. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Contract your abdominal muscles at 10% of your maximal contraction level while still breathing normally. 2. Hold the contraction for 5 seconds and then relax. 3. Perform 1 set of 5 repetitions, daily. |
| Progressions: | <p>Increase to 10 repetitions</p> <p>Increase the hold to 10 seconds</p> |
| Contraindications & Common Mistakes: | No Pain – You should feel not pain. If you do, decrease how hard you contract. |
| Video of this exercise: https://vimeo.com/52684385 / Password: lbp3 | |



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Exercise #11: Side Bending for Mid-Back (729)



Start



End

| | |
|--|--|
| Purpose: | To improve mid-back movement. |
| Starting Position: | Start by lying down on your back with your knees bent. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Bend to one side focusing on the movement happening in your mid-back until you feel light resistance. 2. Hold the position for one second and then move to the other side. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase how far you bend to the side Increase to 10 repetitions |
| Contraindications & Common Mistakes: | Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch. |
| Video of this exercise: https://vimeo.com/52687787 / Password: lbp3 | |



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Exercise #12: Initial Back Extension (738)



Start



End

| | |
|--|---|
| Purpose: | To improve movement in the lower back. |
| Starting Position: | Start in a standing position with hands at the top of your pelvis. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Arch back in a slow and controlled manner until you feel light resistance. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily. |
| Progressions: | Perform 10 repetitions Do the exercises 2 to 3 times a day |
| Contraindications & Common Mistakes: | Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch. |
| Video of this exercise: https://vimeo.com/52706956 / Password: lbp3 | |



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Exercise #13: Knee to Opposite Shoulder (733)



Start



End

| | |
|--|--|
| Purpose: | To statically stretch the muscles in the hip and gluteal area (piriformis). |
| Starting Position: | Start by lying down on your back with your knees bent. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Pull your left knee with your right hand, in a controlled manner, towards your right shoulder until you feel a light stretch in your hip and seat. 2. Hold the position for 20 seconds and then return to the start. 3. Perform 1 set of 2 repetitions on each side, daily. |
| Progressions: | Increase to 3 repetitions Increase hold to 30 seconds Just perform on injured side |
| Contraindications & Common Mistakes: | <p>Light Stretch – You should feel a light stretch. A strong stretch will not length the muscle out.</p> <p>Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch.</p> |
| Video of this exercise: https://vimeo.com/52694321 / Password: lbp3 | |



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Exercise #14: Initial Hip Hinging (735)



Start



End

| | |
|--|---|
| Purpose: | To work on hip hinging (moving from your hips compared to your lower back). |
| Starting Position: | Start in a standing position with one hand on the front of your pelvis and one on the back part of your pelvis. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Contact your abdominals like you did in exercise #10 and then slightly squat down bending at your knees, hips and moving your upper body forward. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Progress to 10 repetitions Perform 2 to 3 times a day |
| Contraindications & Common Mistakes: | Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch. |
| Video of this exercise: https://vimeo.com/52702983 / Password: lbp3 | |



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Exercise #15: Alternating Hip Flexor Stretch (740)



Start



Middle



End

| | |
|--|--|
| Purpose: | To dynamically stretch the hip flexors. |
| Starting Position: | Start in standing. |
| How to Do the Exercise: | <ol style="list-style-type: none"> 1. Take a step back with your right leg and put your right hand on your right seat. 2. Contract your right seat and move your hips forward until you feel a light stretch in the front of the right hip. 3. Hold the end position for a second and then return to the start. 4. Perform 1 set of 5 repetitions on each side, daily. |
| Progressions: | Increase the repetitions to 10 Perform 2 or 3 sets |
| Contraindications & Common Mistakes: | Gentle Movements – Don't over do the exercise as it could irritate your lower back and increase your low back pain. Be gentle, move slowly and look for a light stretch. |
| Video of this exercise: https://vimeo.com/52721374 / Password: lbp3 | |

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FAQ – Frequently Asked Questions

What if I have a problem or a question?

Please email me at support@ExercisesForInjuries.com. I will get back to you within 48 hours.

Where are my download details for the product?

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes.

Where is your email with the download details?

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

Make sure to add news@ExercisesForInjuries.com to your email program

Please do add news@ExercisesForInjuries.com to your email program. This will allow me to send you updates of the program and other cool stuff.

What if I unsubscribe from your emails?

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

What will appear on my credit card for this purchase?

What will appear on your credit card is a payment, either "Healing Thro" or "Clickbank".

Will I get anything in the mail?

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

48-HOUR BACK PAIN RESCUE GUIDE

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj is an injury specialist. He has worked in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities become pain-free.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 315 presentations to over 6000 fitness and health professionals across Canada and the USA.

These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

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Rick strives to balance his work life with his personal fitness endeavors and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the Pacific Crest Trail from Mexico to Canada and mountain biked the 5,000 km Great Divide Mountain Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation guides and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

48-HOUR BACK PAIN RESCUE GUIDE

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you



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complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where Healing Through Movement can meet you:

In Person – Healing Through Movement can meet you at your home, local



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community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA.

To reach Rick, call (888) 291-2430 or
visit <http://www.HealingThroughMovement.com>.



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

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Webpage: <http://HealingThroughMovement.com>

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Other Products By Rick Kaselj & Mike Westerdal

[Fix My Shoulder Pain](#)



Fix My Shoulder Pain was created by Injury Specialist Rick Kaselj, MS. Utilizing his trademarked SR3 Method which is short for “Shoulder Reshaping 3-Part Method”, Rick is literally making headlines world wide. Rather than just stretching and strengthening which only provides temporary relief Rick’s Method actually reconstructs the shoulder joint from the outside and inside.

Fix My shoulder Pain and the SR3 Method is the first shoulder injury system ever created to help you get back to pain free workouts by focusing on alignment, tissue quality and activation & endurance. The best part; this program has been specifically designed to help serious fitness enthusiasts who want to avoid expensive and time consuming appointments and would prefer an alternative to medication or surgery.

[Get Back To Pain Free Workouts By Fixing Your Shoulders Without Appointments, Medications or Surgery](#)

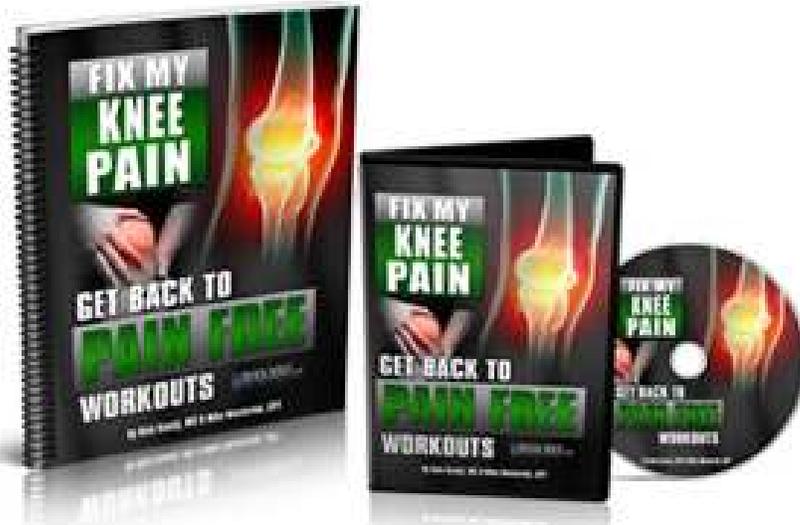


Mike Westerdal & Rick Kaselj, MS



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Fix My Knee Pain



Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery.

Escape a Major Blowout & Fix Your Knees in Just Minutes... So You Can Get Back to Your 100% Intensity Pain-Free Workouts...WITHOUT Feeling Bullied Into Time-Wasting Appointments, Expensive Medications or Going Under the Knife.

[Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery](#)

Fix My Back Pain

Just Released:
Fix My Back Pain



See Our Video Trailer Or Visit:

<http://www.criticalbench.com/gains/fmbp-sale>