

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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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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SPRAINS & STRAINS EXERCISES

For Use Before and After Your Workout

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SPRAINS & STRAINS

BEFORE YOUR WORKOUT

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

	EXERCISES	SETS	REPS
Core Training Exercises	Front - Side – Front on Wall	1	5
	Front – Side – Front with Hold	1	5
	Front – Side – Front with High Knee	1	5
Hip Hinging	Good morning movement	1	10

Remember to Protect the Back During Extension & Twisting Exercises:

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

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AFTER YOUR WORKOUT

Performing Breathing for Back Pain Relief — 5 good breathes

	EXERCISES	SETS	REPS	REST
Reset Pelvis		1	5	5 secs.
Loosen Up the Hips & Mid-back	Cat & Camel	1	6-10	
	Sitting & Arching Back	1	6-10	
Release Tension in the Muscles Around the Back	Foam rolling - rectus femoris	1	5	
	Foam rolling - hamstring	1	5	
	Foam rolling - piriformis	1	5	
Lengthen the Muscles Around the Back	90-90 stretch with arm overhead – iliacus & rectus femoris	2 on each side	held for 20 secs.	
	Standing hamstring	2 on each side	held for 20 secs.	
	Standing piriformis	2 on each side	held for 20 secs.	