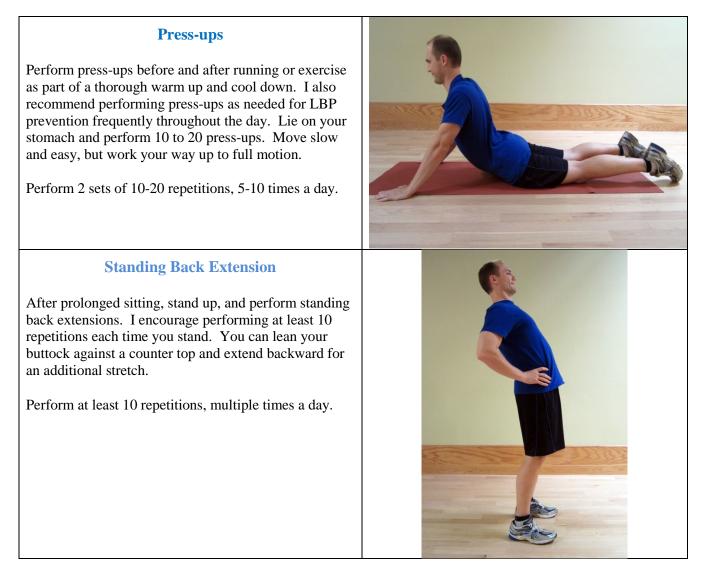
Low Back Pain Prevention Guide for Runners

This general exercise guide is intended to help you maintain adequate lower extremity and lumbar range of motion. It will help you specifically target and strengthen the muscles of the inner core as part of your low back pain prevention strategy. Focusing on mobility and lumbar strength on a regular basis has been proven to help prevent episodes of low back pain. These exercises should be used in conjunction with the prevention and treatment strategies outlined in **Low Back Pain Prevention for Runners**. These exercises should also be utilized in conjunction with maintaining a generally healthy lifestyle, including a cross training program.



Hip Flexor Stretch

Stand with good posture with your back leg straight. Keep your back heel on the ground with your toes pointed straight ahead. Flex your front knee until you feel a stretch in the front of your hip. You will also likely feel a stretch in the back of your calf. You should feel a mild to moderate stretching sensation and no increase in pain.

Hold for 30 seconds, and repeat 3 times on each side.



Hamstring Stretch in Doorway

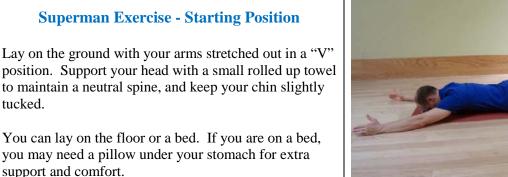
Find a doorway and place one leg on the frame and stretch the opposite leg through the doorway. Try to keep your back with a neutral arch. As your hamstring relaxes, slowly move closer to the wall or doorframe.

Hold for at least 1 minute per side and preferably 2 repetitions per side.

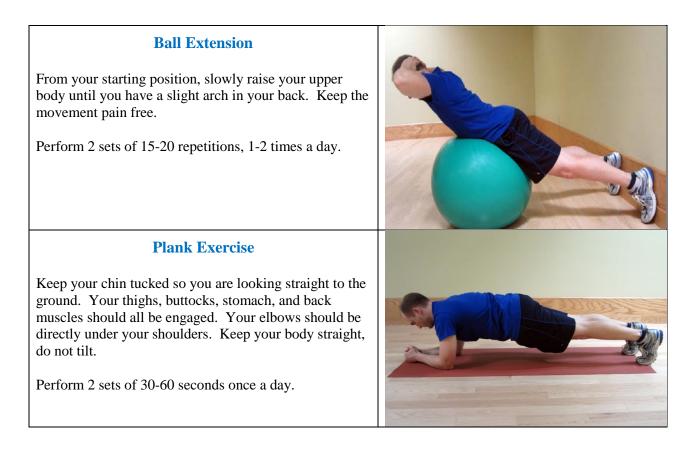


Core Strengthening Exercises – Lumbar Extensors

The exercises below are listed from easy to difficult. The exercises should be performed as part of a prevention program in combination with press-ups as well as the leg and pelvic stretches. If you experience a repeat bout of pain, start over with your progression. I recommend starting with the superman and bridge exercises. As you progress, you may increase to an additional set of 10 repetitions (for a total of 30 repetitions).



tucked.



Please visit **www.thePhysicalTherapyAdvisor.com** for more information on low back pain, physical fitness and performance, health and nutrition, injury prevention and rehabilitation strategies, as well as advice on successful aging and elder care. *Subscribe to receive weekly posts on how to maximize your health, self-treat those annoying orthopaedic injuries, and gracefully age*. Be sure to join our growing community on Facebook by liking **The Physical Therapy Advisor** where you will receive additional health and lifestyle information!

Disclaimer: This guide is for general informational purposes only and does not constitute the practice of medicine or other professional health care services, including the giving of medical advice. No health care provider/patient relationship is formed. The use of information in this guide or materials linked from this guide is at your own risk. The content of this guide is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Do not disregard, or delay in obtaining, medical advice for any medical condition you may have. Please seek the assistance of your health care professionals for any such conditions.