

Preventive exercises of spine pain ailments:

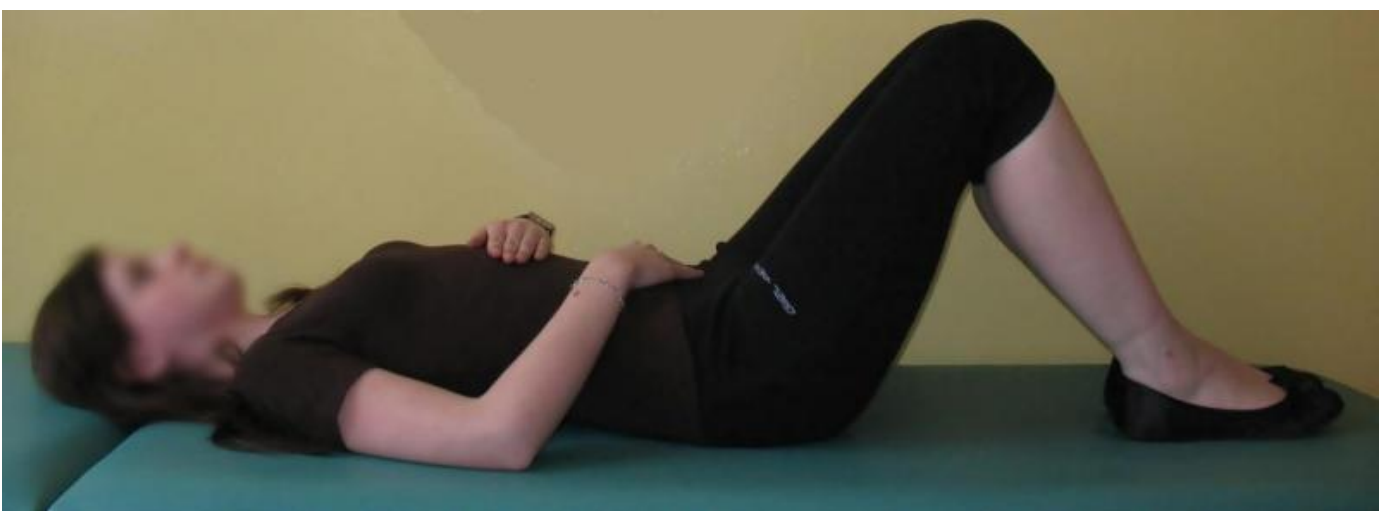
The spine is a central structure on which the whole construction of a man is based. This is why it is so prone to injuries and diseases. It's estimated that every third person suffers from spine ailments. It's worth to do easy exercises every day for a dozen of minutes to avoid spine problems. Here they are:

Exercise 1

Lie on the back, legs flexed in the hips and knees, feet on the floor, hands on the stomach (to feel the muscle tension).



Now tense the stomach muscles and press the lumbar spine into the floor. Hold the tension for about 5 seconds.



Excercise 2

Lie flat on the floor, arms along the body.



Flex the right leg, then the left one, trying to reach the chest with the knee.



Exercise 3

Lie flat on the floor, arms along the body.



Try to reach the right knee with the left elbow, then the left knee with the right elbow.



Exercise 4

Lie on the back, legs flexed in the knees and hips, feet on the floor.



Turn the legs to the right, then turn them to the left.



Exercise 5

Lie on the back, legs flexed in the knees and hips, feet on the floor.



Raise your head and upper part of the trunk with your lumbar spine kept on the floor. Hold it for about 4 seconds.



Exercise 6

Lie on the back, legs flexed in the hips and knees, feet on the floor.



Take the legs off the floor by flexing them in the hips to the right angle and hold the position for about 4 seconds.



Exercise 7

Kneel (keep the right angle in knees and hips), hands against the floor, elbows straight.

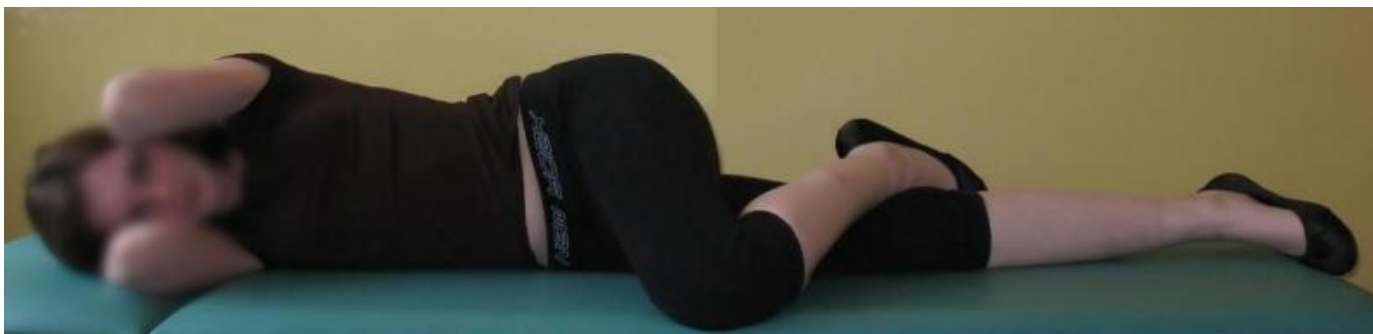


Sit on your heels, keep the head low, do not move your hands. Keep the position for about 10 seconds.



Exercise 8

Lie on the side. The leg on the floor is straight. The other foot is put behind the lower knee. Hands put behind the neck.



Turn back but do not take off the flexed knee from the floor.



Find out more about the spine:

- [Spine – Injuries and chronic illnesses](#)
- [Selected physiotherapeutic methods of the spine treatment.](#)

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