

HOW TO MANAGE BACK PAIN

on and off the reformer



A CENTERED BODY PILATES WORKSHOP

Understanding the cause and triggers for back pain can be confusing. Our goal is to help you understand what may be contributing to back pain and how to move with confidence.

There are many different types of back pain, some are the result of previous injuries others may be tied to medical conditions such as bone diseases. It is important to know your body so you can decide what is best for you!

Restrictions Base on Medical Diagnosis

Slipped Disc: typically discomfort with spinal flexion exercises in that area of the spine

Stenosis/spondylosis: typically discomfort with spinal extension

Tight Hamstrings: Pulls pelvis into posterior (rounded lower back) in all positions

Tight Hip Flexors: Pulls pelvis into anterior (arched lower back) in all positions

General Instability/Weak Abdominals: May have difficulty holding stable pelvis and lower back in all positions

Red Flags for Lower Back Pain

- Radicular pain or numbness/tingling to buttocks or leg
- Pain in the low back
- Muscle spasm
- Pain at the back of the ribs/thoracic spine
- Doming of the abdominals versus pulling in (Valsalva)

At-Home Exercises and Stretches

The following stretches can be done at home daily to help minimize lower back pain.

Pelvic rocking Bridge

3-way hip stretch

All Fours Cat/Cow/Sway

Exercise On The Reformer

When exercising in class remember to regress to progress. Day to day life can impact how we feel on and off the reformer. Listen to your body. When questioning if you should do an exercise, go back to it's simplest form or modify to a different version of the exercise that won't require spinal movement.

Find videos on how to address back pain on Facebook
www.facebook.com/centeredbodypilates/video