The ONLY Self Diagnosis and Self Treatment System That Addresses Both The Cause And The Symptoms!
Lose the Back Pain
Reference Manual

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First Edition Published and COPYRIGHT © 2000

Published by:

The Healthy Back Institute
431 Pine Street - Suite 312
Burlington, VT 05401
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One of main reasons millions of people struggle with back pain for years and years is because the treatments they receive are generic and are not specific to their current physical condition...

Also, many of the treatment options available just treat the pain or symptom and don’t address the cause. That’s why the Lose the Back Pain system is so different!

With this system you are going to create a Personalized Self Treatment Program that will be targeted and specific to you, your body and the type of back pain you are experiencing.

Back pain can be a very complicated, confusing and frustrating issue to deal with. With that in mind we have tried to make this system as easy as possible to use.

In order to keep it simple, we’ve only covered the more common physical dysfunctions that are caused by muscle imbalances. We want you to be aware that there are others and often times individuals will have multiple dysfunctions.

Whenever possible, we’ve used basic terminology and have tried to explain things in a very easy-to-understand way... However, if at any point you feel confused or have questions, please let us know and we will be happy to help you.
Follow This Simple Three Step Formula:

The system is broken down into a simple, two step process and here’s a quick explanation of how it works:

**Step 1. Education**
The first thing you are going to do with this program is get a better understanding of how back pain develops and what causes it. We cover this in detail on the first video and on the audio cd’s…

But don’t underestimate the importance of this information… if you don’t truly “get it” the chances of this program working for you is highly unlikely.

While the program works extremely well and usually delivers relief very quickly, it only works for the people who do it… so decide right now whether or not you are going to give this program a 100% effort and work at it consistently.

Once you’ve “got it” you can move on to step two in the program…

**Step 2. Assessment**
The next step in the program is to identify what we call “Physical Dysfunctions”. These dysfunctions are abnormalities in how your body functions and are caused by muscle imbalances.

You will identify the dysfunctions you have by performing the self assessments covered on the video. We recommend you pause the video to perform each assessment on both sides (or limbs), and be sure to use your Self Assessment Worksheet to record your results and findings.

In addition to the physical assessments, you’ll also be taking four photos which you’ll use as part of the visual assessment. The assessment portion of the video is **NOT** intended to be an exercise segment or workout… it is designed to help you identify the root cause of your back pain.

We recommend you watch the video several times to ensure you understand the concept of muscle imbalances and how big of a role they play in your back pain… and if necessary, you may also want to perform the assessments several times to be sure you have correctly identified the dysfunctions you have.

Now on to step three…
Step 3. Self Treatment
After watching the videos, performing the assessments, and analyzing your photos, you should be able to identify one or more physical dysfunctions that you have.

Now you are ready to create your Personalized Self Treatment Program™… you will use it to treat both the symptoms (the pain) and the cause of the problem.

Your self treatment program will consist of three components:

- Pain Reduction Strategies
- Corrective Stretches and Exercises
- Condition Specific Action Items

Here’s how you’re going to create your Personalized Self Treatment Program:

1. Watch the videos, perform the self assessments and write down the findings on your Self Assessment Worksheets
2. Review and implement some or all of the Pain Reduction Strategies that are covered on the audio cd’s and in the next section
3. Begin the Corrective Stretches and Exercises for the dysfunction(s) you’ve identified
4. Add the Condition Specific Recommendations, that apply to you and your condition, to your self treatment plan
5. Re-assess, modify and adjust your program as you progress
Sample Visual Assessment Photos

On the following pages you will find sample visual assessment photos. Please be sure to have four photos taken: front, rear, left and right side views and use them in conjunction with the physical self assessments to help identify which dysfunctions you have.

Here are some tips to help ensure you take the photos correctly:

- Take pictures in a bright room, use flash if necessary
- Use a bare wall as background
- Stand barefoot on hard, flat surface
- Stand normal, relaxed – don’t try to stand with “good posture”
- Ensure picture includes your whole body from head to toe
- Camera should be held at waist level – approx 10 feet away
Right Side View

Left Side View
Pain Reduction Strategies

In working with thousands of individuals with back pain, we have found that most people get the best results by first implementing some or all of the pain reduction strategies listed below.

Stop Exercising

If you are currently exercising, it’s very likely that what you are doing is contributing to the problem and possibly making it worse. So the first thing you need to do is to stop exercising… and that includes any form of physical activity or sport.

You need to stop all activity or exercise for at least a week and don’t add them back in until you’ve begun the program and have started to see a decrease in your level of pain. When you begin to add the exercise or activity back into your routine, you need to start slowly and be aware of how your body is responding to it.

Remember, what’s most important at this point in time is that you address your imbalances and that sometimes means limiting or even avoiding a sport, exercise or activity you enjoy for a short period of time.

Short Term Use of Medications

While we don’t recommend them often, there are times when you may want to use an over-the-counter or prescription pain killer, muscle relaxant or anti-inflammatory for a short period of time.

Please understand that there is no way a medication can correct a physical problem; however you may want to use them over the short term to help reduce inflammation and allow you to begin your self treatment program.

Your goal should be to use them as little as possible and get to the point where you don’t need them at all.
Drink More Water!

Sounds basic and simple, yet so few people actually drink enough water… and no, soda, coffee, juice and teas don’t count!

Water is critical when you are suffering from back pain. Not only does the body need water to heal and recover from stress, but it becomes even more important when you are dealing with disc issues like herniated and bulging discs and degenerative disc disease.

Your ability to recover from an injury or condition is directly affected by your hydration level. Your body can heal and repair itself much quicker when you give it enough water and you’ll also see improvements in flexibility and energy levels.

Plus, if you are taking any prescription medications or smoke, you are even more likely to be dehydrated. Most people walk around chronically dehydrated and never even know it!

So how much is enough?

Most experts recommend eight, 8oz. glasses throughout the day… but we say shoot for that at a minimum… try for more. The key is to drink water throughout the day and not just at meals or one particular time.

Heat

Another great strategy to help reduce pain and inflammation is to use heat. By heating up your muscles you increase blood flow and circulation to the area and warm muscles allow for better stretching.

When you stretch muscles while they are warm they tend to hold the lengthened or stretched out position longer. You can use a heating pad and not just on your back, but on any stiff and tight muscles. A hot tub can also warm up and massage your muscles and increases the blood flow and circulation to the area which speeds recovery and healing.
Inversion Therapy

Many people get almost instant relief from inversion therapy because it can quickly take pressure of a nerve by decompressing the spine. Remember, the reason discs bulge and herniate is because of uneven and excessive levels of compression and torsion being placed on the vertebrae and spine due to muscular imbalances.

To learn more about inversion therapy and how it can help you eliminate your pain, be sure to read our special report which you can read online here: www.Inversion-ForBackPain.com

Trigger Point Therapy

An often overlooked topic in the area of treating back pain is trigger points and their role in causing pain and spasm. Unfortunately, many healthcare professionals are not familiar with trigger points and how to address them.

If you are not familiar with them we highly recommend you learn more about them. There are several good books on the subject, here are just a few:

- The Trigger Point Therapy Workbook
- Myotherapy: Bonnie Prudden's Complete Guide to Pain Free Living

In addition to the books we just mentioned, we’ve also found that most people need more than just a book to help them understand and address the trigger points they have.

So to learn more about trigger points and how to treat them, take advantage of all the resources available at www.SelfTreatTriggerPoints.com
**Massage**

Another great pain reduction strategy is the use of massage. But it’s important to note that not any old massage will do…

While a typical Swedish style massage may help relax you and your muscles, you’ll get even more benefit from deep tissue massage targeted on the tight muscles you’ve identified.

To learn more about massage therapy and for help finding a therapist in your area please visit the following websites:

www.amtamassage.org

www.findfitnessnearyou.com

Also, many people find massage chairs to be very helpful... they give you some of the benefits of massage and even heat, but without the inconvenience and cost of continuous visits to a massage therapist.

To learn more about massage chairs and how to find the one that’s best for you visit www.MassageForBackPain.com

**Shoe Inserts**

Another seldom discussed strategy is the use of shoe inserts... and no, we are not talking about the basic gel insert you'll find in your grocery store. We are talking about high quality inserts that force the foot to stay neutral and provide more support than a basic insert or shoe will.

You can learn more about shoe inserts by visiting www.MakeYourFeetFeelGood.com

**Water Exercise**

Water exercise, or even just water walking and movements can be one of THE best things you could ever do to help deal with and eliminate your back pain!

We highly recommend you get in the pool if at all possible and the more often the better. You DON’T have to swim... in fact, we don't want you to. We just want you to get in the water and be a kid again.

Try gently twisting, bending, walking forward, backward and sideways, marching, scissor your legs, butterfly your arms... you get the idea. You’ll quickly find what works and then just stick with it.

Water exercise is one of the best forms of exercise there is... whether you have back pain or not! So get in the water!
**Rest + Relaxation + Sleep = Recovery**

So many people underestimate the power of rest, relaxation and sleep and it keeps many from getting rid of their back pain.

Your body repairs itself when given the right raw materials and when you give it the opportunity… so while you may drink water and eat healthy, a lack of rest, relaxation or sleep may be keeping you from getting pain relief.

**Rest**
Give your body the break it deserves… rest can be something as small as taking a break from sitting at your desk to stretch out or something a bit more like taking a power nap.

**Relaxation**
Relaxation can be anything from lying on the beach to sitting on your front porch to meditation, tai chi or yoga. The key is to let your mind rest and one the best ways to do this is with breathing exercises. You’d be surprised by how much of an impact breathing has not only on your ability to relax, but on your health in general.

You can learn more about breathing by going to [www.LearnHowToBreathe.com](http://www.LearnHowToBreathe.com)

Another great method for relaxing both physically and mentally is with self hypnosis. With self hypnosis there are numerous mind-body exercises you can perform that can help greatly in managing and even reducing the amount of pain you feel.

You can learn more about hypnosis and how you can use it to both relax and manage your pain by visiting [www.HypnosisForBackPain.com](http://www.HypnosisForBackPain.com)

**Sleep**
Most of the repair work your body does, happens during deep sleep so if you aren’t getting enough, you are short circuiting your body’s effort to heal and repair itself.

How much sleep does your body need?

It seems that every person has slightly different sleep requirements, but on average, most people feel the best when getting 6-9 hours of sleep per night.

What position should I sleep in? We recommend you try numerous sleeping positions and go with whatever feels best for you.

Follow these guidelines and you’ll be one step closer to eliminating your back pain and feeling great again.

If you don’t feel well rested when you wake up each morning and would like to sleep better, please visit [www.YourSleepSolution.com](http://www.YourSleepSolution.com) for more tips for on how to get a better nights sleep.
Mindset, Stress, Motivation and Goal Setting

Mindset

You may be wondering why we include mindset and motivation as a pain reduction strategy... well, the reason we include it here is because your mindset has a huge impact on how much your pain affects you and your body's ability to heal.

The mind is extremely powerful and so many people underestimate it and its abilities. You are capable of achieving anything... all you have to do is make the decision that you will achieve a certain goal... then simply go to work at it.

In order for you to get rid of your back pain you MUST approach the problem with an open mind and maintain a positive outlook because if you don't, you will automatically set yourself up for failure.

To learn more about how to take control of your mind and use it to it's fullest check out www.Psycho-Cybernetics.com

Stress

Often times you hear health experts say “you need to eliminate your stress if you want to be healthy”...

Well, the problem is some stress is good and healthy. The key is to know and understand which stresses are ok and healthy and which ones are negative and damaging.

People deal with stress in different ways... many people who do not know how to control stress, let it build up as tension often times in their muscles. This muscle tension places constant stress and strain on the muscles and can contribute to muscle imbalances.

Negative emotional stress also paralyzes many people and it prevents them from making changes and improvements in their lives... dealing with back pain is a perfect example.

Many people who suffer from back pain are often times frustrated, angry and depressed. All that negative energy can make you feel hopeless, not believe in yourself and doubt that you'll ever get rid of your back pain...

Well, if think you won’t, you’re right... but if you believe you can, you will!

We’d like you to think about all the stresses in your life and think about whether they are positive or negative. Grab a pen and paper and make a list... once you have what you feel are most of them, think about ways to reduce or eliminate the nega-
tive stresses and possibly increase the positive ones.

We also recommend you learn as much as you can about stress and how to control it. You can find tons of great information and resources on stress at places like your local library, book store and on websites like www.HarnessYourMentalPower.com - be sure to sign up for the free demo audio cd when you visit this website.

**Motivation**

Motivation is also key… you have to stay motivated so you’ll keep focused and continue to work on your plan consistently. The best way to stay motivated is to set small goals and achieve them… these small achievements and improvements will keep you motivated and striving to achieve the next goal.

Here’s another great free resource for you:

www.FreeMotivationalCD.com - grab your free cd before they run out

**Nutritional Supplements**

Here’s another strategy that many people overlook and unfortunately, most doctors aren’t recommending them when they should be.

There are numerous types of nutritional supplements that have been scientifically proven to be helpful and effective at minimizing and eliminating pain.

Here are some of the types of supplements you should consider:

- Multi vitamin/mineral (liquid if possible)

- Systemic enzymes (anti inflammatory, scar tissue removal, cleans/thins blood, boosts immune system, etc)

- Glucosamine, MSM (helps rebuild cartilage)

While there are many other supplements you can benefit from, those are the major ones. It’s important to understand that while supplementation is beneficial, it can not take the place of healthy eating.
Sound Nutrition

One of the components for eliminating pain and injuries is sound nutrition and it is frequently overlooked.

How can you expect your body to heal and repair itself if you give it a diet soda when it asks you for fresh, clean water?

You MUST give your body the nutrients it needs not only for normal health and functioning, but even more because of the additional stress placed on the body because of your condition.

Here are some of the most important areas of healthy nutrition:

Fiber
You’re probably wondering what fiber has to do with back pain…

Well, if you don’t have sufficient fiber in your diet, your body will struggle to eliminate waste and this places unnecessary stress on your body and that pulls resources and energy away from other processes.

You want to get a good balance of fibers from foods like beans, vegetables and whole grains. If you don’t get enough fiber from your food you can supplement (that means in addition to, not only!) with a fiber supplement like “Fiber Choice” chewable tablets, for example.

Fats
Finally… people are starting to realize that fats are important, actually critical, for normal healthy human functioning. The key is to get the right types of fats like:

- Butter
- Beef and lamb tallow
- Lard
- Chicken, goose and duck fat
- Coconut, palm and sesame oils
- Cold pressed olive oil
- Cold pressed flax oil
- Fish oils
The following new-age fats can cause cancer, heart disease, immune system dysfunction, sterility, learning disabilities, growth problems, osteoporosis and should be avoided like the plague:

- All hydrogenated oils
- Soy, corn and safflower oils
- Cottonseed oil
- Canola oil
- All fats heated to very high temperatures in processing and frying

**Proteins**

While protein is important and essential, some people have taken it to the extreme. Too much protein is just as bad, or worse, than not getting enough.

A safe and healthy amount to shoot for is .3 - .7 grams per pound of body weight. So a 200 pound person would shoot for 60 - 140 grams of protein per day.

Also keep in mind that the type and quality of the protein is important. Here’s a list of some good protein sources:

- Eggs
- Fish
- Shellfish
- Turkey
- Chicken
- Cottage Cheese
- Canadian Bacon
- Turkey
- Beef
- Pork
- Cheese
**Carbohydrates**

Yes, carbs are important and NO, they don’t make you fat! But, you do need to understand the difference between simple and complex carbohydrates.

Simple carbs are more quickly converted into body fat and should be avoided. Here are some examples of food items that contain simple carbs:

- Soda
- Juice
- Candy
- Ice Cream
- Cakes and pies

When looking at labels, look for and avoid ingredients like:

- Corn Syrup
- High Fructose Corn Syrup
- Dextrose

Now here’s a list of Complex carbs… the ones you want:

- Vegetables
- Beans and Peas
- Whole Grains

We also recommend you take a multi-vitamin and mineral supplement at a minimum. While there are thousands of other great nutritional supplements, it would take too much time to cover them all and that is also not the main purpose of this manual.

Obviously, we have touched the surface here, but we hope you understand how important your nutrition and eating habits are to your health and your ability to eliminate your back pain.

We recommend you learn as much as you can about sound nutrition by visiting the following websites:

- [www.westonaprice.org](http://www.westonaprice.org)
- [www.lef.org](http://www.lef.org)
Weight Loss

While excess weight alone isn’t the cause of your pain, it can contribute and possibly make your recovery more difficult. If you are overweight, please understand that you can lose weight while addressing your imbalances and dysfunctions at the same time.

To learn more about how you can regain control of your metabolism please take advantage of our free weight loss course titled, Burn Fat Fast. Get your free copy now by visiting www.Guaranteed-Weightloss.com
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Corrective Stretches and Exercises

In this section you will find a review of each of the physical dysfunctions along with the corresponding Corrective Stretches and Exercises for each particular dysfunction.

We recommend you start out slowly by performing the specified exercises and stretches for your dysfunctions daily in the order that we show them… and be sure to be consistent.

If You Have Multiple Dysfunctions

As we mentioned previously, it is not only possible, but likely to have multiple dysfunctions, and if this is the case you will need to perform a separate series of corrective exercises and stretches for each dysfunction that you have.

If You're Not Sure You Have a Particular Dysfunction

First, watch the videos and perform the assessments again to see if you can find anything that you may have missed the first time.

If you find a few things that make you feel like you might have a particular dysfunction, but you aren’t totally sure, try the series of corrective exercises and stretches for that dysfunction for a few days and see how you feel…

If you begin to feel improvement, continue with those corrective exercises... if you don’t feel any improvement that doesn’t mean this is the wrong set of corrective exercises for you, it just might take a bit more time, consistency or experimentation to see improvement.
If You Experience Soreness or Pain

If you find that, after performing your Corrective Stretches and Exercises, you are sore or your back and other muscles feel irritated, please stop performing the exercises and stretches for at least 2 days (or longer if necessary) to allow the soreness to subside or go away.

Then start back up slowly by only performing the first exercise or stretch for that dysfunction just a few times a day and see how you feel after a few days… if you feel ok, then add the second exercise or stretch and repeat the same process until you are able to perform the complete series of exercises and stretches with little or no pain.

How to Progress

While we don’t recommend you add any additional exercises to your program initially, over time you may experiment by adding ONE exercise or stretch at a time and see how your body responds…

If you find it helps or doesn’t irritate things, then continue with it. If you find that the new exercise or stretch irritates things or makes things worse, it means you either aren’t ready for it yet or it is working the wrong muscles.

When trying to decide what exercises, stretches or activities to add to your program, please remember that they MUST stretch your tight muscles and strengthen your weak muscles… if they don’t you shouldn’t do them!

What About Yoga, Pilates and the Gym?

There are so many different types of exercise out there and many of them are great; however, you need to be sure that every stretch, exercise or movement you do is targeting the right muscles…

Unfortunately, that’s not easy to do when taking a fitness class or doing Yoga, Pilates, etc. The best thing to do is just stick with the Personalized Self Treatment Program you’ve created and work at it consistently while always experimenting to find what works for you and what doesn’t.
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**Forward Tipped Pelvis (FTP) Review**

The most common dysfunction is what we call the Forward Tipped Pelvis. This is when the front of one or both sides of the pelvis are pulled downward in the front of the body.

There are several things that lead to or contribute to the creation of this dysfunction... the most common is sitting. We all do it, some more than others, and the more you sit the more likely you are to develop the muscle imbalances in hips and thighs that create the Forward Tipped Pelvis dysfunction.

**Caused by Imbalance Between:**

- Hip Flexors and Glutes
- Quadriceps and Hamstrings
- Lower Back and Lower Abdomen

**Weak Muscles:**

- Hamstrings
- Glutes
- Lower Abdomen

**Tight Muscles:**

- Hip flexors
- Quadriceps
- Lower Back

**Stretch:** Lower Back Muscles, Hip Flexors, and Quadriceps

**Strengthen:** Lower Abdomen, Glutes, and Hamstrings
FTP - Corrective Stretches and Exercises

_Stretching The Tight Lower Back Muscles_

Lower Back Stretch #1 – Seated Forward Bend

**Starting Position**

Begin seated, slowly bend forward until you feel a stretch in the lower back. Go only as far as you comfortably can. Hold for 5-8 sec, repeat 3-5 times, perform at least once per day…
Stretching The Tight Lower Back Muscles

Lower Back Stretch #2 – Full Squat

Starting Position

Squatting Position
Lower Back Stretch #2 – Full Squat

Begin standing, holding on to anything stable for support when first trying this position, best in bare feet, toes forward, feet shoulder width apart, slowly lower yourself down keeping your heels flat on the floor, best if done with bare feet. The tendency is to fall backward, so only go as far as you comfortably can.

Hold for 5-15 sec, repeat 3-5 times, perform at least once per day...
Strengthening the Weak Lower Abdomen

Lower Abdomen Exercise #1 Draw-In

Lying Position

Standing Position

Cont’
Lower Abdomen Exercise #1 Draw-In

Sitting Position

Begin in either a lying, standing or sitting position, slowly exhale and draw your abdomen inwards towards your spine. Do not hold your breath; best if you use your hand on your stomach while learning the technique.

Hold for 3-5 sec; repeat 5-10 times, perform at least once per day…
Strengthening the Weak Lower Abdomen

Lower Abdomen Exercise #2 Reverse Crunch

**Starting Position**

- Begin lying on the floor, knees bent, and arms at your hips for support.
- Slowly bring your knees towards your chest by contracting the muscles of the lower abdomen. It is important that you make sure that you use the muscles of the lower abdomen for best results. Lower and repeat.

**Crunch Position**

- Hold for a 1-2 sec at the top, repeat 5-8 times, perform at least 2 – 3 times per day...
Stretching the Tight Hip Flexor

Hip Flexor Stretch #1 Standing Hip Flexor

**Starting Position**

Begin standing, with one foot on an elevated surface like a stair step or chair, the other leg back and straight. Tip the pelvis backward as much as you can and then lean forward as far as you comfortably can.

**Stretch Position**

Hold for 10-15 sec, repeat 5-8 times on both legs, perform at least once per day.
**Stretching the Tight Hip Flexor**

Hip Flexor Stretch #2 Kneeling Hip Flexor

**Starting Position**

Begin on one knee, the other leg back. Tilt the pelvis backward as much as you can and then lean forward and down as far as you comfortably can.

**Crunch Position**

Hold for 10-15 sec, repeat 5-8 times on both legs, perform at least once per day.
Strengthening the Weak Glutes

Glute Exercise #1 Toed in Glute Squeeze

Begin standing, turn both feet inward, to get your toes as close together as you can. Slowly, contract your glutes as much as you comfortably can. It is best if you keep your hands on your glutes to feel for the contraction; in the beginning there may be very little if any contraction at all.

Hold for 3-5 sec; repeat 10-15 times, perform at least once per day…
Strengthening the Weak Glutes

Glute Exercise #2 Bridge both single and double leg

Starting Position

Bridge Position

Cont'
Glute Exercise #2 Bridge both single and double leg

Extended Leg Bridge Position

Begin lying on your back, both knees bent, feet on the floor with arms at your side for support. Slowly push down using your glutes with both feet to lift your hips off the floor. Once in the bridge position you can make the exercise more difficult by holding the bridge position and extending one leg and then alternating which leg is extended. The goal is to keep your legs and trunk in a straight line holding at the top position for 3-5 sec. Slowly lower and repeat.

Repeat 10-15 times; perform at least once per day...
Strengthening the Weak Glutes

Glute Exercise #3 Single Leg Bridge

**Starting Position**

Begin lying on your back, one leg bent and one leg straight, with arms at your side for support. Slowly push down with the bent leg, keeping your extended leg straight, lift your hips off the floor. The final position should have your legs and trunk in a straight line.

Repeat 5-8 times on each leg, perform at least once per day…
Stretching the Tight Quadriceps

Quadriceps Stretch #1 Standing Quad Stretch

Begin standing, holding on to a anything for balance, toes forward, feet shoulder width apart, slowly reach back and grab your foot, it is important that you keep your knees pointing straight down and then tip your pelvis backward.

Hold for 3-5 sec, repeat 5-8 times on each side, perform at least once per day...
Stretching the Tight Quadriceps

Quadriceps Stretch #2 Kneeling Quad Stretch

**Starting Position**

**Stretch Position**

Begin kneeling on one leg as shown, reach back and grab the foot behind your body, reposition the front foot if necessary, as you pull the leg inward drop the pelvis down and forward.

Hold for 3-5 sec, repeat 5-8 times on each leg, perform at least once per day…
Strengthening the Weak Hamstrings

Hamstring Exercise #1 Kick Butts

Begin standing, holding on to anything stable, toes forward, feet shoulder width apart, slowly contract your hamstrings, bring your heel towards your butt. Keeping your knee pointing downward. Lower and repeat, be sure to perform equally on both sides...

Hold for 1-2 sec at the top, repeat 8-10 times, perform at least once per day, progress to 2-3 times per day when ready...
Strengthening the Weak Hamstrings

Hamstring Exercise #2 Leg Curl with Exercise Ball

**Starting Position**

Begin lying down with legs extended, feet flexed back on ball, arms at your side for support, slowly pull the ball towards your body, hold for a moment, than extend to the starting position.

Hold for 1-2 sec, repeat 10-15 times, perform at least once per day.
Hamstring Exercise #2 Leg Curl with Exercise Ball

Advanced Position

This is the advanced position; in this position you are working both the hamstring and gluts. Begin by pulling in the ball like you did in the first part of this exercise. When you have pulled in all the way simply lift your hips up by pushing down through the ball. Hold for a moment and than return to the start of the movement.

Hold for 1-2 sec, repeat 10-15 times, perform at least once per day, progress to 1-3 times per day when ready and able...
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High Hip (HH) Review

The High Hip dysfunction is also very common and often times will be associated with a Forward Tipped Pelvis. Here’s a quick review of what causes it and what you need to focus on:

**Caused by Imbalance Between:**

- Inner and Outer Thighs
- Hip Flexors and Glutes
- Hip Rotators

**Tight Muscles:**

- Hip Flexors (high hip side)
- Inner Thigh (high hip side)
- QL (corner of lower back)
- Quadricep (high hip side)
- Glute and Hip (Opposite side)

**Weak Muscles:**

- Outer Hip (high hip side)
- Hamstrings (high hip side)
- Glutes (high hip side)

**Stretch:**

**On High Hip Side** - Inner thigh, hip flexor, QL (corner of lower back), and Torso

**On Low Hip Side** - Glute, and Outer Hip

**Strengthen:**

**On High Hip Side** – Glute on the High Hip side only
HH Corrective Stretches and Exercises

Stretching the Tight Inner Thigh

Inner Thigh Stretch #1 Butterfly Stretch

Begin, sitting in the butterfly position. This stretch is only to be done on the high hip side so depending on which hip is high slowly apply pressure to the knee with the high hip. Keep the hips stable by keeping a grip on the feet as shown. Slowly lower and repeat.

Hold for 3-5 sec, repeat 5-8 times only on the side with the high hip; perform at least once per day…
Stretching the Tight Inner Thigh

Inner Thigh Stretch #2 Standing Inner thigh

**Starting Position**

Begin standing, place the leg on the high hip side on a chair or step for best results. This stretch is only to be done on the high hip side so once the leg is in position, slowly lean toward the direction of the elevated leg. Slowly relax and repeat.

Hold for 3-5 sec, repeat 5-8 times, perform at least once per day…
**Stretching the Tight Inner Thigh**

Inner Thigh Stretch #3 Standing Inner Thigh Stretch (bent leg)

**Starting Position**

Begin standing, place the leg on the high hip side on a chair or step. This stretch is only to be done on the high hip side so once the leg is in position, slowly lean toward the direction of the elevated leg and then bend the supporting leg. Slowly lower and repeat.

Hold for 3-5 sec, repeat 5-8 times, perform at least once per day...
Strengthening the Weak Glutes

Glute Exercise #1 Hip Hiker

Begin standing on a step, keeping your high hip side in contact with the step, bring the non high hip side off the edge of the step keeping your pelvis level then slowly lower the unsupported leg down as far as you comfortably can. Using your glute on the high hip side bring the back to a level position. Slowly lower and repeat only on the high hip side.

Hold for 1 sec at both the top and bottom position, repeat 5-8 times; perform at least once per day...
Strengthening the Weak Glutes

Glute Exercise #2 Bridge on High Hip Side Only

Bridge Starting Position

Bridge Second Position
Glute Exercise #2 Bridge on High Hip Side Only

Begin lying on your back, both knees bent, feet on the floor with arms at your side for support. Slowly push down with both feet to lift your hips off the floor. The bridge position should have your legs and trunk in a straight line. The most important part of this exercise is to keep the leg on the high hip side on the floor, that is to say, at this point, straighten the leg of the non high hip side. The leg that is on the ground is the one doing all the work. When you first start this exercise you will note that your hips will drop or rotate downward and that is a sign of weakness in your high hip glute. The goal is to keep your hips stable at the time when you unload or straighten the non high hip side.

Slowly lower and repeat.

Hold for 3-5 sec, repeat 5-8 times; perform at least once per day...
Stretch the Tight Corner of the Lower Back

Corner of Lower Back Stretch #1 Lat Pull in Doorway

Start standing holding onto the corner of a wall or doorway with the hand of the high hip side, push back and away from the wall or doorway rotating your body slightly to get the best stretch possible. Slowly come up and repeat only on the high hip side.

Hold for 3-5 sec, repeat 5-8 times; perform at least once per day...
Stretch the Tight Corner of the Lower Back

Lower Back Stretch #2 Seated Side Bend

Starting Position

2nd Position

Cont’
Stretch the Tight Corner of the Lower Back

Lower Back Stretch #2 Seated Side Bend

Begin seated, slowly bring the hand of the high hip up and over your head then slowly begin to reach forward. Slowly come up and repeat only on the high hip side.

Hold for 3-5 sec, repeat 5-8 times; perform at least once per day...
Stretch the Tight Glute and Hip (on Opposite Side)
Glute and Hip Stretch #1 Lying Outer Hip Stretch

Starting Position

Second Position

Cont'
**Stretch the Tight Glute and Hip (on Opposite Side)**

Glute and Hip Stretch #1 Seated Crossed Leg Pull

![Final Position]

Begin seated, slowly bring the non high hip leg over and across the high hip side. Hold the bent leg at both the foot and knee to stabilize and then pull the bent leg inward toward your chest and then across your body. Slowly come out of the stretch and repeat. Hold for 3-5 sec, repeat 5-8 times; perform at least once per day…
**Stretch the Tight Glute and Hip (on Opposite Side)**

Glute and Hip Stretch #2 Seated Crossed Leg Pull

**Starting Position**

Begin lying on your back knees together, feet on the floor. Take the non high hip leg and bring it over the high hip side. Take the opposite hand and apply some downward pressure to get the leg into the stretch position. Slowly come out of the stretch and repeat.

**Stretch Position**

Hold for 3-5 sec, repeat 5-8 times; perform at least one per day…