

PROGRESSION

Back-Pain Solutions

Perform each of these four exercises eight to 10 times to your comfortable range of motion, a couple of times a day, to get rid of your back pain. *By Leslee Bender*



1 HALF ROLL OVER BENDER BALL

▣ For strengthening the anterior core

Begin by placing the ball behind your low back, and press your low back into the ball. Raise your arms over your head until you feel your abdominals turn. Rotate for variation.

“THESE EXERCISES WILL IMPROVE MOBILITY AND STABILITY IN THE HIPS AND BACK.”



2 CALF AND HIP-FLEXOR STRETCH

▣ For lower-back mobility

Begin in a split stance with your right foot behind you; make sure that your left foot is parallel and not turned out. Extend your arms in front of you at shoulder height until you feel the calf stretch, and slowly move your leg forward and back. Next, reach toward the ceiling until you feel your left hip flexor lengthen.



3

SIDE BEND WITH ROTATION

▣ For upper-back mobility

Begin by side-bending to the right with your arm extended above your head. Rotate to the left and then to the right slowly, with the opposite arm crossed in front of your body. Don't push to the point of pain.

4

WALL BANGER

▣ For lower-back/hip mobility

Stand a foot away from a wall (perpendicular). Bend your left knee and lean toward the middle of the room with your arms shoulder height, keeping your right leg straight. Feel your left gluteus and left inner thigh lengthen. Repeat on the other side.

▣ *Leslee Bender is an international speaker and creator of the Bender Ball. She has over 25 years of experience in the fitness industry and is a student and practitioner of the Gray Institute. She is also a recreational slalom skier who can run 15 off at 32 mph. Contact her at leslee@thepilatescoach.com.*