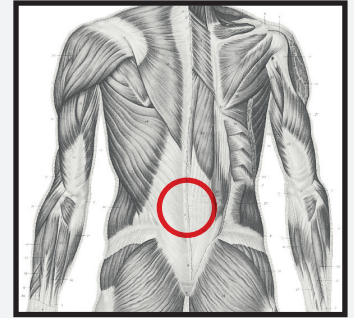
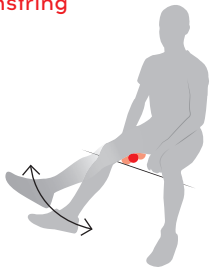


# USE re+ TOOLS TO KEEP YOUR LOW BACK PAIN AT BAY.

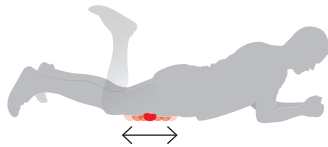


## RELEASE TECHNIQUES

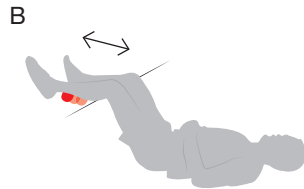
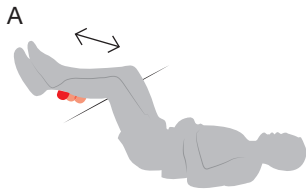
Hamstring roll



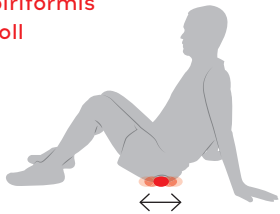
Quad roll



Calf roll



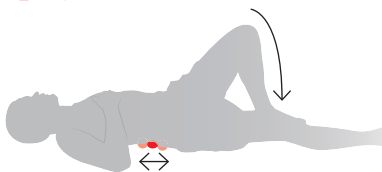
Glute/ piriformis roll



Spine roll



QL roll

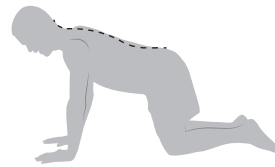


## STRENGTHEN TECHNIQUES

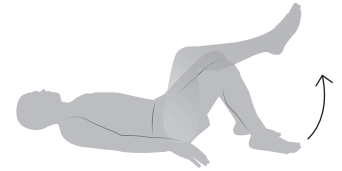
Wall glutes



Four point kneeling



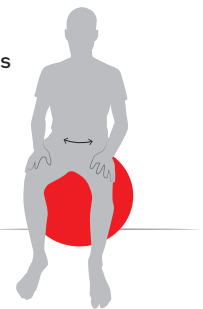
Leg floats



Darts



Pelvic circles



Hip extensions



Check out our website for detailed instructions and videos. This program is aimed to supplement the specific advice given to you by your experienced clinician. The program is not suitable for acute severe low back pain. If pain increases with any activity, stop and see your professional!

# USE rechargeclass TO KEEP YOUR LOW BACK PAIN AT BAY.

We recommend these tools



DOUBLAR



SOLO



EAGLE



BIRDIE

When low back pain affects 2 in 3 of us over our lifetime, we need to take it seriously. Most often, it can be fixed soon after it appears, but for some of us, it can continue for weeks, months or even years. The most common variety is termed “non-specific”, meaning there’s no physical reason for the pain. Thankfully, our spines are strong and when you are using them well, they will heal well. Get checked out! An accurate diagnosis is the pathway to the best results.

## Why does it happen?

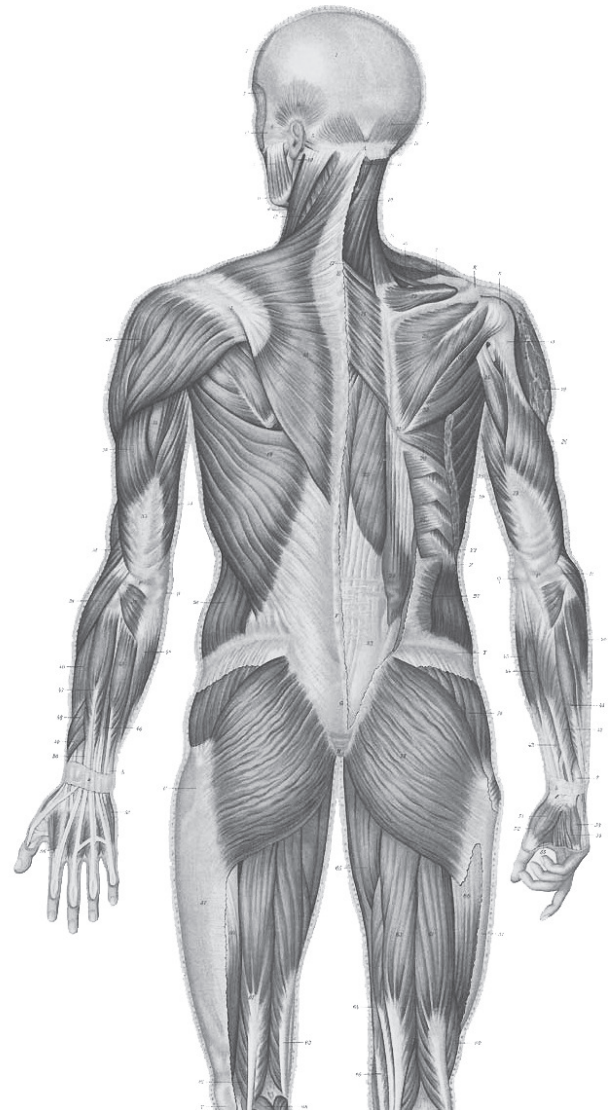
While it is sometimes due to the way you’re made or a major injury, more often than not it is simply a case of using our body intensely or for extended periods and something has to give way. Under- or over-using our backs can create minor injuries, often within ‘unhealthy’ muscle tissue (e.g. trigger points). When these are left untreated, and you add chronic daily stressors, inactivity and fear of what is happening to your spine, your pain can persist for longer than any physical damage in your tissue. Researchers are now finding that your central nervous system becomes increasingly sensitised, providing you with more and more pain. This can change the way you use your muscles, both consciously and unconsciously.

## What relieves it?

There are many things that have been found to help people with their low back pain. Our bodies were made to move, and moving helps them stay well. Choose exercises that mobilise your joints, release your muscles and trigger points, and help to activate and strengthen your less used muscles.

Aim to reduce your daily stressors, start to notice you how use your body and where possible, break up long periods of sitting and standing. There are also the obvious yet easy-to-forget tricks like keeping hydrated, nourished and well-slept. As important as all of the rest, know that your back isn’t weak – it is made to withstand large forces. Find a therapist that you trust, and partner with them to get the best results for you.

There are also many techniques you can apply for yourself that will go a long way to reduce or eliminate your low back pain. Our posture and movement is an intricate balance of active and passive muscles, so to encourage good muscle health and a pain-free back, add both releasing and strengthening elements to your workout.



### Release and Mobilise

These are passive changes applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes on its own. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

### Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to ‘wake up’ the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).