



Thank you for joining our e-newsletter on our website [www.brightonspinal.com.au](http://www.brightonspinal.com.au)  
We appreciate your continued support and recommendation of our team.

Read on:

- Excellent stretches for your back
- Exercise offers relief from back pain
- Try Pilates! – Half Price Voucher

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## Keeping your back healthy

### Stretching Exercises

Stretches should be done slowly at least once a day. In the mornings the body is naturally not as flexible so you will not stretch as far. A good time to do your stretches is after a brisk walk or hot shower. Stretch into the discomfort, but do not force. You will gradually improve with time.

### Flexibility training:

- Improves circulation and blood flow to your surrounding muscles
- Reduces muscle stiffness and tension

	<p><b>Back Hip Flexion</b></p> <ul style="list-style-type: none"> <li>-Lie down on your back</li> <li>-Bring your knee up to your chest</li> <li>-Breathe out as you relax into stretch</li> <li>-Raise your chin for extra stretch</li> </ul>	<p>Check ✓</p>
	<p><b>Back – Flexion – Chin to Knee</b></p> <ul style="list-style-type: none"> <li>-Hold on to back of chair or table for support</li> <li>-Place your foot up onto chair seat</li> <li>-Slowly bend forwards</li> <li>-Breathe out as you relax into stretch</li> </ul>	
	<p><b>Back – Extension</b></p> <ul style="list-style-type: none"> <li>-Lie on your stomach</li> <li>-Raise your head and support yourself on your elbows</li> <li>-Relax</li> </ul>	
	<p><b>Back – Side Bend</b></p> <ul style="list-style-type: none"> <li>- Stand with your feet shoulder width apart</li> <li>-Slide your hand down the side of your thigh slowly</li> <li>-Try not to twist or bend forwards</li> </ul>	
	<p><b>Back – Correct side shift</b></p> <ul style="list-style-type: none"> <li>-Stand in front of mirror to guide you</li> <li>- Stand with your feet shoulder width apart</li> <li>-Keep your shoulders level, move your shoulders to the left and your hips to the right side</li> <li>-repeat to opposite side</li> </ul>	
	<p><b>Back rotation / butt stretch</b></p> <ul style="list-style-type: none"> <li>-Lie on floor on your back – keep shoulders flat</li> <li>-Bring left leg over the right leg</li> <li>-Place your right hand on your left knee to assist with stretch</li> <li>-Breathe out as you relax into stretch</li> </ul>	

## Breaking News:

### Exercise offers relief from back pain, study shows

June 15 2009  
Los Angeles Times



*More is better when it comes to alleviating lower back pain - more exercise, that is.* Although many people who suffer from back pain do not exercise, fearing it will exacerbate the problem, a recent study found that exercising four days a week gave people greater relief from back pain than working out fewer times a week or not at all.

In the study, 120 people were randomly assigned to one of four groups for 12 weeks:

1. Strength-training program **two** days a week
2. Strength-training program **three** days a week
3. Strength-training program **four** days a week.
4. A control group did no exercise but participated in a two-week exercise familiarisation program. Exercises in the program included bench presses and leg presses.

Those in the **four-day-a-week** program had the most reduction in pain - 28 percent - compared with 14 percent for those who exercised two days a week. The **four-day** group also reported having a better quality of life and less disability than those who exercised less exercise. In addition, it showed the greatest strength gains. The control group showed insignificant change in all areas.

The study was presented recently at the annual meeting of the American College of Sports Medicine in Seattle, USA.

Modern rehabilitative programs include some form of exercise. The most effective exercise programs are well planned, have clear and realistic goals and input from your practitioner.

How do I have the best chance at sticking to my exercise program?

By Goal Setting:

- Identifies where you are going and where you have come from.
- Try to set **SMART** goals -specific/measurable/appropriate/realistic goals with a timeframe involved.



Have you ever wanted to try Clinical Pilates?

OR

Do you have a friend that may benefit?

**Half Price Initial Pilates Consult\***

Valid until 01/08/09

(Valued at \$85 = \$42.50)  
Private Health Rebates may apply

\*Mention our e-newsletter to receive discount for your new patient consult

\*Print this page and stick the exercises on your fridge at home!  
Consult with your practitioner if you feel any pain or discomfort.