

Tool #3 For Back Pain: Tightening Your Core

This is a technique that may work well with any back type but especially works well with SHAKERS (unstable spine). A SHAKER often feels increased pain with rolling in bed.

Your spine is very vulnerable in the mornings. Your discs have been imbibing fluid (taking in fluid) throughout the night. Therefore, you are generally taller in the morning. With the discs bloated with fluid, you are more vulnerable to pain/injury. Your back is generally vulnerable for the first 1-2 hours after getting out of bed. Avoid pain maker positions during that time.

Many typically get out of bed in this manner:



INCORRECT METHOD FOR GETTING OUT OF BED

Getting out of bed in this manner puts a lot of stress on your back. Note the incorrect “C” posture. Try these hints instead:

If you have pain rolling in bed, try the following:

- a. Roll with your shoulders, abdomen, hips, and legs all as one unit (like a log).
- b. Before you roll, tighten up your abdomen (press fingers on your sides to feel) and arch low back to the neutral position.
- c. Maintain a tight abdomen throughout the roll. Roll to your side.



CORRECT METHOD FOR GETTING OUT OF BED



1. Tighten your abdominal muscles and then push your upper body up using your arm. Push up until you are resting on your elbow.



2. Then use both arms to push yourself up to a sitting position. Once in a seated position go from sitting to standing with the back straight! See proper method for going from sit to stand and reverse.

To lie down in bed, you should reverse the process. Make certain you are tightening the abdomen while performing the steps to get into bed.

Why does your back hurt with rolling? It may be that your back is unstable. If so, you should avoid back cracking (manipulation) and begin strengthening your core as outlined in a future video.

ALTERNATIVE WAY TO GET IN/OUT OF BED:

Bob speaking: I had a brief episode of very severe back pain. I tried to lie down in bed using the rolling method. It was too painful. Luckily, Brad had shown me an alternative method a few days before. It worked like a charm. This is it.

1. To get in bed, approach the bed from the side. The body should be turned facing the head of the bed. Place the hand on the arm closest to the bed on the bed to help control balance.



2. Tip back forward while simultaneously lifting the one leg closest to the bed (performing a golfer's lift). The back is kept straight the entire time.



3. Slide body onto the bed and lift remaining leg onto bed.



4. Roll on to your back with all body parts moving as one (shoulders, chest, hips, and legs). Like a log roll.



5. To get out of bed. Roll onto your abdomen with all body parts moving as one (shoulders, chest, hips, and legs). Like a log roll. If painful tighten your abdomen first and during the roll.



6. Slide over to the edge of the bed and lower one leg to the floor. Spin your entire body to allow the remaining leg to touch the floor.



7. Use arms to press body up into a stand. The back is kept straight the entire time. Tighten your abdomen throughout this method and you will have additional support for your back.



Tightening your core helps stabilize your spine. You can use it with nearly any activity. For example, with doing the dishes or going from sitting to standing.

8. Now we will try to tighten up your abdomen while lifting an object. Start by tightening your abdomen. While the abdomen is tightened try to adjust the arch in your back by making it larger or flatter.



9. Find the most comfortable positions. You may now lift the object. Make sure you are tightening your abdomen during the entire lift.