

Tool #4 Back Pain? Nearly Everyone Can Do These Two Exercises

The CAT/CAMEL exercise can be attempted if none of the previous exercises are working. It can be performed along with the nerve flossing exercise. Start in the quadruped position to perform CAT/CAMEL. Arching the back up and arching the back down is one repetition. Repeat 10 X. This exercise should be PAIN-FREE or do not perform.



Cat



Camel

The Windshield Wipers can be attempted if none of the previous exercises are working. Lie on your back with your knees bent and your feet flat on the bed. Gently rotate your knees back and forth. If the movement hurts to perform in one direction (i.e., to the right) avoid the right and just initially perform to the left. Perform 10 times. This exercise will relax the muscles and get some movement in the spine and hips.

