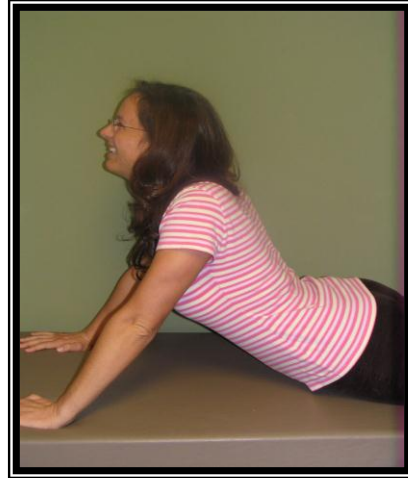


Prone Press - Ups



Why do this exercise?

Relieves Stiffness in the lower back and reduces the disc displacement.
(Moves the discs to a better place.)

Improves spinal mechanics (movement).

How do you do this exercise?

Lie on your stomach on floor or table. Place hands (palms down) above your head and forward. While keeping the pelvis & legs in contact with the floor, slowly push upper body off the floor & into extension using either elbows or hands. Be sure to keep the buttocks & back relaxed, & keep the hips in contact with the floor. Push up slowly with a controlled movement for 10 reps keeping your head & chin up, holding the last rep for 10 seconds. Repeat this sequence for 2 sets total. Perform 2 sets of 10 reps twice a day, preferably morning & night. Can be repeated as needed throughout the day.

If you experience pain, tingling, numbness or other abnormality, immediately discontinue & contact our office as soon as possible.