

BACK & GLUTE EXERCISES



King County

Level 1



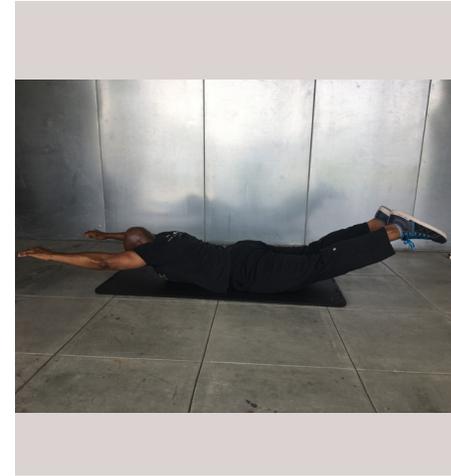
EXTENSION w/ STABILITY BALL:
With your feet braced against a wall in a wide stance and arms crossed at your chest, squeeze your glutes and slowly raise your chest up. Do not overextend or arch the spine. Make sure to keep your neck in a neutral position.

Level 2



SPINAL EXTENSION w/STRAIGHT ARMS:
With toes on the floor and arms extended, engage your back by sliding your shoulder blades down your back. Squeeze your glutes and slowly lift your chest off the floor. Make sure to keep your neck in a neutral position.

Level 3



SUPERMAN:
Begin the exercise with arms reaching forward and feet on the ground. Slide your shoulder blades down your back and squeeze your glutes as you raise both your arms and legs off the floor. Make sure to keep your neck in a neutral position.



GLUTE BRIDGES:
With your feet flat on the floor, squeeze your glutes as you raise your hips off the ground. Slowly lower hips to the floor and repeat.



GLUTE BRIDGES TO HEEL RAISES:
With your feet flat on the floor, squeeze your glutes as you raise your hips off the ground. When you reach the top of the movement, raise your heels. Slowly lower and repeat.



SINGLE LEG GLUTE BRIDGES:
Keeping one foot planted and the other raised straight forward, squeeze your glutes as you raise your hips off the ground. Slowly lower and repeat on the same side. Switch sides and repeat on the other leg.

Exercise Disclaimer

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Vivecorp from any and all claims or causes of action.

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EXERCISE TIPS

WHY PERFORM A BACK EXTENSION?

The back extension exercise works the erector spinae and other smaller stabilizing muscles of the back. Strengthening these muscles is important for a variety of reasons. Performing back extension exercises properly will reduce the likelihood of injury and ensure that the target muscles are being worked. The back extension exercise is not safe for all individuals; there are important things to consider before performing the exercise.

BENEFITS

Performing the back extension exercise will increase your ability to coordinate movement through your lower back. Other improvements include a stronger back and a back that has more endurance. Overall, these positives lead to better overall back posture, important for the prevention of back injury.

CONSIDERATIONS

Some individuals should avoid the back extension exercise. Those who have a herniated disc should avoid this exercise as it may increase intervertebral pressure. Individuals who have sensitive spinal nerves should also avoid this exercise unless otherwise advised by a doctor.

WHY EXERCISE THE GLUTES?

Exercising the glutes both directly and indirectly enhances function, improves posture, and helps prevent injury, especially in the lower back. The glute muscles play a vital role in maintaining proper posture. Poorly functioning glutes can lead to misalignment and dysfunction throughout the entire body.

WEAK GLUTES AND LOWER BACK PAIN

One of the most prominent dysfunctions associated with weak and deactivated glutes is lower back pain. When the glutes are weak or inhibited, the muscles in the front side of the hip, particularly the psoas muscles, tighten up to provide the pelvis and spine with the stability that it is lacking.

INJURY PREVENTION

Back issues can also arise during everyday activities, or during sports where people are required to rotate, hyperflex, hyperextend, and so forth. Unfortunately, when the glutes are weak or inhibited, and when the stability in the pelvis and spine is absent, they will compensate by over-rotating their lumbar spine, or by hyperflexing or hyperextending it. This can result in a muscle strain, or injury.

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