



**9**

**EXERCISES  
TO ERASE**

**LOW  
BACK PAIN**

# **Nine Exercises to Erase Low Back Pain**

**Free Report**

**Morgan Sutherland**

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## Nine Exercises to Erase Low Back Pain

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The information provided in this report is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Never disregard or delay seeking professional medical advice, because of something you read in this report. Never rely on information in this report in place of seeking professional medical advice.

Morgan Sutherland is not responsible or liable for any advice, course of treatment, diagnosis, other information, services and/or products that you obtain in this report. You are encouraged to consult with your doctor or healthcare provider with regard to the information contained in this report. After reading this report, you are encouraged to review the information carefully with your professional healthcare provider.

## **Personal Disclaimer**

I am not a doctor. The information I provide is based on my personal experiences and research as a licensed massage therapist. Any recommendations I make about posture, exercise, stretching, and massage should be discussed between you and your professional healthcare provider to prevent any risk to your health.

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## Introduction

Chronic pain, affecting approximately 100 million people each year, is classified as pain persisting for 30 to 60 days or more. Low back pain is the most common kind of chronic pain complaint.

When the body's pain signals keep firing in the nervous system for this length of time, it can have a draining effect on a person's quality of life—physically, mentally, and spiritually.

In this free report, I'm going to share with you nine easy exercises to help heal your back pain.

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## 1. Static Hamstring Stretch

Before you begin to rehab your back and correct your sitting posture, spend some time loosening your hamstrings. Tightness in the hamstrings limits the motion in your pelvis, which can stress the lower back and make it more difficult to truly stand upright.



Lie on your back on a firm surface, not a bed.

Grab the back of your leg with both hands.

Pull your leg toward you gently, while keeping both hips on the floor.

Hold for 30 seconds. Do this two times for each leg.

Contract your abdominals when bringing your legs up.

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## 2. Knees to Chest Stretch



While you're still on your back, with your knees bent, grasp your left knee and pull it to your chest.

Hold for 20 seconds.

With your abdominals contracted, try to straighten your right leg.

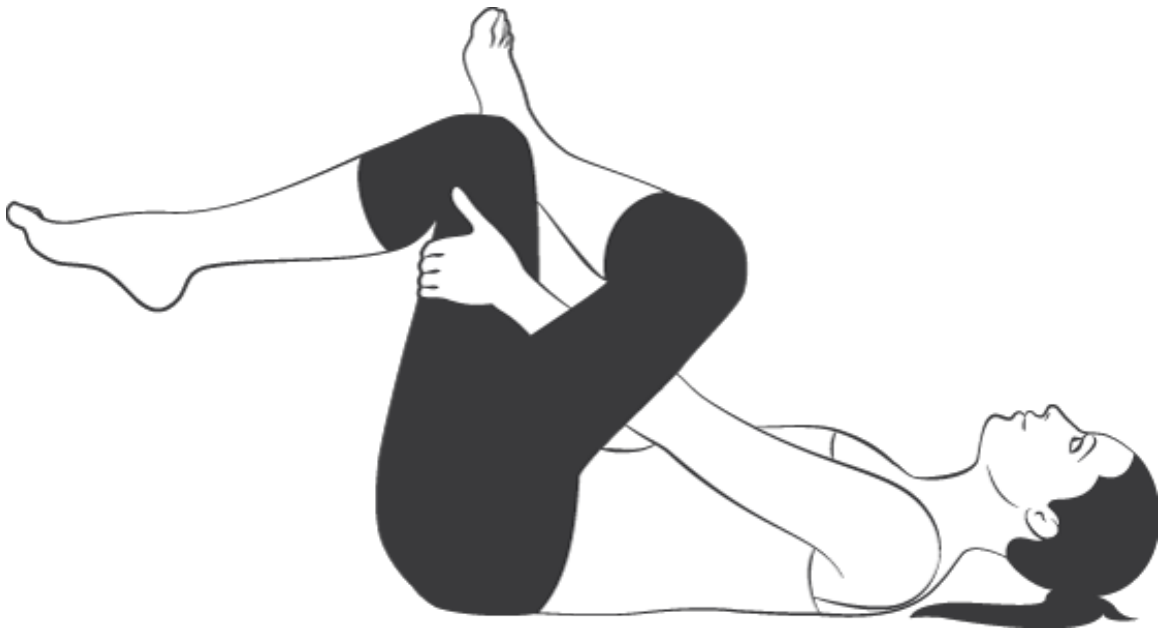
If you experience any discomfort in your back, leave your right leg bent.

Repeat this move with the other leg.

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### 3. Piriformis Stretch (Lying Down)

The piriformis is a tiny, pear-shaped muscle deep in the glutes that helps laterally rotate the hip. If it gets too tight, it can impinge the sciatica nerve that runs through or under it, causing tremendous pain, tingling, and numbness through the glutes and into the lower leg. This condition is called piriformis syndrome.



When performing the piriformis stretch, make sure to contract your abdominals before crossing your leg and resting your foot on the other knee.

Hold this stretch for 30 seconds and then repeat with your other leg.

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## 4. Hip Flexor Stretch

The psoas is the only muscle in the human body connecting the upper body to the lower body. It attaches to the vertebrae of the lower spine, moves through the pelvis, and connects to a tendon at the top of the femur.

A functioning psoas muscle creates a neutral pelvic alignment, stabilizes the hips, supports the lower spine and abdomen, supports the organs in the pelvic and abdominal cavity, and gives you greater mobility and core strength.

Due to the predominant, sedentary culture we live in, most people's psoas muscle is chronically tight, pulling on the muscle attachments of the lower back. This can cause an imbalance in the pelvis that can ultimately lead to severe back pain or even a herniated disc.

Luckily, by doing this hip flexor stretch, it can help to reverse this phenomenon.

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To effectively stretch the hip flexors, first kneel on your right knee, with toes down, and place your left foot flat on the floor in front of you.

Place both hands on your left thigh and press your hips forward until you feel a good stretch in the hip flexors.

Contract your abdominals and slightly tilt your pelvis back while keeping your chin parallel to the floor.

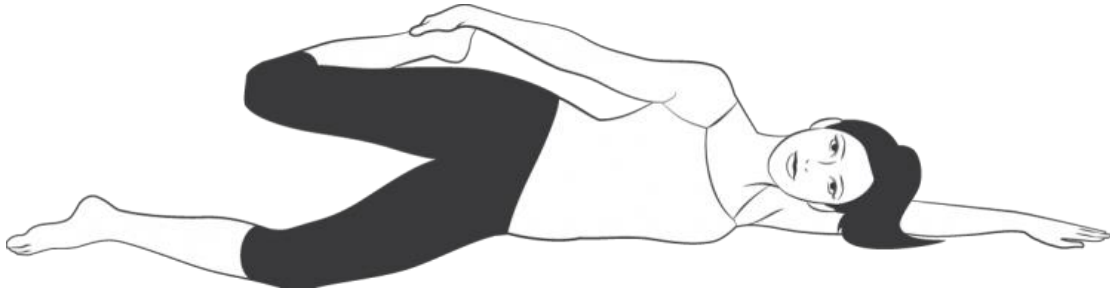
Hold this pose for 20–30 seconds, and then switch sides.

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## 5. Quadriceps Lying Down Stretch (Contract-Relax Version)

Sitting for long periods of time puts the quadriceps muscles (thighs) in a constant contraction, keeping them short and tight.

Stretching the quads will help to prevent this forward flexed posture in the hips and balance the lower back muscles.



Lie on your side and contract your abdominals, before grasping the top of your foot and bring your ankle toward your glutes.

Hold stretch for 10 seconds.

For 6 seconds, attempt to straighten your leg, but let your hands “win.”

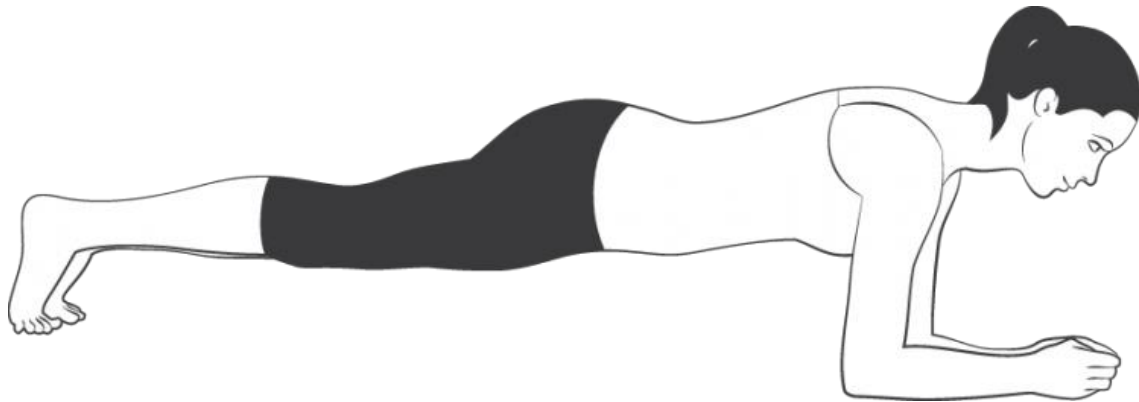
Then relax and stretch your heel toward your glutes for 30 seconds.

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## 6. The Front Plank

Sitting for long periods of time can weaken a person's core muscles. Weak core muscles ultimately diminish a person's natural lumbar curve, creating a scenario for crippling back pain.

This is why doing plank exercises is so vital to your core and back health.



Get into a plank position on the floor with feet hip-width apart and elbows directly under your shoulders.

Brace your core by contracting your abs and attempt to bring your belly button toward your spine.

Keep your back straight and legs and glutes engaged the entire time.

Hold this pose for 1 minute.

If 15–30 seconds is all you can do, that's fine, just stay at it. The plank exercise works the transverse abdominus, and this helps you sit up straight, hold your shoulders back, and prevent forward head posture.

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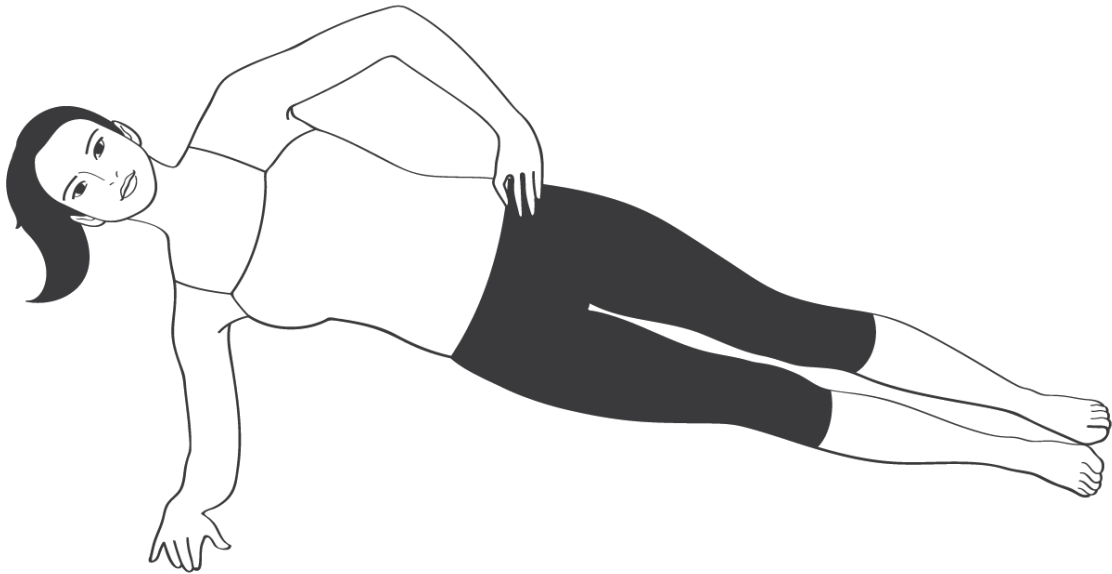
You might feel sore, but stay at it and in time you'll be able to work your way up to a 1 minute.

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## 7. The Side Plank

When performing the side plank, start by lying on your side with your forearm on the floor under your shoulder to prop you up, and then stack one foot on top of the other.



Contract your abdominals and press your forearm into the floor to raise your hips, so that your body is straight from your ankles to your shoulders.

Hold this position for 30–60 seconds

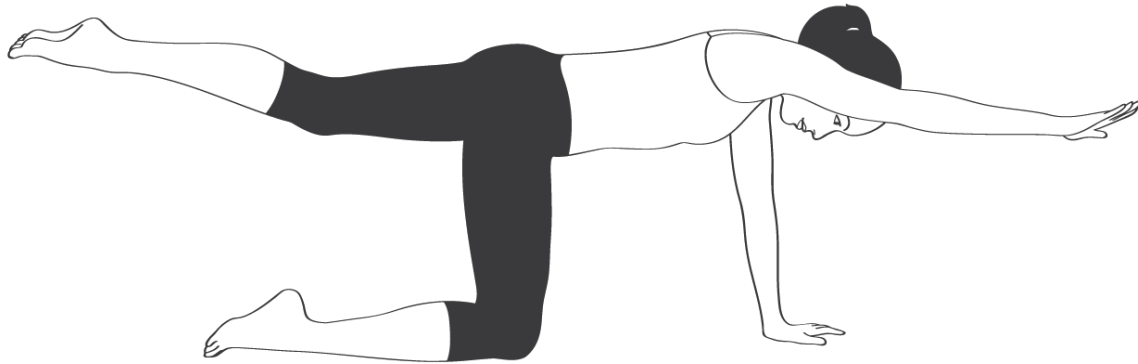
Repeat on the other side.

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## 8. Bird Dog

The Bird Dog (also known as the Kneeling Superman) is a great core and spinal stabilization exercise, as it helps to reinforce proper spinal alignment and strengthen the core.



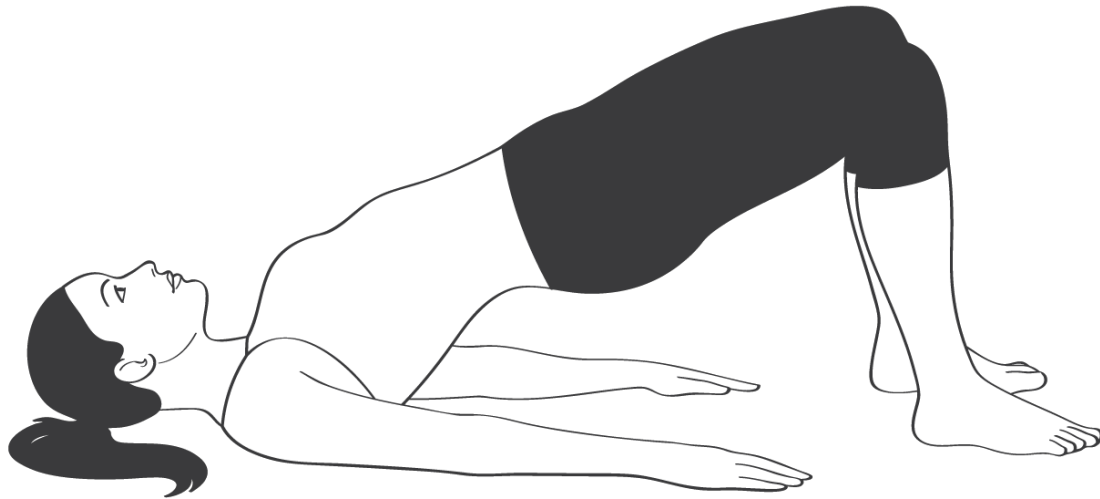
Starting on the all-fours position, tighten your hamstrings, glutes, and lower back and lift to straighten your leg and opposite arm while maintaining proper alignment.

Perform six, 10-second holds on each side (do all your holds on one side, and then switch sides).

Rest for 20 seconds, then perform four, 10-second holds on each side.

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## 9. Glute Bridge



The Bridge pose helps to reverse excessive shortening of the hip flexors from prolonged sitting. Not only does it help open and stretch your tight hips, but it also helps strengthen the glutes.

Lie on your back with your hips and knees bent to 90 degrees with your feet flat on the floor and arms palm down by your sides.

Take a deep breath in, and as you breathe out, lift your hips off the floor until shoulders, hips, and knees are in a straight line.

Hold this pose for 2 seconds and repeat 15–20 times.

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## **Discover ALL the Exercises That Melted Away My Back Pain**

You should now be experiencing noticeable pain relief and improved flexibility and mobility in the lower back and hips.

These are just some of the exercises I performed every day to heal my back after I injured it one hot summer day installing a 60-pound air conditioner.

If you'd like to discover ALL the exercises that made me feel like my old limber self again, then check out my ebook, *Low Back Pain Survival Guide*.

I never imagined I'd ever get back pain. But I did and I learned a wealth of information to overcome it. I've done the hard work of finding all the best exercises and stretches, so you don't need to waste your time looking for what works best.

- You don't need a fancy gym to do these exercises.
- You don't need to see a physical therapist two or three times per week.
- You don't need to buy any costly back pain relief machines.
- You don't need to purchase an ergonomic chair or special shoe inserts.
- You don't need to wear a Velcro back belt. Those don't work!

All you need is a mat or comfortable surface (not a bed), such as a rug or carpet, and that's it. There are a few exercise accessories that cost about \$20. In addition, you need the determination and willpower to do the exercises.

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I did them every day for 21 days, and BOOM—my back pain vanished, and I felt stronger than I did before. My back pain became a distant memory, but I had this vibrant enthusiasm to share these exercise routines with anyone who had back pain, so they could obtain the same relief.

Regular exercise *prevents* back pain. Doctors might recommend exercise for people who have recently hurt their lower backs, suggesting they start with gentle movements and gradually build up the intensity. Once the immediate pain goes away, an exercise plan can help keep it from coming back.

*“Exercise may be the most effective way to speed recovery from low back pain and help strengthen back and abdominal muscles. . . . Maintaining and building muscle strength is particularly important for persons with skeletal irregularities.”*

—National Institute of Neurological Disorders and Stroke

In this ebook, you will discover the following essential concepts to prevent or relieve your back pain.

- Nine common back pain myths
- Four most common causes of back pain
- How to stand correctly in six moves
- How to sit correctly in eight moves
- A 21-day, 21-exercises, 30 minutes-or-less routine
- Five steps to a flat belly
- Six foam rolling moves to conquer back pain

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- Ninety-second, tennis-ball method for low back pain relief
- Six-minute emergency treatment that's safe for herniated and bulging discs
- Seven exercises to prevent future back spasms and herniated discs
- The right way to sleep if you have low back pain
- Four moves to do before you roll out of bed

If you can make time to do a 15 to 30-minute exercise routine every day, you'll soon be on your way to feeling good again. It's essential to feel your best to make the most of every day. Let me show you how to do that!

[Click here to learn how to get rid of back pain in just 21-days.](#)

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## About the Author

Since becoming a professional massage therapist in 2000, Morgan Sutherland has consistently helped thousands of clients manage their back pain with a combination of deep tissue work, cupping, and stretching. In 2002, he began a career-long tradition of continuing study by being trained in Tuina—the art of Chinese massage—at the world-famous Olympic Training Center in Beijing, China.

As an orthopedic massage therapist, Morgan specializes in treating chronic pain and sports injuries and helping restore proper range of motion. In 2006, Morgan became certified as a medical massage practitioner, giving him the knowledge and ability to work with physicians in a complementary healthcare partnership.

When he's not helping clients manage their back pain, he's writing blog posts about pain relief and self-care, in addition to teaching live and virtual workshops on how to incorporate massage cupping into a bodywork practice. Morgan has received the Angie's List Super Service Award for 2011, 2012, 2013, 2014, and 2015.

Morgan welcomes all comments about your real-life experiences implementing the stretches and exercises contained within this report. Thank you for reading. 😊

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