



3 Best Exercises For A Slipped Disc

Slipped discs in the lower back are a very painful and very common. A slipped disc can even cause the sciatic nerve to be pinched, causing a pain in the leg as well as back pain. Here I demonstrate 3 of the best exercises anyone can do suffering from back pain due to a slipped disc. Please ensure you only complete these exercises after you have been moving about for over an hour, not first thing in the morning.

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Exercise 1 - Prone Prop



- 1 - Prop yourself up on your elbows, arching your back.
- 2 - Push your disc forward.
- 3 - Hold this position for 30 seconds to 1 minute.
- 4 - Lay back down.

Now, it's perfectly normal to feel a bit of discomfort in your lower back, don't worry about that. However, if you begin to feel a shooting pain down your leg, or a sharp pain in your back, you need to stop!

Alternatively put your fists underneath your chin, and continue with the exercise.



Exercise 2 - Prone Press Up



- 1 - Using a bench or laying on the floor, place your hands underneath your shoulders.
- 2 - Push yourself up, keeping your pelvis on the bench. Hold for the count of 2.
- 3 - Lower yourself back down for the count of 2.
- 4 - Repeat x 15.
- 5 - Take a 30 second break.



Exercise 3 - Standing Back Bend



Final exercise, the standing back bend. A variation of the previous two exercises. If you can't lay down, use this simple exercise.

- 1 - Place your hands in the small of your back.
- 2 - Push forward, hold for count of 2.
- 3 - Return to first position for the count of 2.
- 4 - Repeat x 15.
- 5 - Again take a 30 second break.



If you need some support, you can use a desk edge or sturdy chair.

- 1 - Stand approx. 1 ft to 1.5 ft from the support.
- 2 - Hand palms away from you, lean on the support.
- 3 - Holding on to the support, arch your back and come forward.
- 4 - Hold for the count of 2 and return to original leaning position.
- 5 - Repeat x 15.
- 6 - Then again take a 30 second break.

These exercises can be repeated throughout the day.



Scan to watch
the video



Link to video:

<https://youtu.be/j1miNMzSLpA>

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