



*Jasper
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Full Spinal Decompression of the Lower Back

Decompression of the spine is a wonderful way to relieve back pain. By gently stretching the spine, Spinal decompression changes the force and position of the spine. Spinal decompression helps to alleviate the pressure off the spinal disks, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. Negative pressure, bulging or herniated discs can retract, alleviating pressure off the spinal nerves, thereby relieving back pain.

Clinic Director, Milton Chiropractic Clinic

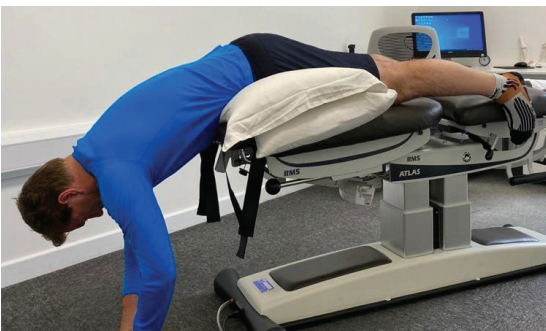
1 - Spinal Decompression Variant 1



Using a bench or your bed at home, lay on it on your tummy.

- 1 - Make sure your tummy is on or just over the edge.
- 2 - Drop your arms down.
- 3 - Drop your head down.
- 4 - Let gravity do the work here, hang for 30 seconds to 2 minutes.
- 5 - Make sure to breathe into the stretch, deep breaths.

Now feel that really lovely decompression in your lower back! Repeat as required throughout the day.



If this doesn't give you enough decompression, use some pillows.

- 1 - Put two pillows on the edge of your bench or your bed.
- 2 - Lay on top as before, slide your top part of your body over the bench.
- 3 - Stretch it out, arms down and again drop your head.
- 4 - Breathe in deeply, out deeply.
- 5 - Let gravity do the work here, hang for 30 seconds to 2 minutes. Repeat as required throughout the day.



2 - Spinal Decompression Variant 2



If you prefer you can do this passive stretch the other way around, legs hanging off the bench instead of the upper body.

- 1 - Lean over the bench, lower half of body over the edge of the bench or bed.
- 2 - Hold on and drop your legs down.
- 3 - Hold this again for 30 seconds to 2 minutes.
- 4 - Breathe deeply in and out during the stretch, gravity will do the hard work... let everything hang.



If this is again not intensive enough, use a couple of pillows on the bench.

- 1 - Build up the height under your belly button.
- 2 - Again, lean over the bench, lower half of body over the edge of the bench or bed.
- 3 - Hold on and drop your legs down. Hold this again for 30 seconds to 2 minutes. Breathe deeply in and out during the stretch.

This should give you a relaxed feeling taking away the pressure and the pain of your lower back, using these techniques.



3 - Spinal Decompression using Chairs



First technique is using a couple of sturdy weight-bearing chairs.

- 1 - Stand in between the chairs, place your hand palms on top of the back of both chairs.
- 2 - Gradually transfer the weight from your legs to your arms, keeping your elbows straight.
- 3 - Hold from 30 seconds building up to 2 minutes.



3 - Spinal Decompression using Chairs *continued*



Second technique is using the back of a sturdy weight-bearing chair.

- 1** - Place your hand palms away from you on the back of the chair.
- 2** - Keep your elbows nice and straight.
- 3** - Place your feet a little bit behind you.
- 4** - Now hang forward whilst arching your back.
- 5** - Hold from 30 seconds building up to 2 minutes.
- 6** - Repeat x 3 to 5 times.

This is a particularly good exercise for a slipped disc.



4 - Spinal Decompression using Yoga Ball



Using a yoga ball, an exercise ball. Make sure it's nice and firm, you don't want it too soft.

- 1** - Place the centre of the ball under your belly button.
- 2** - Lean over it, almost hugging the ball with your body.
- 3** - Knees bent and arms bent, relaxing on your elbows.
- 4** - Hold for up to 30 seconds. Repeat 3 to 5 times.



If this goes well, move on to the advanced stretch.

- 5** - Straighten your legs, your arms outstretched in front of you.
- 6** - Ensure to breathe into the stretch, deep breaths in and out.
- 7** - Hold for up to 30 seconds. Repeat 3 to 5 times.

Repeat as required throughout the day.



5 - Spinal Decompression using a Towel

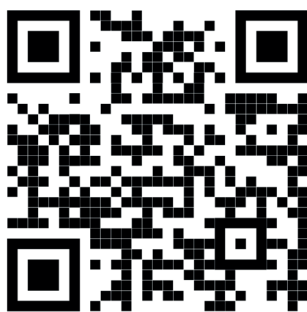


Final technique using a towel & weight-bearing support.

- 1 - Placing towel over a weight-bearing support, hold on to both sides.
- 2 - Partial hang, initially using your knees to take your weight and find a comfortable balance.
- 3 - Once confident in your position, gently transfer your weight from your legs to your arms.
- 4 - Hold for 30 seconds to 1 minute.
- 5 - Repeat x 5.

Repeat as required throughout the day.

Scan to watch
the video



Link to video:

<https://youtu.be/1SbYquy2axU>

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