



Warm-Up Exercises

For Your Outdoor
Activities



SPRING IS HERE!

And with the warmer weather and longer days come back injuries from gardening, cycling, hiking, tennis, golf and Spring Cleaning!

Here are our best exercises to get your back ready for the season!

BREATHING

A few minutes of abdominal breathing will activate your diaphragm – one of your most important core muscles to protect your back from injury.

Lie face down with forehead on hands. Breathe into your abdomen, lower back, and sides. Let the upper back and shoulders relax. Perform 20 diaphragmatic breaths.



Face Up Option with hands at your sides.

Feel the intra-abdominal pressure you create with your inhale through your abdomen.



THE FROG STRETCH

Get your hips and knees ready to move!

Spread your knees wide. Keeping the back in neutral, hinge the hips back towards your heels. Take an abdominal breath, then hinge back up to your starting point. Repeat 10 times. Add neck turns to look at the opposite foot as you hinge your hips back towards your heel.



GLUTE BRIDGES

Your glutes are the engine of the body and should be used to lift those heavy bags of soil and fertilizer – get them activated before you venture out to the garden.

Lie on your back with knees bent, feet shoulder-width apart. Engage your glutes and lift your hips into a straight line from shoulders to knees. The torso should move as a solid unit.

Repeat x 10



THE HIP HINGE

Every time you bend over to your planter or flower pots or pick up a golf ball, you stress your lower back. Learn the hip hinge and use it every time you bend or lift.

Using the dowel helps to teach your body how to develop this movement pattern. Your hips go back and your knees stay over your shoelaces and do not go forward as in a squat movement pattern.

Start standing straight up. Keep the dowel, broomstick or garden rake handle in contact with the back of your head, mid-back, and sacrum while you practice the hip hinge.

Perform 10 hinges.



THE SQUAT

Get ready to get down!

Position your feet hip width or wider and adjust your feet naturally. Find neutral spine position: head, mid back and sacrum in line. Breath in as you descend and out as you stand up. Perform 10 squats. Use something to support you if needed.



TRUNK ROTATIONS

Position yourself in a side-lying position with knees at 90 degrees to hips and feet stacked.

Support your head on a foam if needed for comfort.

Extend the bottom arm out with your palm up.

Take your top arm and extend it so your palms are touching.

Roll backward as you roll away from the bottom arm. Turn your chin to follow your shoulder.

Hold open position for 10 seconds. Repeat 6 times per side.



For videos of all these exercises and more,
download our Back to Basics Lower Back Edition
Exercise Workbook from our website:
edgemontchiro.com
Under the Resources / Self Help Guides tab.

CLICK



As with all exercise programs, when using our exercise videos, you need to use common sense. By performing any fitness exercises, you are performing them at your own risk. Edgemont Chiropractic Clinic and Sheila Hamilton Movement Garden are not responsible for any injuries sustained in the performance of these exercises.



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