

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Drew Stevens



Name of Workout:	Ctrl + Alt + Delete Your Back Pain
Primary Target Area:	Glutes, hip flexors, core
Approximate Time:	15-20 minutes
Skill Level:	Novice

Introduction:

Chronic low back pain is something that nearly every person will experience in their life. It can severely affect one's performance in the gym as well as every day function. The most common causes of this pain are: tight hip flexors, weak/improper use of glutes, and a weak core. All of these add up to an "anterior pelvic tilt" (pelvis tilts up in the back, butt sticks out and lower back rounds) and lead to lower back pain. This pain is easily negated by correcting postural defects and learning proper use of the core/glutes in everyday life. This program will allow you to **control** your core, **alter** your posture, and **delete** your back pain.

Warm-up:

1. Thoracic extensions on foam roller
 - a. 8-10 repetitions, aim for a slightly different spot on back each repetition
 - b. Purpose: Mobilize thoracic spine (middle portion) to allow proper function and movement of core
 - c. How to:
 - i. Sit on floor in front of foam roller and lean back until your upper back (just below shoulder blade) comes in contact with foam roller
 - ii. Clasp hands behind head, tuck chin down and back, push elbows upward towards top of head
 - iii. Arch back by leaning over foam roller while maintaining chin/arm position as well as keeping glutes and feet flat on floor
 - iv. Return to start by activating abs (as in a crunch)
 - v. Reposition foam roller in a slightly lower position on back, repeat
2. Hip hinges with dowel
 - a. 10 repetitions
 - b. Purpose: Mobilize hamstrings, glutes, and hip flexors using proper spine positioning to reinforce/develop good habits
 - c. How to:
 - i. Stand tall with dowel held behind head in contact with head and lower back, chin should be tucked and back
 - ii. Begin to lean forward while pushing glutes backwards, pressing lower back into dowel, maintaining contact with head and lower back, allowing for a slight bend of the knees

- iii. Once you lose contact with dowel at any point, return to start **or** if you feel a slight stretch in hamstrings return to start
 - iv. Repeat
3. Active hip flexor/hamstring stretch
- a. 10 repetitions per leg
 - b. Mobilize hip-flexors and hamstrings to counteract the negative effects of long-term sitting
 - c. How to:
 - i. Position self in lunge with back knee on the ground (may want a mat for comfort) and at a 90-degree angle, knee of forward leg at slightly more than 90-degree angle
 - ii. Pull yourself forward with the front leg, stretching the hip flexors on the back leg side and activating hamstrings of forward leg
 - iii. Sit backwards towards heel of back foot, leaning forward and allowing toes of forward foot to come off the ground, stretching the hamstrings of forward leg
 - iv. Repeat

Exercise Routine

Exercise		Sets	Reps/Time	Rest Interval
Pelvic tilts		1	60s	30s
Glute bridges		1	30s	30s
Kettlebell stiff-leg deadlifts		1	30s	60s
Band Pallof press		1	30s (per side)	30s (no rest between sides)
Full plank		1	30-60s	60s

Cool Down:

- 1. Standing hamstrings stretch
 - a. 30 seconds per side
- 2. Standing quad stretch
 - a. 30 seconds per side
- 3. Seated glutes stretch
 - a. 30 seconds per side
- 4. Psoas stretch
 - a. 30 seconds per side
- 5. Repeat any as necessary

Additional Notes:

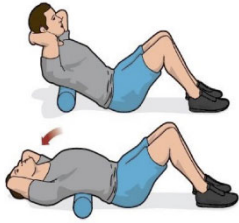
When trying to correct something such as the causes of back pain listed above, frequency is more important than intensity. This workout should not be very taxing on you and can be repeated as often as you like. You can even add it in to the beginning of any other workout to hit the reset button on your back after a long day of sitting in class and improve how you feel and perform!

Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams



Thoracic extensions on foam hinges with dowel

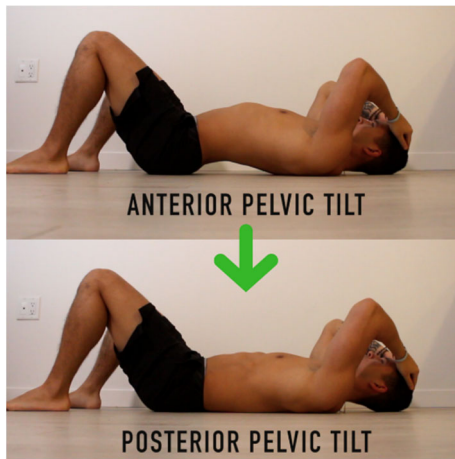


roller

Hip



Pelvic tilts



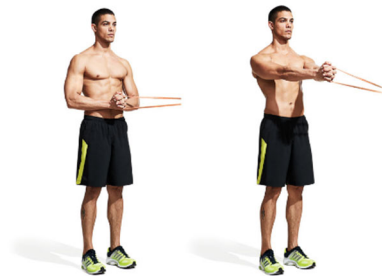
Glute bridges



Stiff leg kettlebell deadlift



Band Pallof press



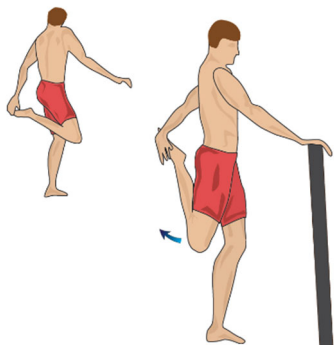
Full plank



Standing hamstrings stretch



Standing quads stretch



Seated glutes stretch



Psoas stretch

