



B O D Y A W A R E N E S S

PRESERVING YOUR BACK

*80% of people experience back pain at least once in their life.
Exercise can help prevent it.*

Back pain is very common and can range from mild discomfort to severe pain and limitation in movement. The pain can be local near the spine, or it can radiate to the buttocks and legs. There are many causes, and numerous anatomical structures which can be at fault. Life demands can effect the muscles and joints of the spine. You can prevent damage and promote wellbeing by doing exercises that help preserve your body.

Walking is an excellent way to keep the spine in motion and to preserve everyday function.

Moving the spine through its full range of motion nourishes and lubricates the joints of the spine and ensures flexibility of the surrounding muscles and soft tissue. The hand heel exercise which is demonstrated on the right hand side of this page, promotes full spinal mobility.

Back pain is treated very effectively with physiotherapy. If your back is causing discomfort, make an appointment so that you can get your back better and allow you to stay healthy and active.



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HAND HEEL EXERCISE

Lie on the floor and place your hands directly under your shoulders. Take the weight on your hands and arch your back. Sit back on the heels and round your back. Keep the movement fluid and rhythmical. Do this exercise 10 times every day. No pain is allowed.

