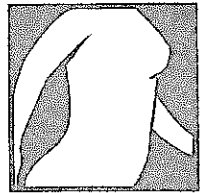


# 2

# LOW BACK COMFORT



*Carl S., a forty-four-year-old high school teacher, felt himself to be in a perpetual state of tension and pain. Carl was forced to take a medical leave of absence. A devoted and ambitious teacher, Carl felt he was being defeated by his own body. But with Relaxercise, Carl found complete relief. He soon returned to work and was successfully able to prevent recurrence of the back tension and pain he had become so accustomed to.*

Back care is something we should **all** know about. Nearly one of every two Americans has experienced serious back problems, and over 250,000 people have back surgery each year. These figures could be much lower if we had a basic understanding of how our back works, what its limitations are, and how to protect our back from becoming strained and weakened.

Most back problems develop gradually, as the result of poor posture and excessive muscular tension and strain. Because our backs are naturally very strong, it can take many years of stress and abuse before we begin to feel weakness or discomfort.

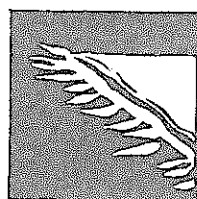
Each back problem is unique, but there are common symptoms: chronic muscular tension, restricted flexibility, poor postural organization, and pain. Back pain can affect your emotional disposition, your ability to function and can trigger neck, shoulder, and chest pain as well.

**“Low Back Comfort”** is designed to reduce muscular tension in your back and improve the balance of muscular tonus between your abdomen and lower back. When your lower back is relaxed and comfortable, your spine will support your body’s weight more efficiently, and you will be less vulnerable to back problems.

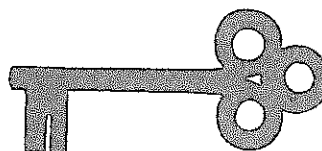
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# LOW BACK COMFORT

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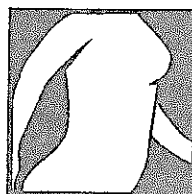


You will need an exercise mat or rug.

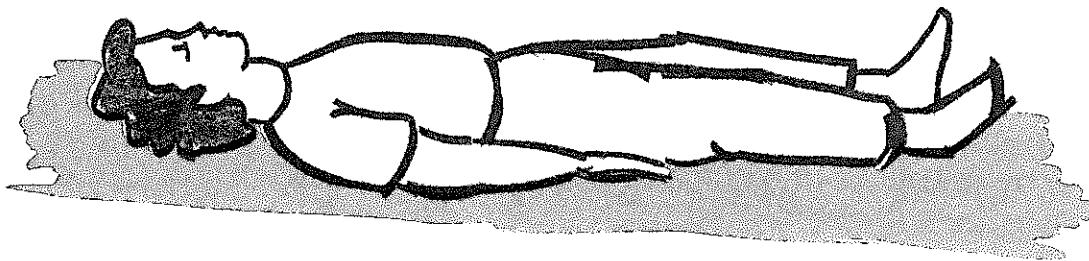


Use the Relaxercise Keys

- Go slowly.
- Make each movement small and easy.
- Relax as much as you can.
- Rest briefly after each movement.



NOTE: This exercise consists of four sets of movements. Each set has its own **SPECIAL** starting position.



### BEFORE YOU BEGIN:

Lie on your back and stretch out your legs.  
Rest your arms by your sides.  
For a minute or two, feel **how** your back is  
lying on the floor.

- Feel how your legs are resting on the floor. Does one leg feel slightly longer or more relaxed than the other?
- Notice that some parts of your lower back are touching the floor and other parts are not.
- Feel how your spine is resting on the floor. Notice that some of your vertebrae are touching the floor more clearly than others.
- Feel how your shoulder blades are lying on the floor. Is one shoulder blade lying in closer contact with the floor than the other?
- Feel how your arms are resting on the floor. Are your hands touching the floor in the same way, or differently?
- Feel the way your head is resting on the floor. Does it feel a little closer to the right shoulder or left shoulder, or is it exactly in the middle?