

The best strategy for a healthy back is to start a daily routine that conditions your lumbar with slow gentle exercises before any problems arise. Take your time building strength in your back. The 8 exercises of Lumbar Love are designed in a balanced way to restore full range of motion in the LPHC and to strengthen the erector spinae and rectus abdominis muscles.

Lumbar (low back) - the main function of the lumbar spine is to bear the weight of the body. The five lumbar vertebrae are numbered L1 to L5. These vertebrae function as shock absorbers to absorb the stress of lifting and carrying heavy objects. The transfer of forces from the upper body to the lower body occur at the lumbar – one of the most frequently injured areas of the body. Low back pain is something most all of us have had to some extent. Poor posture, weak abdominals, and under trained back muscles are some of the leading causes of low back pain.

The body's center of gravity is located in the Lumbo-Pelvic-Hip Complex. The LPHC is composed of the lumbar, the pelvis and hips. There are 29 muscles attached to LPHC that help stabilize the interconnection between all three in this complex. The LPHC works with the rest of the body to produce movement and to stabilize against unwanted movements in the spine. With greater strength in the core musculature of the LPHC spinal stability is improved.

The Erector Spinae and Rectus Abdominis are muscle balance partners. The erector spinae is a collection of muscles that run along and support the vertebral column on the backside. The rectus abdominis supports from the front. Lengthening and strengthening these muscles will ease the workload of the lumbar.

The lumbar spine is also greatly affected by its relationship to the lower extremity muscles. The gluteals, hamstrings, adductors and abductors all have some primary or secondary effect on the spine. A high percentage of those with chronic low back pain have a muscle imbalance with tight hips and weak glutes. Restoring glute strength and reducing hip flexor tightness via exercise has been found to decrease pain and increase function.