



# 4 Exercises

to Avoid if You  
Have **Back Pain**

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(And What to Do Instead)



## 4 Exercises To Avoid If You Have Back Pain

**(And What to Do Instead)**

Holistic Healer

### Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in this free resource, you are agreeing to accept full responsibility for your actions.

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### Introduction

Back pain is one of the most common conditions people of all ages experience and is the leading cause of disability worldwide according to the Global Burden of Disease 2010. Having said this, it causes many people to hold back from engaging in work or other everyday activities such as exercising.

Exercising is a fundamental part of a healthy lifestyle, so it is essential to do the right exercises for your body and avoid the wrong ones, especially if you are dealing with a back injury.

**We have included the exercises for you to avoid if you are suffering with back pain.**



### Sit-ups

Sit-ups and similar ab exercises are heavily reliant on what's called "hip flexion", which poses a big pulling force that is about 700 pounds of compressive force on your lumbar disc (ie. lower back).



Basically, as these hip flexor muscles activate, they pull your torso and hips closer together, pull your spine, and wedge your intervertebral discs together, which over time could lead to a herniation.







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Doing the exercise on a comfortable mat or other soft surfaces could still impose risk as the movement repeatedly compresses and decompresses the outer walls of spinal discs and irritates nearby nerve roots. Depending on the extent of nerve compression and herniation, surgery may be needed.



### Deadlifts

This exercise can cause spinal damage when performed incorrectly as

the weight from the bar is applied directly to the spine. This places force on the spinal discs, especially when done with a heavy weight.

Jerking movements may also cause the back to lose balance and force the spine to try to regain stability. By performing this exercise with a rounded or arched back, the amount of disc compression increases and can result in bulged discs, pinched nerves, or other issues.

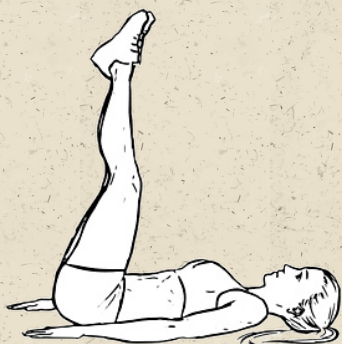




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### Leg Lifts

Restoring strength to your lower back by exercising can be helpful in relieving pain. However, lifting two heavy legs while lying on your back can be very demanding to your core and an already weak back. This

exercise can make back pain worse by putting too much pressure on your spinal joints..

When you do leg lifts, your abs are not the primary mover of that exercise. Studies involving electromyography testing - which looks at muscle activation patterns - shows that the hip flexors, not your abs, are doing most of the work. What's worse, because the hip flexors attach at your lumbar vertebrae they pull forcefully on that sensitive area.



### Powerlifts

Olympic lifts, such as the "snatch" and the "clean and jerk" are used by powerlifters to boost strength. These lifts can be difficult to do with proper alignment and can damage the spinal vertebrae and intercostal space (Space between the joints). The spinal canal (the space where your spinal cord travels through) can also narrow and the spinal nerves can be pinched as this occurs.

Leaning forward can also cause the vertebrae in the spine to compress at an angle. This







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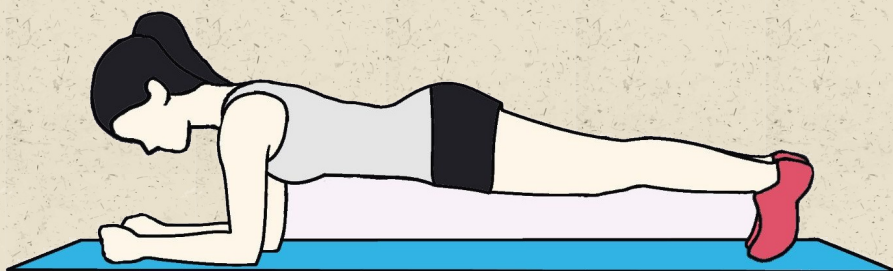
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can cause vertebrae to rub against one another. If the muscles tire out or are not strong enough, the lifters can experience both short term and chronic lower back pain.

Another reason why powerlifting is an exercise that should be avoided is because it is not natural to put such a heavy load on one joint. This heavy load placed on the base of your neck throws off the balance of your spinal muscles and with repetition, can lead to degenerative changes in the spine.

### What do you do Instead?

Fortunately, there are exercises you can alternatively do that can work your muscles in a way that is less stressful to your spine. Depending on the cause of your injury, it's hard to prescribe exercises that will work for you, but here are a few that could help:



#### Plank

Planking will improve the health of your spine and build a defense against back pain. When done correctly, planks allow you to build strength in your core without stressing your spine. When you hold your spine in a neutral position, it helps to stabilize and protect your spinal joints.

#### Yoga

Many yoga poses can promote a strong, healthy and pain-free back. Yoga is meant to develop a balanced and supple body. A significant aspect of minimizing or preventing





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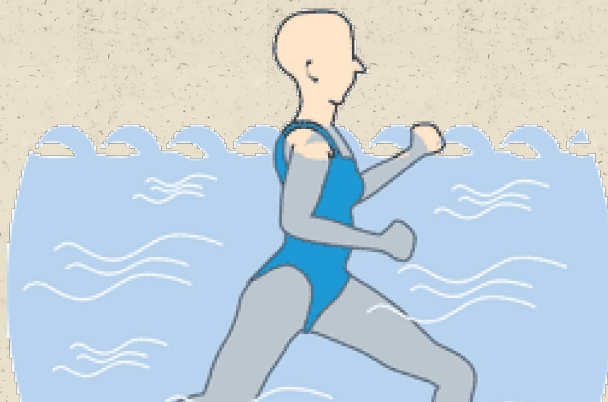
lower back discomfort is proper body balance and good posture, which helps preserve the natural curvature of the spine. There are many yoga poses to choose from. If you have back pain, the focus should be on breathing and doing poses that provide relief.



### Water Exercises

A water workout is a low-impact activity that conditions and strengthens muscles, helping you better support your spine. The water's buoyancy reduces the pressure on your bones and joints by bearing some of your body weight. So unlike exercising on the ground, exercising in a pool offers a "cushion" of water for your body, which takes tension off your back. It allows for easier movement and less pressure on your spine.

Some people respond to lumbar extension/backbend exercises - and some don't. Some people like yoga exercises and some don't. The best approach is to understand the cause of your back pain and then get a customized exercise prescription that will alleviate pain, improve mobility, and get you back to doing the activities you love.



### About Raju

I am Raju Kallumkal - I've been a meditant for 27+ years and a professional healer for over 2 years now, and can honestly say that I have relieved many people of significant portions of pain, if not completely of their pain.







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The pain I resolve for people is typically outside of the reach of chiropractors, massage therapists, physiotherapists and other medical professionals. In fact - I tell my customers that I am a last resort pain resolver - as I do not attempt any of what the other professionals do, and I am most successful where the others fail.

I primarily specialize in removal of pain for the lower back and upper hip regions and I take pride in ensuring that your experience is the best I can deliver. This is why I created the "Pain Free Possibilities" flagship program included in our large packages. It is the closest I can get to giving you a guarantee that I won't simply charge you and leave you to fend for yourself.

## Pain Free Possibilities - Our Flagship System

I created the "Pain Free Possibilities" program so that people don't pay for services that they didn't get. Essentially, you decide on a scale of 10 (where 10 is the highest pain experienced) what pain I have reduced for you and pay according to the level of the removal of pain. So, if you decide I've reduced your pain by 7/10 to a 3/10 - you'll only pay 70% of the price tag. We can do this as every session is interactive - we can't remove pain without your active feedback to let us know what is working. So, we trust your judgement 100%.

This is a perfect program for you if you suffer from a lot of pain. The packages I've created include enough time for me to work on your issue and guarantee that I've crossed all my T's and dotted my i's for as many people as I can. Obviously, if you have fourth stage cancer and come in looking for a complete healing - the likelihood that I will be able to remove the pain completely, considerably reduces as cancer is quite resilient to treatment.

Don't hesitate to let us know if you would like to book a session with us at a time that is convenient for you.







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- Raju -

## What's next?

Looking for more information about our services? Check out our website, or the blog - which is where we have numerous articles on different topics exposed - or simply give us a call, and we'll try and answer as many questions as we can in short order.

Website: <http://healerstouch.ca>

Articles: <http://healerstouch.ca/blog/>

Phone: (613) 262-9168

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