

# 6 Simple Movements That Eliminate Back Pain

A step by step guide to reducing lower back pain and relieving sciatica.

Collectively Created By



Harvard Health Publishing  
HARVARD MEDICAL SCHOOL

*Trusted advice for a healthier life*

**NeuroMD**  
MEDICAL TECHNOLOGIES



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# Overview

Congratulations!

You're on your way to a healthier, pain free lower back.

Back pain has been misunderstood for decades and has caused the internet to be overwhelmed with conflicting and most often, incorrect information.

That's why we've incorporated the most up to date exercises and stretches from studies performed by the world's most renowned establishments, such as Harvard Medical University, as well as the Medical Science Team from NeuroMD. In doing so, we have been able to create the most comprehensive, straight forward guide to correcting lower back pain.

This guide incorporates the most effective stretches and exercises that can be easily accomplished from the comfort of your own home.



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# Important notes + clinical proof

**Spinal Stenosis & other ailments:** Do your best to complete the exercises that are most comfortable for you and doing so to the best of your ability.

It's very important to stretch the lower back after the NeuroMD Corrective Therapy sessions. We recommend completing the below exercises that will strengthen your hips and abdominal region.

\*\*A Study by The National Institute of Health found these core exercises in conjunction with NeuroMD's NMES technology to be highly effective in pain relief and long term functional improvements.\*\*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4935645/>

We hope you find value in this ebook and achieve the pain relief that the tens of thousands of others who have read and implemented these exercises have experienced.

Lets get started!

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\*As always, and with any exercise, please consult your doctor before beginning any new exercise regimen.

\*If you experience any pain, dizziness, discomfort, or difficulty with any of these exercises, please stop and consult your physician. Engaging in any exercise regimen involves the risk of injury. NeuroMD Corrective Therapy device shall not be liable for any claims for injuries or damages resulting from or connected with the use of NeuroMd Corrective Therapy device. Users purchase and use of the NeuroMd Corrective Therapy device at their own risk.

# Reclining Pigeon Pose



This is the #1 Rated stretch to alleviate sciatica pain and is the most widely prescribed movement by Physical Therapists. This stretch is 83% more effective than any other stretch at reducing sciatic nerve pain.



**Duration:**  
*3-5 minutes*  
**Frequency:**  
*After each  
NeuroMD  
session or  
Daily*

1. While on your back, bring your right leg up to a right angle.
2. Clasp both hands behind the thigh, locking your fingers
3. Lift your left leg and place your left ankle on top of the right knee.
4. Hold the position for a moment. This helps stretch the tiny piriformis muscle, which sometimes becomes inflamed and presses against the sciatic nerve, causing pain.
5. Do the same exercise with the other leg.

# Partial Crunch



Partial crunches are one of the safest and easiest ways to build strong abdominal muscles which, play a significant role in supporting the spine and help keep the hips properly aligned. Weak abdominals will result in poor core strength and lack of stability, which contribute to lower back pain.

**Duration:**

*4 sets of 10-15 reps*

**Frequency:**

*After each NeuroMD session, at least 3-5x per week*

To perform partial crunches:  
1. Lie back on the floor and bend the knees, keeping the feet flat and hip-width apart.

2. Cross the hands over the chest.

Breathe in deeply.

On the breath out, engage the abdominal muscles by pulling in the stomach.

3. Gently raise the head and shoulders 2 inches off the ground while keeping the neck in line with the spine.

4. Hold for 5 seconds then return to the starting position. Repeat the exercise 10-15 times. Take 30 second rest between sets. Perform 4 sets.

# Knee To Chest



Dr. Mark Kovacs states the importance of this simple stretch and has seen patients experience profound improvements with spinal arthritis and spinal stenosis.



1. Lie flat on your back, ensuring your toes are pointed to the ceiling.
2. Slowly bend your right knee and pull your leg toward your chest.
3. Wrap your arms around your thigh, knee or shin, and gently pull the knee towards your chest.
4. Hold for 20 seconds and slowly extend the leg into starting position.
5. Repeat three times for each leg.
6. Do the same exercise with the other leg.

**Duration:** 3 stretches per leg | **Frequency:** After each NeuroMD session or Daily

# The Bridge



This exercise engages your glutes, and your glutes are part of your core, just make sure to only lift your hips to the point where your glutes are engaged, and not so far that you hyperextend your back.



1. Lie on your back with your hands at your sides, knees bent, and feet flat on floor hip-width apart.

2. Squeeze your glutes and abs and push through your heels to lift your hips a few inches off the floor until your body forms a straight line from your shoulders to your knees.

3. Hold this position for a second, making sure your knees stay straight and don't collapse in.

4. Slowly lower your hips to return to the starting position.

***Duration: 4 Sets For 10-15 Reps | Frequency: After each NeuroMD session or Daily***

# Lying Knee Twist



This stretch is crucial for those of us who work at a desk. Even just 3 hours seated per day can greatly impair our lower back health. With this stretch you will experience improved posture, spinal mobility, aided digestion, and relaxed paraspinal muscles.



***Duration: 3 minutes***

***Frequency: After each NeuroMD session or Daily***

1. Lie on your back with your legs extended straight out.
2. Bend the right knee up and cross it over the left side of your body.
3. Hold in a position that allows you to feel a gentle stretch through the back and buttocks muscles for 20 seconds.
4. Tighten your core muscles and rotate back to center.
5. Repeat this exercise three times on each side.

# Yoga Cat/Cow



This is the most versatile movement that both strengthens and stretches the core and lower back muscles. With this stretch, flexing and extending the spine also improves mobility in the spinal discs.



## **Duration:**

*4 sets of 10-15 reps*

## **Frequency:**

*After each NeuroMD session,  
at least 3-5x per week*

Position shoulders and your knees directly under your hips. Point your fingertips to the top of your mat. Place your shins and knees hip-width apart. Center your head in a neutral position and soften your gaze downward.

1. Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up toward the ceiling.
2. Broaden across your shoulder blades and draw your shoulders away from your ears.
3. Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back.
4. Release the crown of your head toward the floor, but don't force your chin to your chest.
5. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose. Repeat 5-10 times, and then rest by sitting back on your heels.

# Harvard's 5 Healthy Back Habits

## **Stay Fit**

Weak back and abdominal muscles — due to deconditioning or age — cause or exacerbate many cases of low back pain. That's why stretching and strengthening both your back and abdominal muscles is important not only for treating low back pain, but also for helping to prevent a recurrence of the problem.

## **Kick the Habit**

Research shows that the nicotine in cigarettes contributes to low back pain in two ways. First, nicotine hampers the flow of blood to the vertebrae and discs. This impairs their function and may trigger a bout of back pain. Second, smokers tend to lose bone faster than nonsmokers, putting them at greater risk for osteoporosis, another common cause of back pain.

## **Maintain a Healthy Weight**

The heavier you are, the greater the load your spine must carry. To make matters worse, if the bulk of your weight comes in the form of abdominal fat, rather than muscle, your center of gravity can shift forward — a condition that puts added pressure on your back. By maintaining a healthy weight, you can ease the burden on your spine.

**more healthy habits →**

# Harvard's 5 Healthy Back Habits

## Maintain Proper Posture

Be sure to work at an ergonomically correct workstation, both at the office and at home, and break up long periods in front of the computer with stretching exercises. If you practice good posture, you will maintain the natural curves of your back and help keep it strong.

## Develop Back-Healthy Habits

Everyday activities, from vacuuming to sitting in front of the computer can take a toll on your back. But you can take some of the pressure off your back by following these simple tips:

- While standing to perform ordinary tasks like ironing or folding laundry, keep one foot on a small step stool.
- Don't remain sitting or standing in the same position for too long. Stretch, shift your position, or take a short walk when you can.
- When bending from the waist, always use your hands to support yourself.
- When sitting, keep your knees a bit higher than your hips and bend them at a 90-degree angle. Sit with your feet comfortably on the floor. If your feet don't reach the floor, put a book or a small stool under them.
- Because vacuuming can take a toll on your back, tackle rooms in chunks, spending no more than five to 10 minutes at a time doing this task.

**Sharing is Caring:  
Know someone suffering  
with sciatica or back pain?  
Help them by sharing this!**

We're here for you throughout your pain relief journey and look forward to helping you restore and maintain optimal back health.

Being proactive and taking your health into your own hands and not relying on masking the symptoms is a great step!

Thousands of healthy, happy people all did the same and are now able to do the things they love without pain.

Before you know it, these exercises will become a staple in your weekly routine. You'll be pain free, have more energy, and back doing the things you love.

We recommend implementing these exercises AFTER each session of the NeuroMD Corrective Therapy Device because the device will help warm up the muscles in the lower back and reduce any possibility of injury.

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