

# JOINT STRETCHES

## FOR LOW BACK PAIN



# OVERVIEW

Understanding how your joints work and what they need to function properly is essential to your joint health, especially if you suffer from joint diseases like osteoarthritis. You may be dealing with joint pain but not know why. You may already know you have osteoarthritis. You may have already tried different methods to reduce your pain and discomfort. No matter where you are at, there are things you can do to improve your joint health.

When you talk to your physician about your joint condition, their overall goal is to

- Increase your mobility,
- Reduce your pain, and
- Strengthen your joints.

How you obtain these goals may come from different avenues. The best option for you may be chiropractic care. Your specific case may require surgery. And no matter what joint problems you have, nutrition and exercise will always be a necessary option. At every stage of joint management, you and your physician should design a plan that helps you maintain your lifestyle with the least amount of risk, intervention, and cost possible.

**Joint pain is one of the leading causes of lifestyle disability and limitations.** Just like your physician, these stretches are designed to help increase your mobility, reduce your pain, and strengthen your joints. All of these aspects can help significantly enhance your overall joint health which will improve your life and reduce limitations.

## Joint Pain:

Caused more than **one in 10** Americans to miss work in the past year

Is the reason why **440 million** days of work are missed annually

Sent **one-third** of Americans to the doctor in the past year

Causes **more than half** of all chronic conditions in people over age 50

Causes **29% of all workplace injuries** and illnesses that required time away from work in 2010

Demand for hip replacements will increase by **174% by 2030**

Demand for knee replacements will increase by **674% by 2030**

Is the leading medical cause of disability claims – **27.5% of new claims in 2010** and increasing



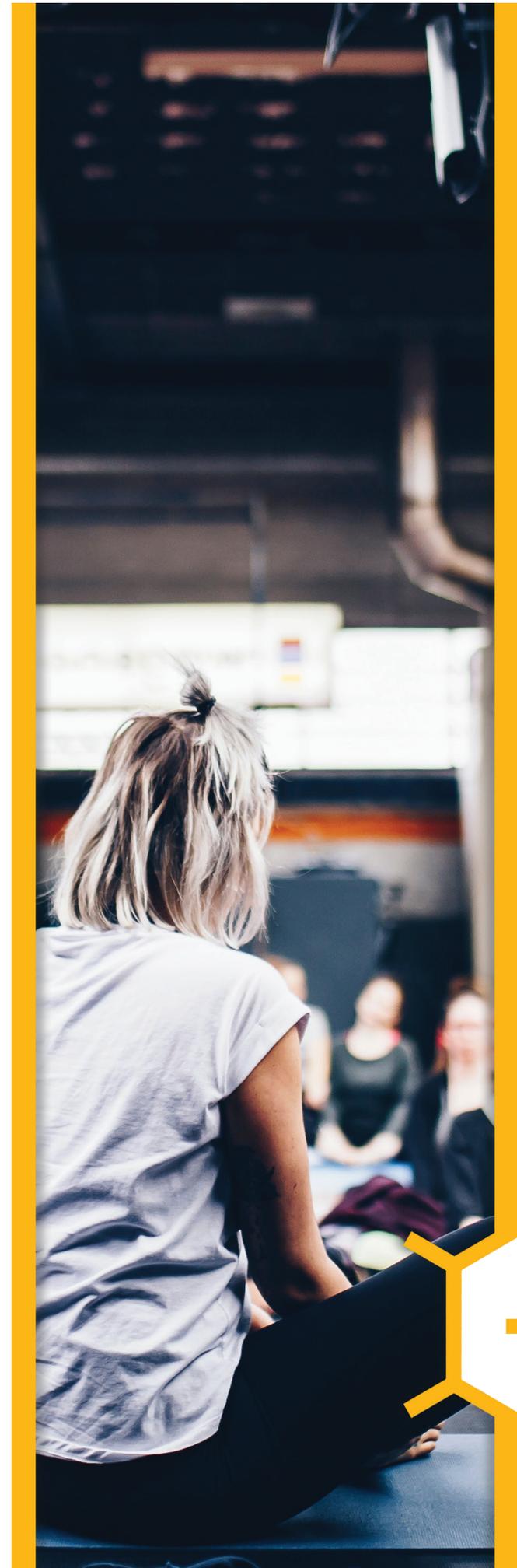
# HOW DO JOINTS WORK?

Simply put, a joint is where two or more bones come together. Your joints bear your weight and enable you to move. The most common type of joint are synovial joints. Synovial joints are made up of four types of joints: hinge, ball and socket, gliding, and saddle. Each provides a different range of motion and move in different ways.

As mentioned previously, to understand joint pain and other issues, you need to understand some key components of your joints.

Cartilage	This tissue covers the surface on the bone where it meets the joint. It helps reduce friction between the bone and joint.	
Ligaments	Ligaments are like elastic bands and help support the joint and keep it in place.	
Tendons	A type of connective tissue, tendons connect to the muscle and control joint movement.	
Bursa	These are sacs full of fluid that live between bone and muscle and help cushion your joints.	
Synovial fluid	This fluid helps lubricate the joints.	

All of these parts work together to keep your joints healthy and functioning properly. If your joints are not properly supported, cushioned, or lubricated, problems arise.



# EXERCISE

Exercise is a key part of managing osteoarthritis. It is considered the most effective non-drug treatment for arthritis. Regular exercise, under the direction of your physician, can help you:

- Manage your weight
- Strengthen your muscles (which will help support the affected joints)
- Improve your range of motion and flexibility
- Reduce stress (which can cause unnecessary tension in your joints)

With specific exercises tailored to the needs of OA, you have the opportunity to improve your pain, stiffness, and inflammation. The following exercises were designed by a Doctor of Chiropractic to improve your strength, flexibility, and pain management while dealing with the complications of osteoarthritis.



# BENEFITS OF PROGRAM

An exercise and conditioning program will help you enjoy a more active and healthy lifestyle. Following an injury or surgery, a conditioning program consisting of flexibility and strengthening exercises will help you return to the daily activities/sports that you enjoy.

This program provides a broad range of exercises. If any of these exercises cause pain, consult your physician for advice. Talk to your doctor or physical therapist about which exercises are best for you based on your needs or rehabilitation goals.

**Strength:** Keeping the muscles that support your back and hips strong can help relieve pain, prevent injury, and provide stability to your back and hips.

**Flexibility:** Flexible muscles are important in improving joint range of motion. Stretching before and after strengthening exercises not only reduces muscle soreness but also helps to prevent injury.

## Getting Started

**Warm up:** Do 5-10 minutes of low impact aerobic activity prior to stretching and strengthening. Aerobic activities can include walking, riding a stationary bike or using an elliptical machine.

**Stretch, Strengthen, And Then Stretch Again:** Following the warm-up begin the stretching exercises included in this program. Next, begin the strengthening exercises. After completing the strengthening exercises, end the program by doing the stretching exercises again.

***Let pain be your monitor. If you feel pain while performing any of these exercises, discontinue that exercise and seek advice from your doctor or physical therapist.***

# LOW BACK CONDITIONING PROGRAM

## STRETCHING EXERCISES

*Perform Daily*

### 1. Single Knee to Chest

Repetitions: 3 sets of 5 each leg followed by pulling both knees to your chest 5 times. Hold each stretch for 5 seconds.

Directions:

- Lie on your back on the floor.
- Lift one leg and pull your knee to your chest as far as you comfortably can.
- Repeat with opposite leg.
- Pull both legs in together.



### 2. Hip Flexor Stretch

Repetitions: 5 on each side. Hold each stretch for 20 seconds.

Directions:

- Kneel on your right knee and place your left foot forward and flat on the ground.
- While keeping your back straight and your hips pointing forward, lean forward until you feel a stretch in the right hip and thigh. Hold for 20 seconds.
- Repeat on the other side.



# LOW BACK CONDITIONING PROGRAM

## STRETCHING EXERCISES

*Perform Daily*

### 3. Sitting Rotation Stretch

Repetitions: 1 set of 5 each side. Hold each stretch for 20 seconds.

Directions:

- Sit on the floor with both of your legs extended in front of you. Cross one leg over the other.
- Slowly twist towards your bent leg while placing your hand on the ground behind you for support.
- Place your opposite arm on the side of your bent thigh and use it to twist further.
- Repeat on the opposite side.



### 4. Hamstring Side Straddle Stretch

Repetitions: 5 on each side. Hold each stretch for 10 seconds.

Directions:

- Sit on the floor with one leg extended to the side and the other leg bent.
- While keeping your back straight, bend from your hips and reach toward the foot of your straight leg. Hold for 10 seconds.
- Repeat on the other side.



# LOW BACK CONDITIONING PROGRAM

## STRETCHING EXERCISES

*Perform Daily*

### 5. Hamstring Stretch

Repetitions: 5 on each side. Hold each stretch for 20 seconds.

Directions:

- Lie on your back with a small rolled towel under your lower back.
- Place your right leg down with the knee straight.
- While bending your left hip and knee, interlock your fingers behind your left thigh.
- Move your foot towards the ceiling by straightening your left knee. Hold for 20 seconds.
- Repeat on the other side.



### 6. Kneeling Back Stretch

Repetitions: 10 times. Hold each stretch for 5 seconds.

Directions:

- Begin with your hands and knees on the floor. Position your shoulders over your hands.
- Lean forward onto your arms, round your shoulders.
- Rock backwards and sit on your heels.
- Extend your arms to lengthen the stretch.



# LOW BACK CONDITIONING PROGRAM

## STRENGTHENING EXERCISES

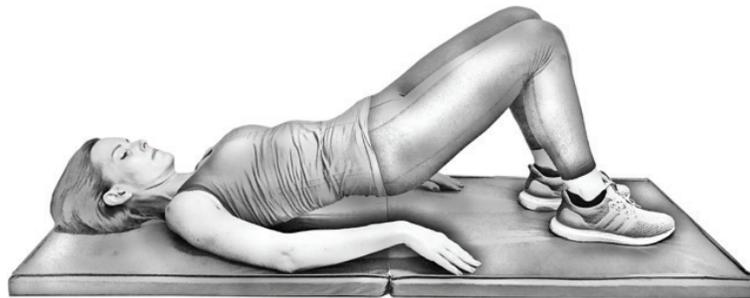
*Perform Daily*

### 7. Hip Bridge

Repetitions: 5 times. Hold this position for 15 seconds.

Directions:

- Lie on your back with your arms at your side and your knees bent with your feet flat on the floor.
- Tighten your abdominal and gluteal muscles.
- Lift your pelvis so that your hips are in line with your knees and shoulders.
- Hold this position for 15 seconds.
- Slowly return to starting position and repeat the exercise.

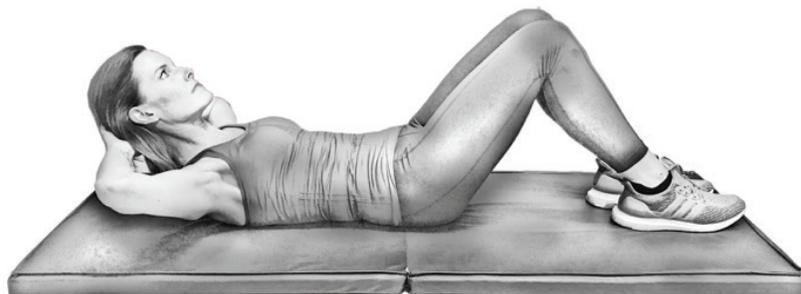


### 8. Abdominal Crunch

Repetitions: 2 sets of 15

Directions:

- Lie on your back with your knees bent and your feet placed flat on the floor.
- Place your hands behind your head while keeping your elbows open wide.
- While tightening your abdominal muscles, lift your head and shoulder blades off of the floor.
- Keep your back flat on the floor. Hold position for 2 seconds.
- Slowly return to starting position and repeat.



# LOW BACK CONDITIONING PROGRAM

## STRENGTHENING EXERCISES

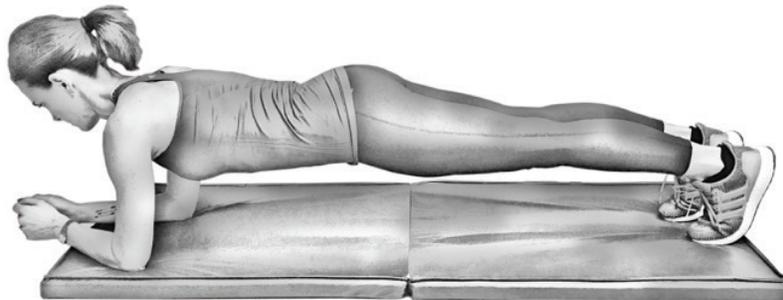
*Perform Daily*

### 9. Plank

Repetitions: 10 times. Hold for 10 seconds.

Directions:

- Lie on your stomach with your forearms on the floor. Your elbows should be in line with your shoulders.
- Tighten your abdominal muscles and lift your hips off of the floor.
- Tighten your gluteal muscles and lift your knees off of the floor.
- Keep your body straight and hold this position for 10 seconds.
- Slowly return to starting position and rest for 10 seconds.
- Repeat the exercise.



### 10. Side Plank

Repetitions: 5 times. Hold for 15 seconds.

Directions:

- Lie on our side with your bottom leg slightly bent. Place your elbow on the floor directly under your shoulder.
- Tighten your gluteal and abdominal muscles, and lift your hip off of the floor.
- Lift up enough to raise your bottom knee off of the floor.
- Keep your body straight and hold this position for 10 seconds.
- Slowly return to starting position and repeat on the opposite side.



# LOW BACK CONDITIONING PROGRAM

## STRENGTHENING EXERCISES

*Perform Daily*

### 11. Quadruped Opposite Arm/Leg

Repetitions: 5 times. Hold for 10 seconds.

Directions:

- Kneel on floor and place your hands on the floor in front of you. Your shoulders should be positioned over your hands.
- Tighten your abdominal muscles and raise one arm out so that it is level with your body.
- Slowly lift and extend the opposite leg back so that it is in line with your body.
- Tighten the muscles of your buttock and thigh, and hold this position for 10 seconds.
- Slowly return to starting position and repeat with the opposite arm and leg.



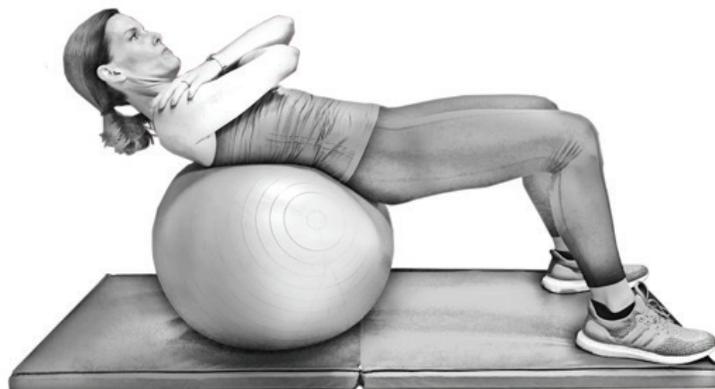
## ADVANCED STRENGTHENING EXERCISES

### 12. Abdominal Crunch on Exercise Ball

Repetitions: 15 times. Hold position for 2 seconds.

Directions:

- Start by having your hips just off the exercise ball. Keep your feet shoulder width apart, and place your arms across your chest.
- Tighten your abdominal muscles and slowly lift your shoulder blades off of the ball. Hold this position for 2 seconds.
- Slowly return to starting position, rest 2 seconds and repeat.



# LOW BACK CONDITIONING PROGRAM

## ADVANCED STRENGTHENING EXERCISES

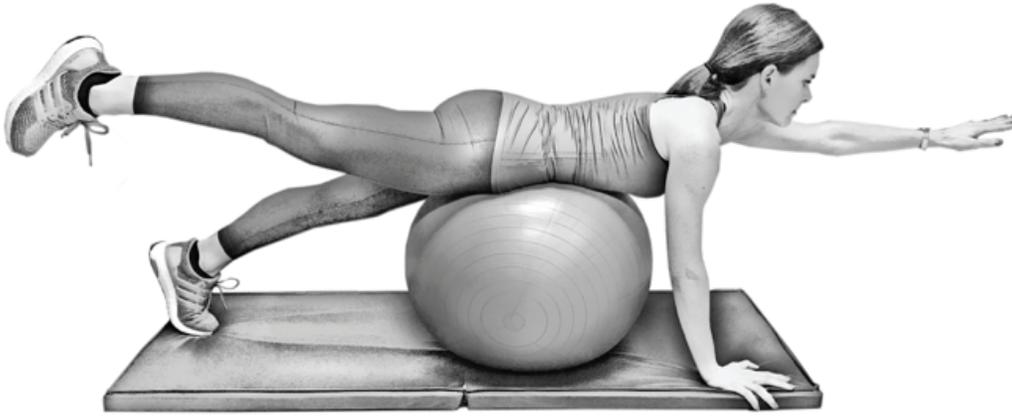
*Perform Daily*

### 13. Quadruped Opposite Arm/Leg on Exercise Ball

Repetitions: 5 times. Hold for 10 seconds.

#### Directions:

- Lie over an exercise ball with your hands and feet placed on the floor. Your arms and legs should be shoulder width apart.
- Tighten your abdominal muscles and raise one arm out so that it is level with your body.
- Slowly lift and extend the opposite leg back so that it is in line with your body. Tighten your abdominal muscles to maintain your balance on the ball.
- Tighten the muscles of your buttock and thigh, and hold this position for 10 seconds.
- Slowly return to starting position, rest 5 seconds and repeat with the opposite arm and leg.



### 14. Superman on Exercise Ball

Repetitions: 10 times. Hold position for 5 seconds

#### Directions:

- Lie over an exercise ball with your hands and feet placed on the floor.
- Tighten your gluteal and abdominal muscles, and straighten your legs while lifting your arms straight out in front of you. Hold for 5 seconds.
- Slowly return to starting position, rest 5 seconds and repeat.



# LOW BACK CONDITIONING PROGRAM

## ADVANCED STRENGTHENING EXERCISES

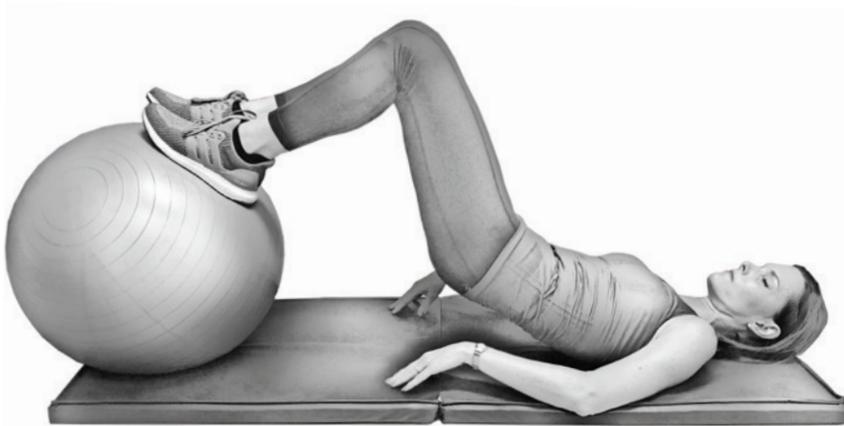
*Perform Daily*

### 15. Hip Bridge on Exercises Ball

Repetitions: 10 times. Hold position for 5 seconds.

#### Directions:

- Lie on your back with your arms at your side and your knees bent with your feet flat on the top surface of an exercise ball.
- Tighten your abdominal and gluteal muscles.
- Lift your pelvis off the floor so that your hips are in line with your ankles and shoulders.
- Hold this position for 5 seconds.
- Slowly return to starting position and repeat the exercise.



# JOINT AND AMINO SPOTLIGHT

If you have any experience with joint supplements, you know that the main two supplements used to address joint problems are glucosamine and chondroitin. Since they are critical components of healthy cartilage, they are included in almost every joint supplement available. Unfortunately, this is where most supplements stop—they only contain these two ingredients. Other supplements might throw in a few more ingredients, at most, like MSM or hyaluronic acid.

Think about it this way. If you had to live on a special diet, maybe for an allergy or other health reasons, the diet would only work if you had the right ingredients. You would have to eat the right foods in the right amounts to get the desired results. Glucosamine and chondroitin are essential components of joint health—but they aren't the only components. Without other core nutrients, like bromelain, quercetin, vitamin C, and Sam-E, your symptoms may worsen. If you have a disease like OA, it will continue to progress.

As made evident above, your joints need a lot of different nutrients to not only function properly but to combat symptoms such as pain, swelling, stiffness, and limited mobility. To do so, your joints need more than two ingredients. That is why Forté Joint contains 21 ingredients, each specifically chosen for their reparative properties. Forté Joint offers complete joint nourishment. And not only does it help repair damaged cartilage, this formula improve functionality and mobility while reducing pain and discomfort. Again, you cannot do that with just a couple of ingredients. Forté Joint was designed for conditions like OA—to repair damage, reduce pain, and better your life.

However, Forté Joint is only half of the equation. Your joints also need amino acids. Amino acids are an essential part of recovery, whether recovering from an injury, surgery or day-to-day strain. Amino acids are the building blocks of protein and protein is essential for all forms of recovery.

How do amino acids relate to joint health? As mentioned, amino acids are a vital for recovering, no matter what you are recovering from. For example, L-Arginine is an amino acid that not only supports the immune system but can play a role in your joint health. In fact, L-Arginine can help improve inflammatory processes which are often damaged with the onset of OA. This amino acid also helps improve circulation. This attribute is especially important when taking a joint supplement as improved circulation helps transfer nutrients to the affected joints.

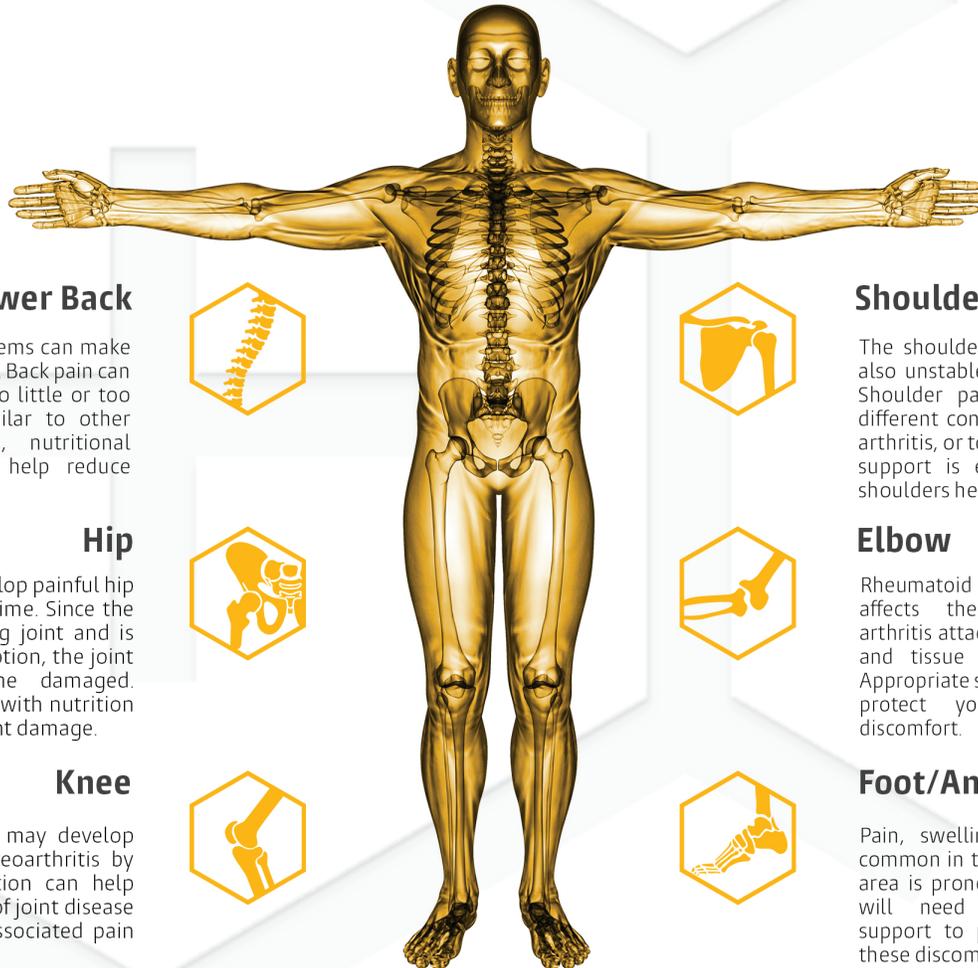
Forté Amino Acid's blend of amino acids supports tissue and muscle repair and overall support for the recovery process. When taken with Forté Joint, Forté Amino Acid can not only help slow the progression of joint problems but limit damaging effects and symptoms. Both formulas were designed and have been employed by medical professionals such as orthopedic surgeons, foot and ankle specialists, chiropractors, physical therapists, and athletic trainers, all for the purpose of easing joint conditions.



# Joint Health Diagram

## Forté Elements

As people age or become injured, they may experience pain, discomfort, and wear and tear on their joints. Forté Joint is specifically designed to support joint health and offers relief from joint-related diseases and injuries by combining elements that help reduce inflammation, pain, and limited mobility. Whether suffering from osteoarthritis or an athletic injury, **Forté Joint** gives you everything your joints need to function and stay healthy.



### Lower Back

Lower back joint problems can make it hard to sit or lie down. Back pain can either be caused by too little or too much movement. Similar to other joint problem areas, nutritional supplementation can help reduce pain and stiffness.



### Hip

1 in 4 people may develop painful hip arthritis in his/her lifetime. Since the hip is a weight-bearing joint and is subject to repeated motion, the joint cartilage can become damaged. Supporting your joints with nutrition can help slow or prevent damage.



### Knee

Nearly 1 in 2 people may develop symptomatic knee osteoarthritis by age 85. Proper nutrition can help delay the progression of joint disease while also reducing associated pain and discomfort.



### Shoulder

The shoulder joint is flexible but is also unstable and prone to damage. Shoulder pain is caused by many different conditions, including injury, arthritis, or torn cartilage. Nutritional support is essential to keep your shoulders healthy and pain-free.



### Elbow

Rheumatoid arthritis commonly affects the elbows. Rheumatoid arthritis attacks your healthy cartilage and tissue which causes swelling. Appropriate supplementation can help protect your tissue and ease discomfort.



### Foot/Ankle

Pain, swelling, and deformity are common in the feet/ankles since this area is prone to trauma. Your joints will need adequate nutritional support to prevent, delay, or ease these discomforts.



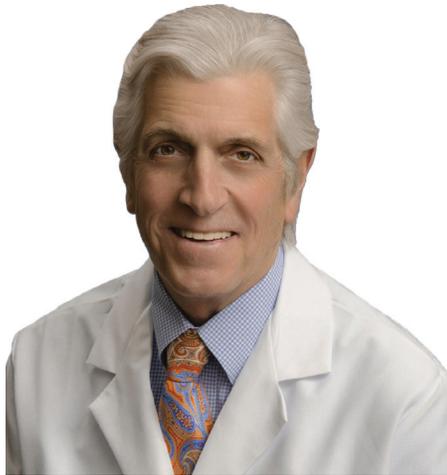
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# PHYSICIANS

## Dr. Kurt Juergens

Dr. Juergens is a renowned chiropractor and Certified Chiropractic Sports Physician in Houston, Texas. He has been in private practice since 1989. After graduating Summa Cum Laude from Texas Chiropractic College, Dr. Juergens was selected to be a member of the United States Olympic Track and Field Trials Sports Medicine team. Dr. Juergens treats athletes in all fields, including high school, college, and professional athletes. He is an Eagle Scout, has run 7 marathons, and has a wife and five children.



## Dr. Kirt Kimball

Dr. Kimball is a board certified orthopedic surgeon and is also certified in Orthopedic Sports Medicine by the American Board of Orthopedic Surgeons. He received his medical degree at UCLA and continued on to his residency at the University of Southern California. Dr. Kimball is currently the Team Orthopedic Surgeon for Brigham Young University. Previously, he was the Team Orthopedic Surgeon for University of California, Santa Barbara and the Consulting Orthopedic Surgeon for the US Ski Team. He currently practices in Provo, UT.

## Seth Kelson

Seth Kelson is a physical therapist for American Fork Physical Therapy. He also serves on the PTA program advisory board of Provo College. He earned a Bachelor's in Exercise Science from Brigham Young University and his doctorate in physical therapy from the University of Utah. He is also fluent in Spanish. Dr. Kelson's clinics work in collaboration with local gyms in order to address and care for the entire spectrum of injuries and clinical situations.





*Prepare*



*Recover*



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