

THE COX EXERCISES TO ACCOMPANY CHIROPRACTIC MANAGEMENT OF LOW BACK PAIN

EXERCISE 1

Lie on your back with your knees flexed and your feet flat on the floor as close to the buttocks as possible. Keep the knees together. Tighten the muscles of the lower abdomen and buttocks so as to flatten your low back against the floor. Slowly raise your hips up from the floor and hold for a slow count of 8. Repeat this exercise 4 times. If you cannot raise your hips from the floor, merely tighten the belly, the abdominal and buttock muscles and wait until you can raise the hips.



EXERCISE 2

Lie on your back and draw the right knee up to the chest and pull the knee down upon the chest while attempting to touch the chin to the knee. Do this for a slow count of 8 and repeat 4 times. Repeat the same exercise with the left knee brought to the chest. Relax between each session. Repeat with both knees brought up to the chest.



General Instructions

These 2 exercises are specifically designed to decrease swelling, spasm, and pain while increasing mobility. They can be used in all three of the following categories:

1. **Acute pain:** Perform exercises 5 times per day followed by a 20 minute cold pack application. Apply cold over lower back while lying face down over pillows.
2. **Moderate to low pain:** Perform 2-3 times per day followed by a 20 minute cold pack application while sitting in a chair.
3. **Wellness care:** Perform each morning to maintain spinal stability. If experiencing pain at end of day do exercises followed by a 20 minute cold pack application, while sitting in a chair.

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