

Pelvic Clock®

# Exercises for Herniated Disc



# Herniated Disc in the Lower Back

A herniation of the lumbar (L4/L5) or lumbosacral (L5/S1) disc is one of the most common causes of lower back pain. Most disc injuries occur when bending over, twisting, or trying to lift a heavy object.

**Healing from a herniated disc injury can take several weeks or months, depending on the size of the hernia.**

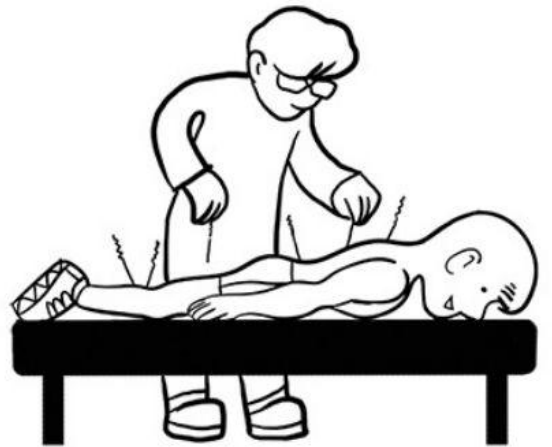


Larger herniations, slipped, or ruptured discs that irritate nearby nerves can result in a long-lasting, debilitating sciatica.

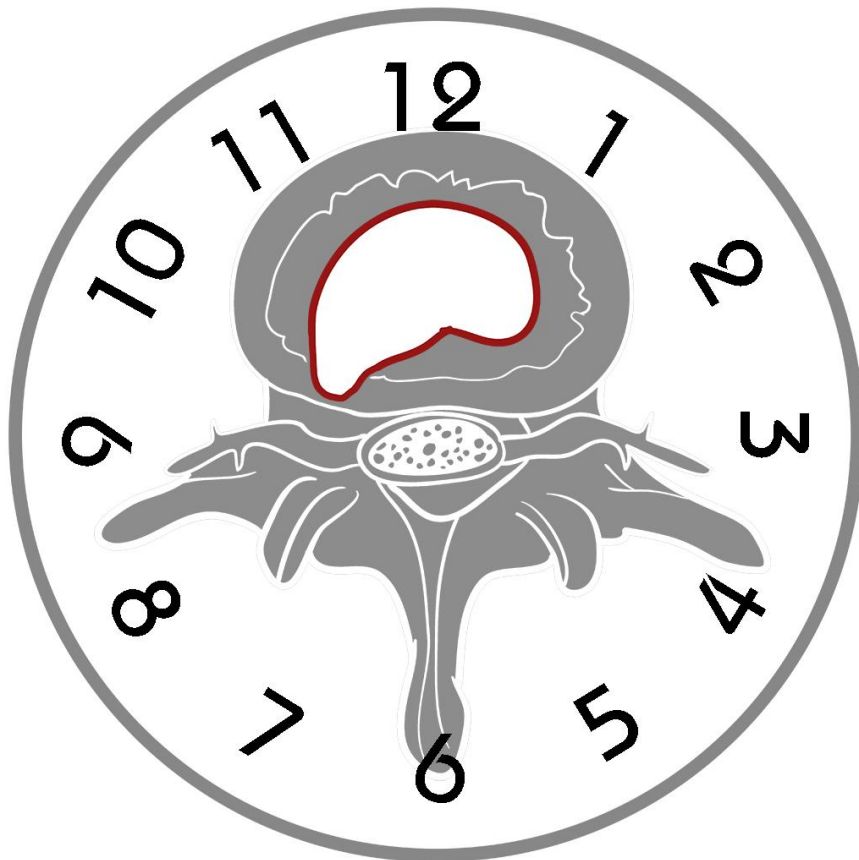
**Severe cases require heavy pain medication, or surgery.**



The majority of the cases are treated with some anti-inflammatory medication or acupuncture, and **six weeks** of physical therapy.



**Bulging disc and minor disc herniations** slowly heal on their own. However, you can support the healing process by doing appropriate core strengthening and stretching exercises.

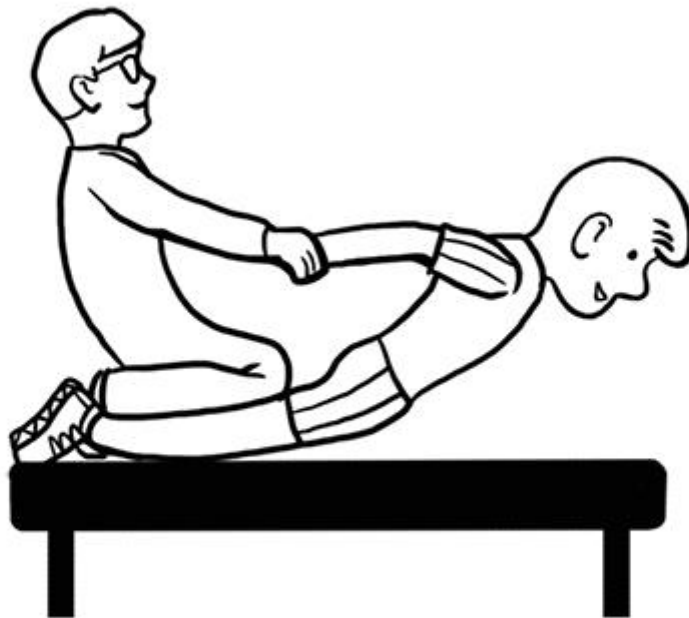


**In either case, sitting or bending forward may make the pain worse.**

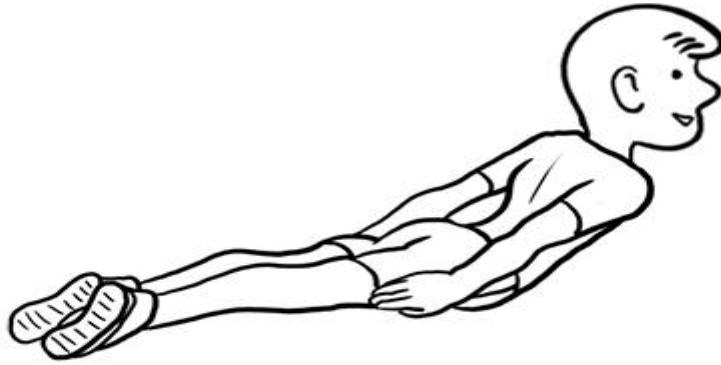
This is because the nerve runs close to the posterior part of the discs and flexion of the spine increases the pressure on the nerve.



**Spinal extension**, however, reduces the load on the spine, relieves the pain, and helps push the herniated disc back into place.



There are several ways to extend the lumbar spine in a standing, sitting, or lying down position such as “cobra.”



But when the back is sore, laying on your back, with your knees bent, is the most comfortable position. Plus, it allows you to stretch for a much longer amount of time.





The Pelvic Clock® Workout assists in every aspect of the healing process by:

- Relieving pressure on the nerve roots.
- Providing mild lumbar traction.
- Shunting nourishing fluid through intervertebral discs.
- Promoting a neutral spine position.
- Stretching stiff lower back muscles.
- Strengthening deep core muscles.
- Improving spinal stability.



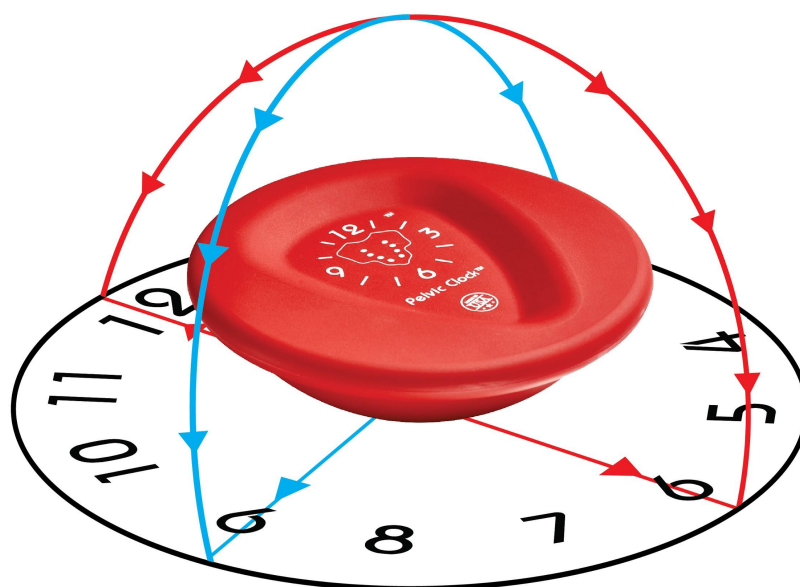
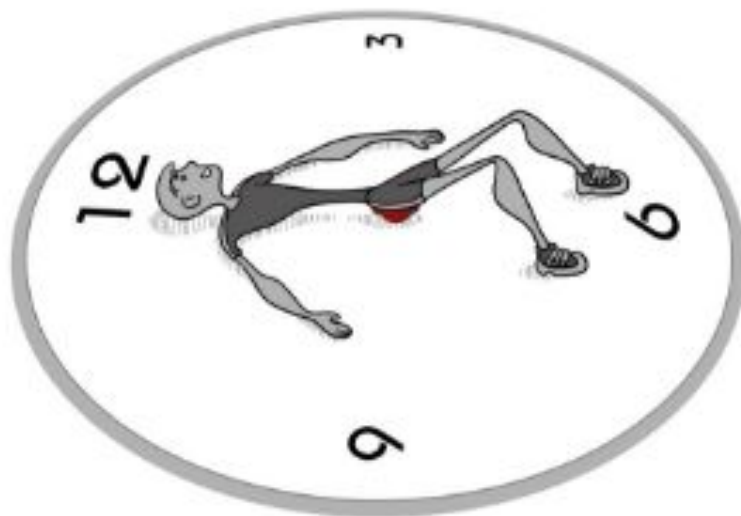
Keep in mind that this is not a one-off effort. The **only** way to prevent yet another painful disc injury, that will slow down your life and leave you miserable, is to stretch and perform spinal stabilization exercises **regularly**.

Spinal stabilization starts with learning how to maintain a **neutral spine or neutral pelvis** position.

# Find a Neutral Pelvis Position

Before you start with Pelvic Clock® exercises, you should find your Neutral Pelvis Position when your pelvis is neither rotated nor tilted forward, back, or sideways.

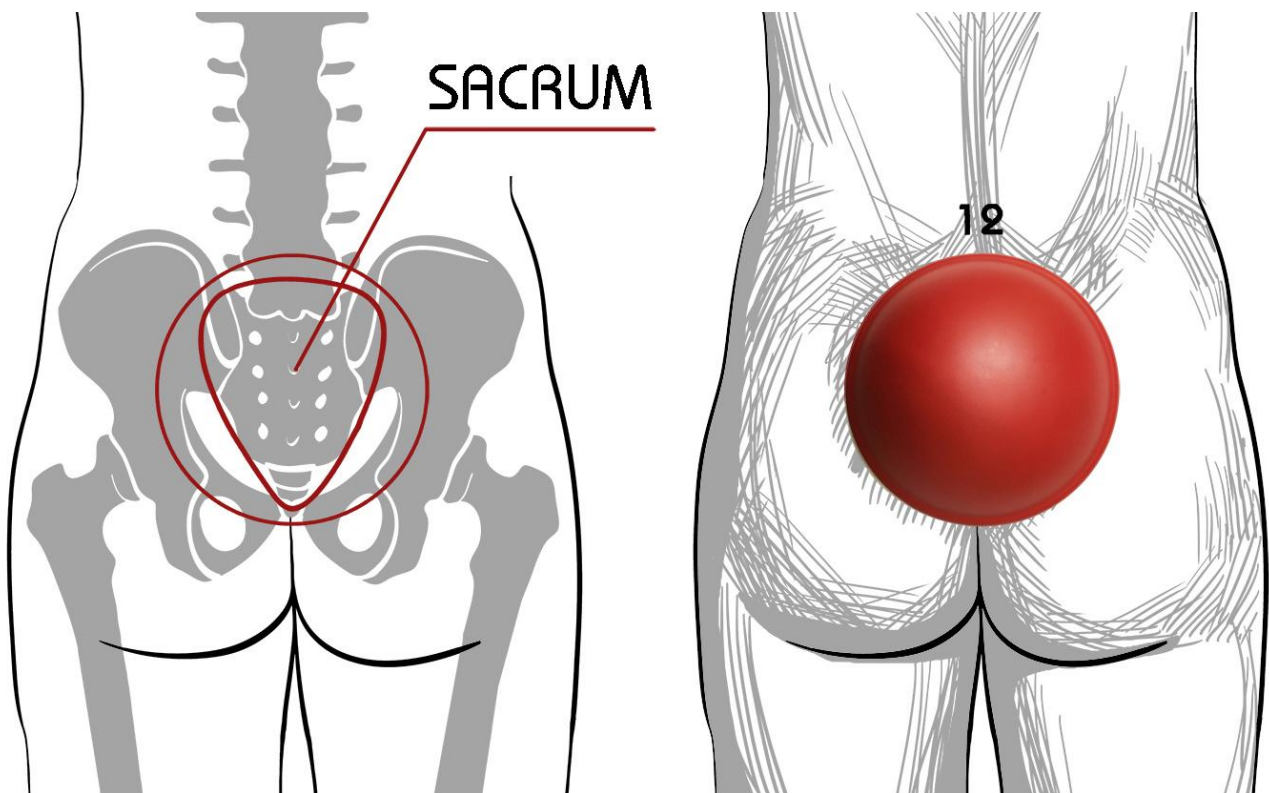
Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.



# How to Set Up For Exercises

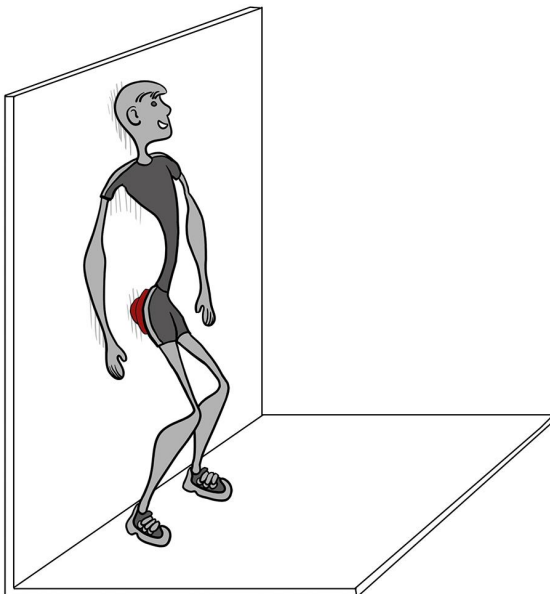
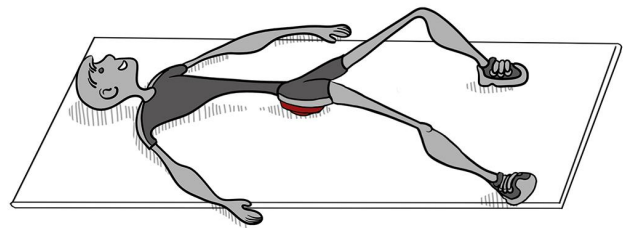
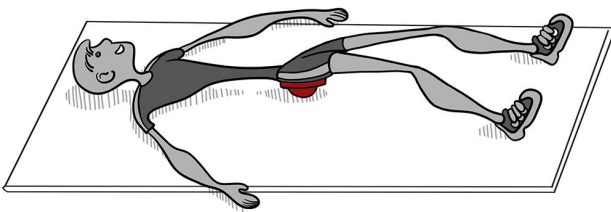
Lie on your back with your knees bent and feet flat on the mat (this is called the semi-supine position). The feet should be hip distance apart.

Lift your pelvis about 1 to 3 inches off the floor. Then, place the device below your sacrum, between your sacrum and the floor. Lower your pelvis and your sacrum should be sitting in the recess of the flat upper surface. The convex lower surface of the device stays in contact with the floor. Point the 12 o'clock marker on the device toward your head.



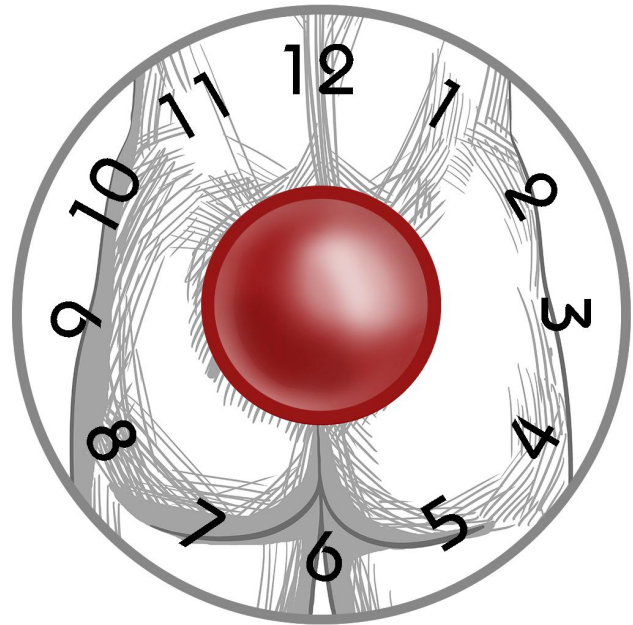
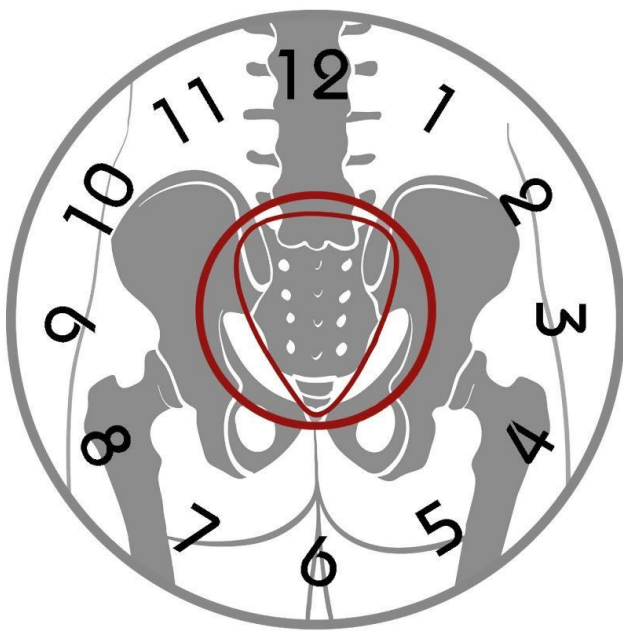
Once you have the device in position, you can just relax on it for a minute or two. Try to stretch out your legs on the mat.

If getting on the floor is painful, you can start exercising on the bed, massage table or standing against the wall.



# Exercise Patterns

In each exercise, your pelvis will follow a different pattern, using the numbers of the clock as a guide.



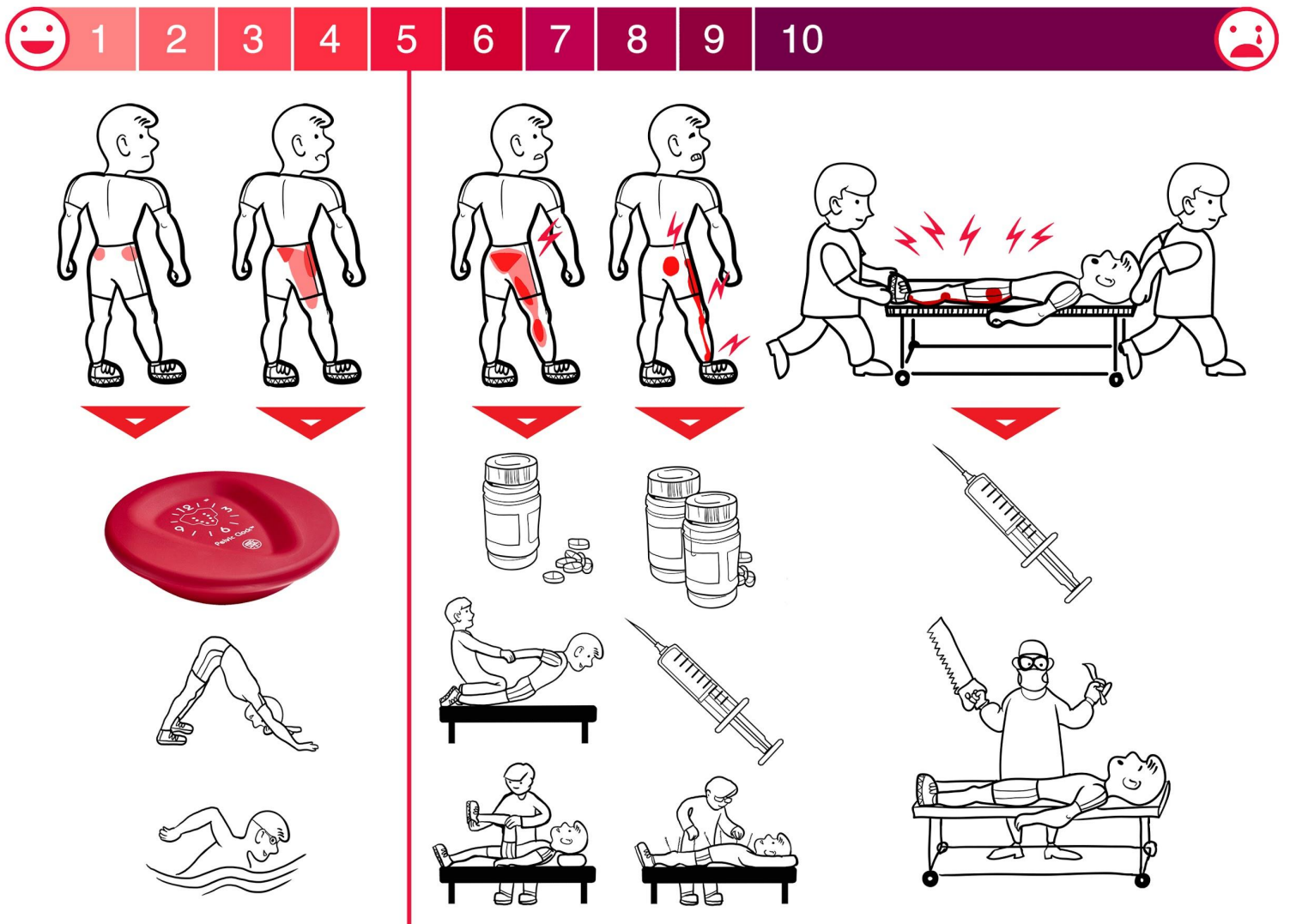
## Duration of Exercises

Aim to repeat each exercise 10 to 20 times.

The number of repetitions and length of practice will vary for each person, depending on factors like affected side, physical condition, age, gender, and degree of pain. The goal is to perform all of these exercises within a range of motion that does not increase your pain, and with the expectation that the device will help you to gradually increase your range of motion until you are pain free.

# Pain Scale

If your pain can be described as sharp, acute, or unbearable, you should start the pain management treatment recommended by your specialist, followed by physical therapy. Once you are discharged from the physical therapy, you can start our Pelvic Clock® exercise program and continue to maintain pain relief.



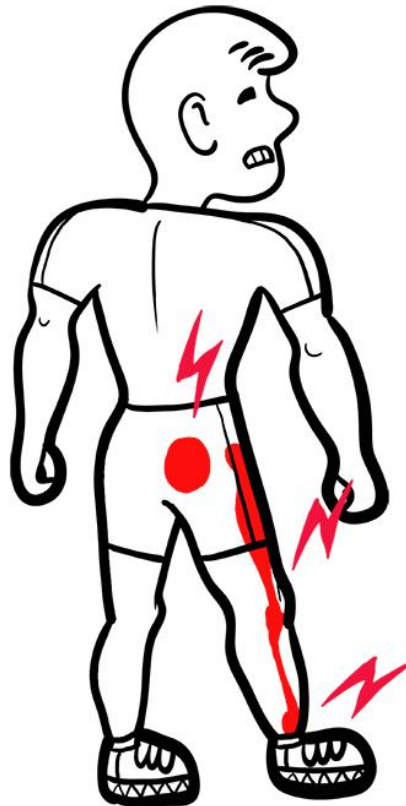


Pelvic Clock®

# Herniated Disc

Pain Level

6-7



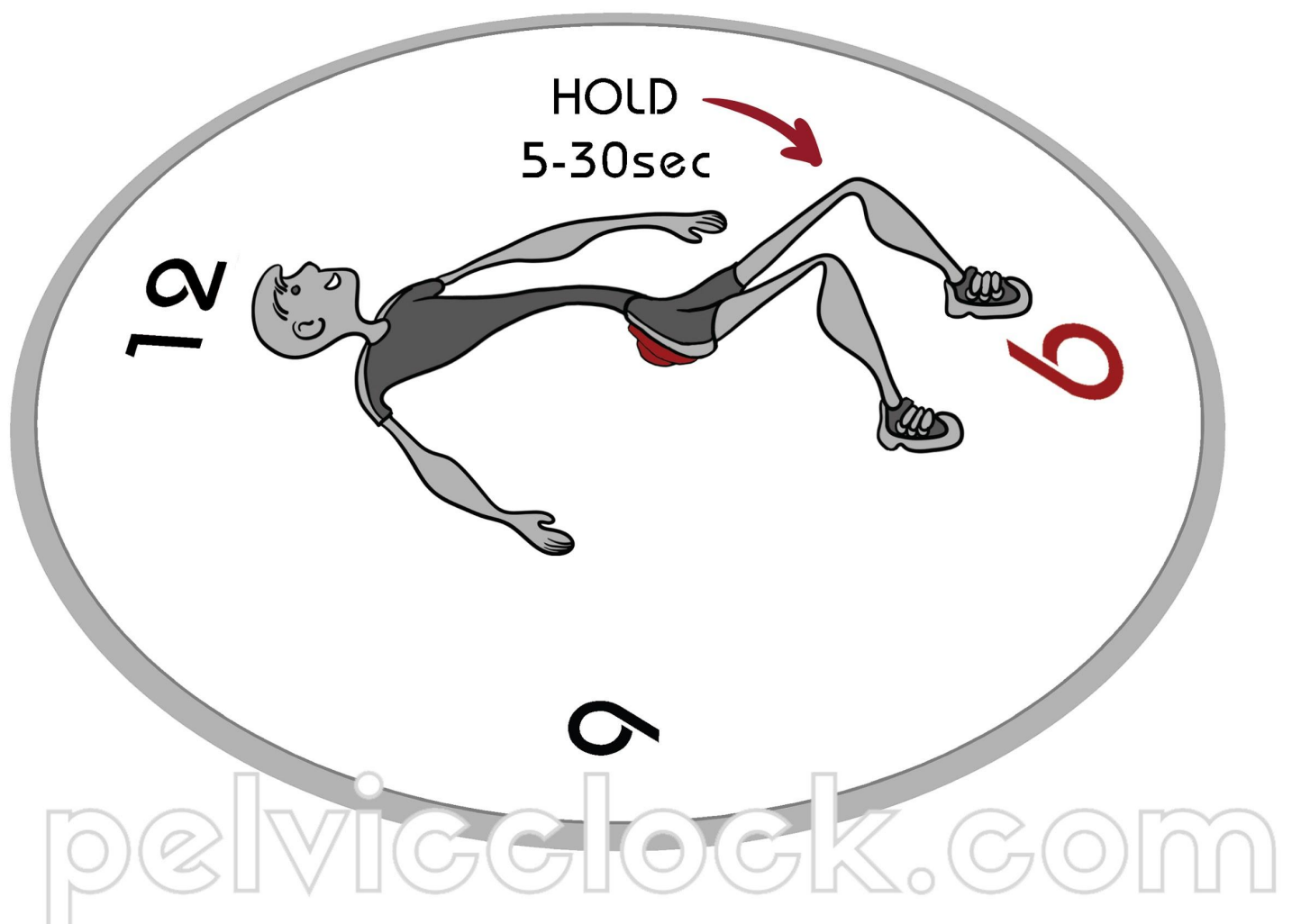


# Pelvic Clock® Lumbar Extension Stretch

Get into the **starting position**. Tilting your pelvis in the direction of your head may be painful, but tilting it in the direction of your feet should provide pain relief.

Bend your knees and press your feet into the ground. Take a deep breath and slowly tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet). Take **five deep breaths** as you hold this position.

Repeat 10 times

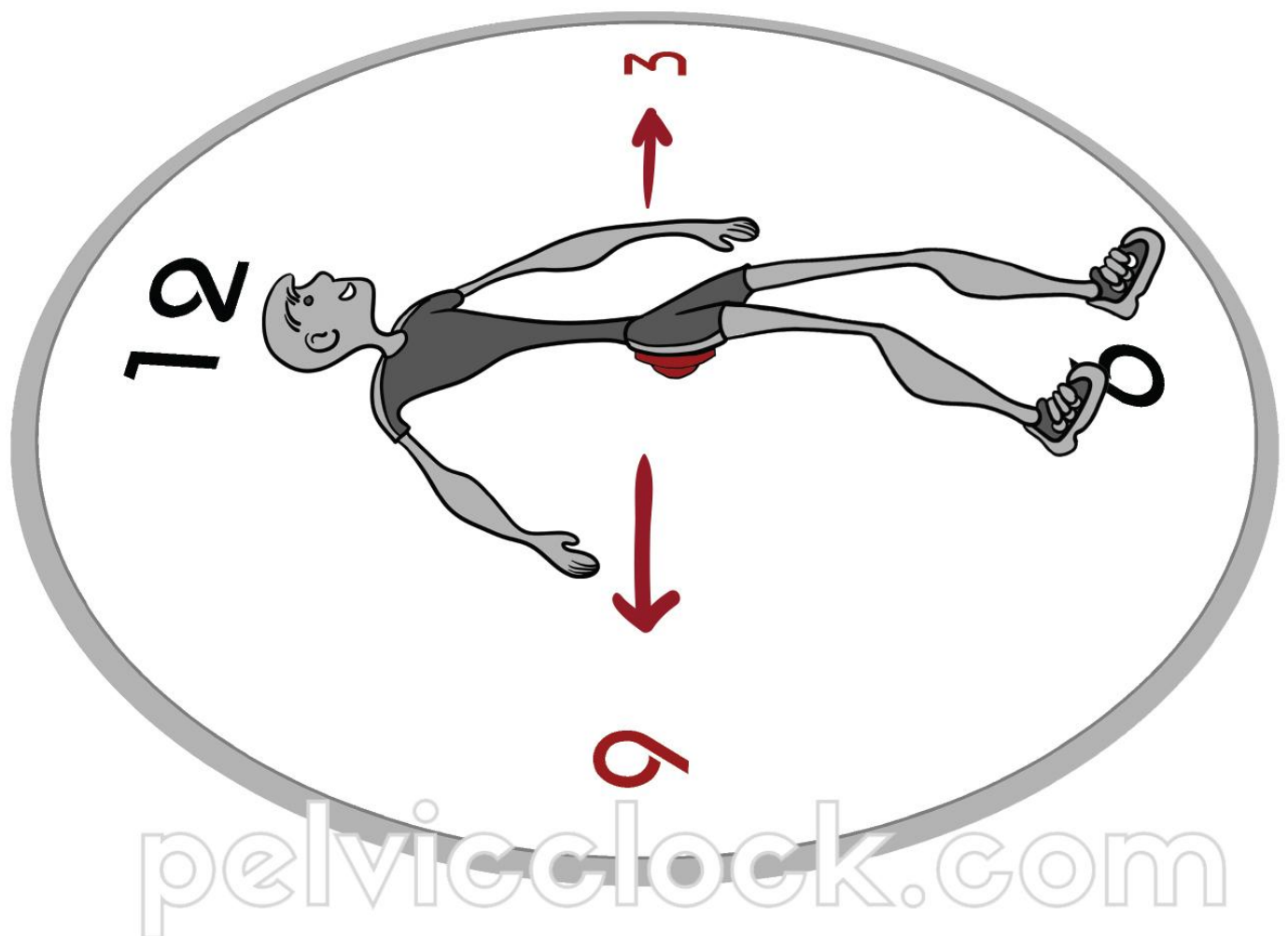


## Exercise "3-9" with straight legs

Stretch your legs, relax, and **SLOWLY** rock your pelvis side to side following the **3-9** pattern.

**MOVE WITHIN YOUR LIMITS.**

Repeat 10-20 times.

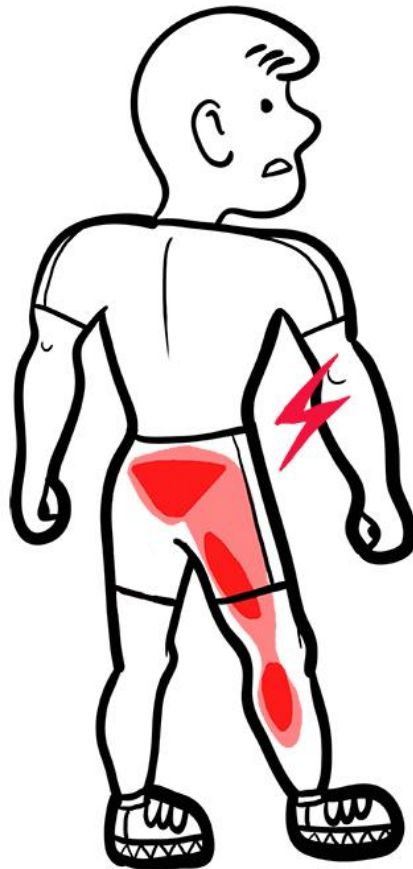


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# Herniated Disc

Pein Level

5-6

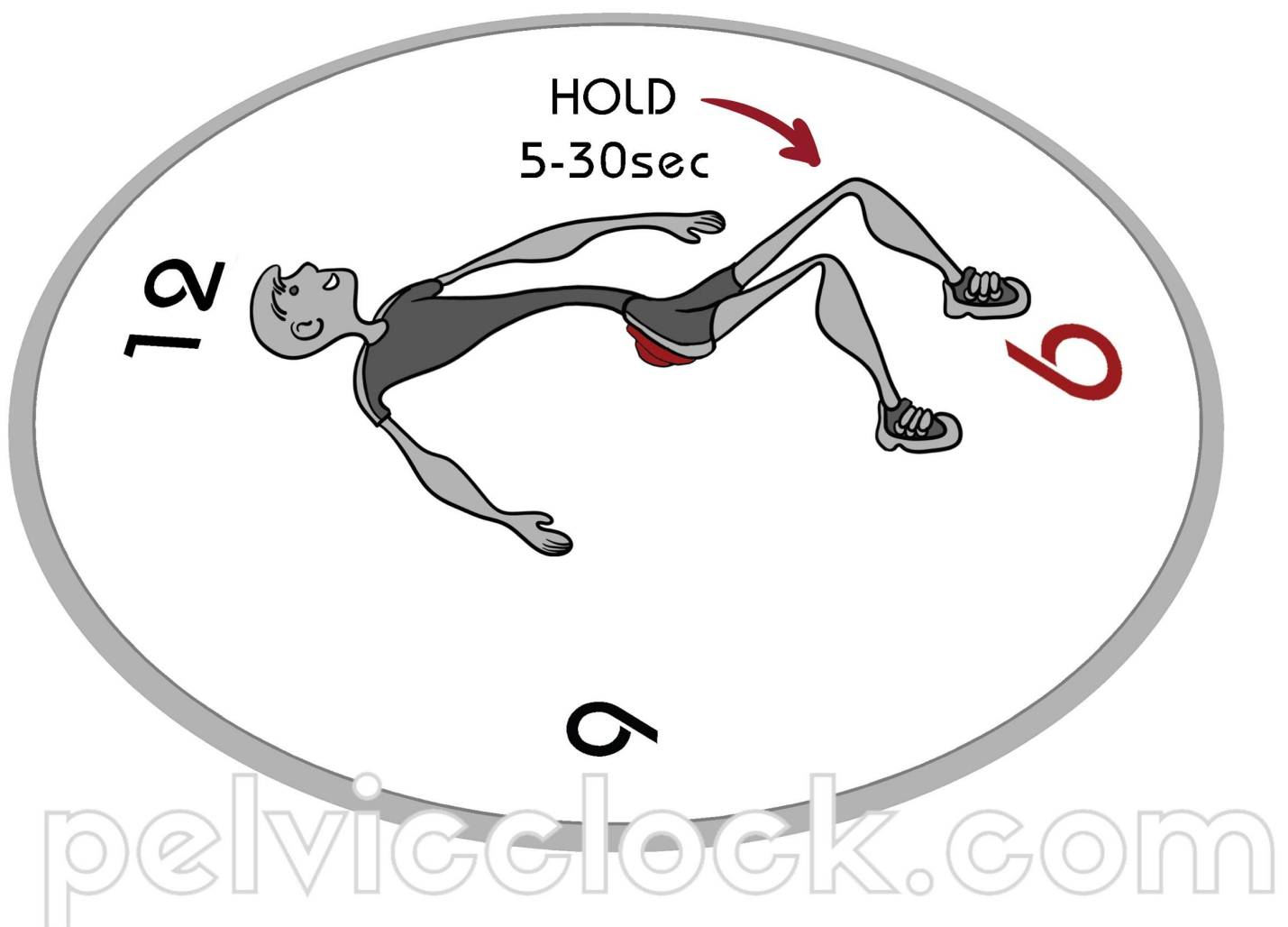


# Pelvic Clock® Lumbar Extension Stretch

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Bend your knees and press your feet into the ground. Take a deep breath and slowly tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet). Take **five deep breaths** as you hold this position.

Repeat 10 times



# Cross Stretch

This stretch is perfect for targeting the **psoas muscle** (a hip flexor), as well as the shoulder.

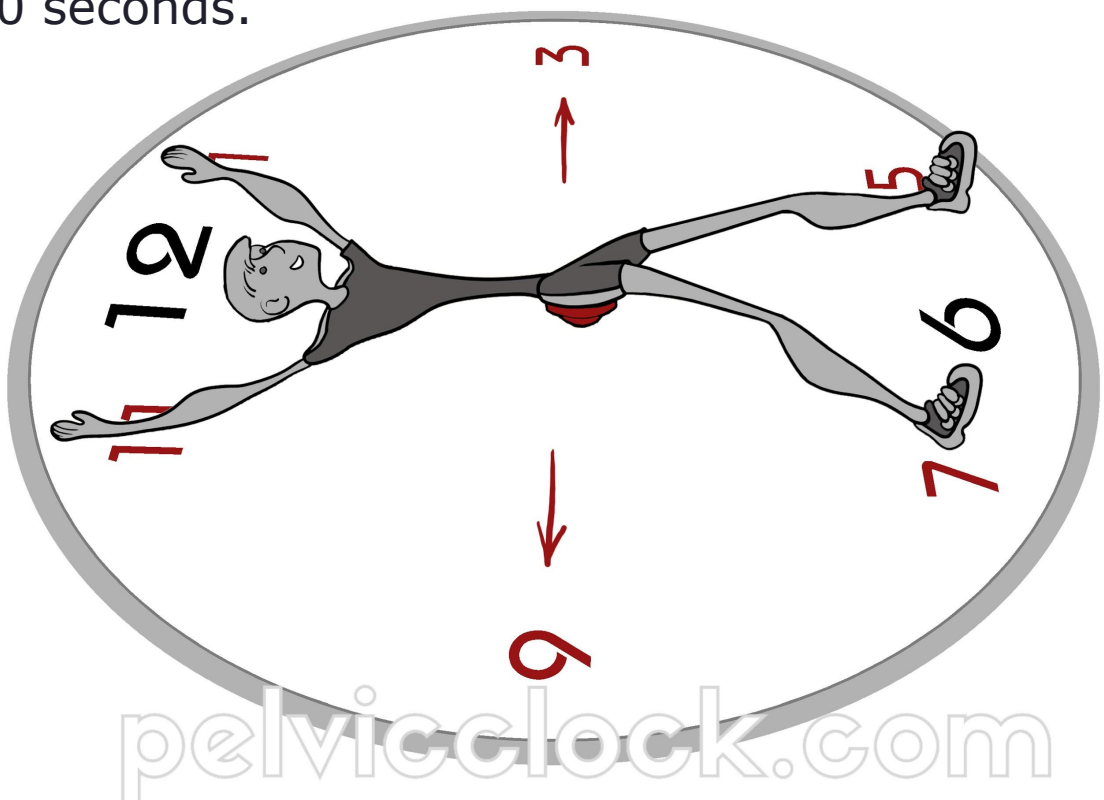
Get into position with your legs and arms stretched wide.

Tilt your pelvis to the left toward the **3** o'clock marker, stretch your right arm to **11** o'clock, and stretch your left leg to **5** o'clock.

Hold for 30 seconds.

Tilt your pelvis to the right toward the **9** o'clock marker, stretch your left arm to **1** o'clock, and stretch your right leg to **7** o'clock.

Hold for 30 seconds.

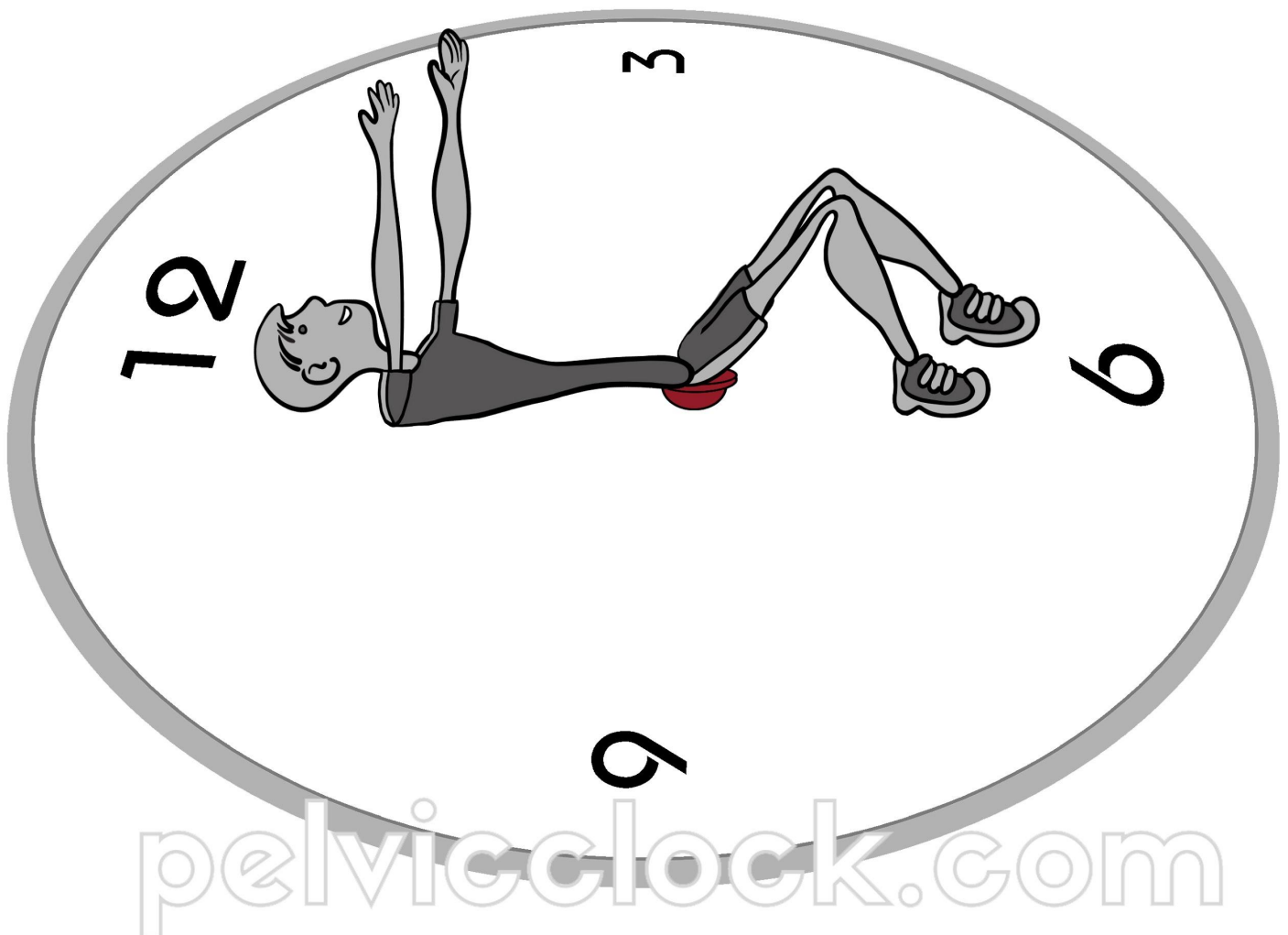


# Arms Up

Stretch your arms up. Hands aligned with shoulders.

Take five deep breaths, as you balance in this position, **keeping the flat surface of the device perfectly parallel to the floor.**

Repeat 5 times.



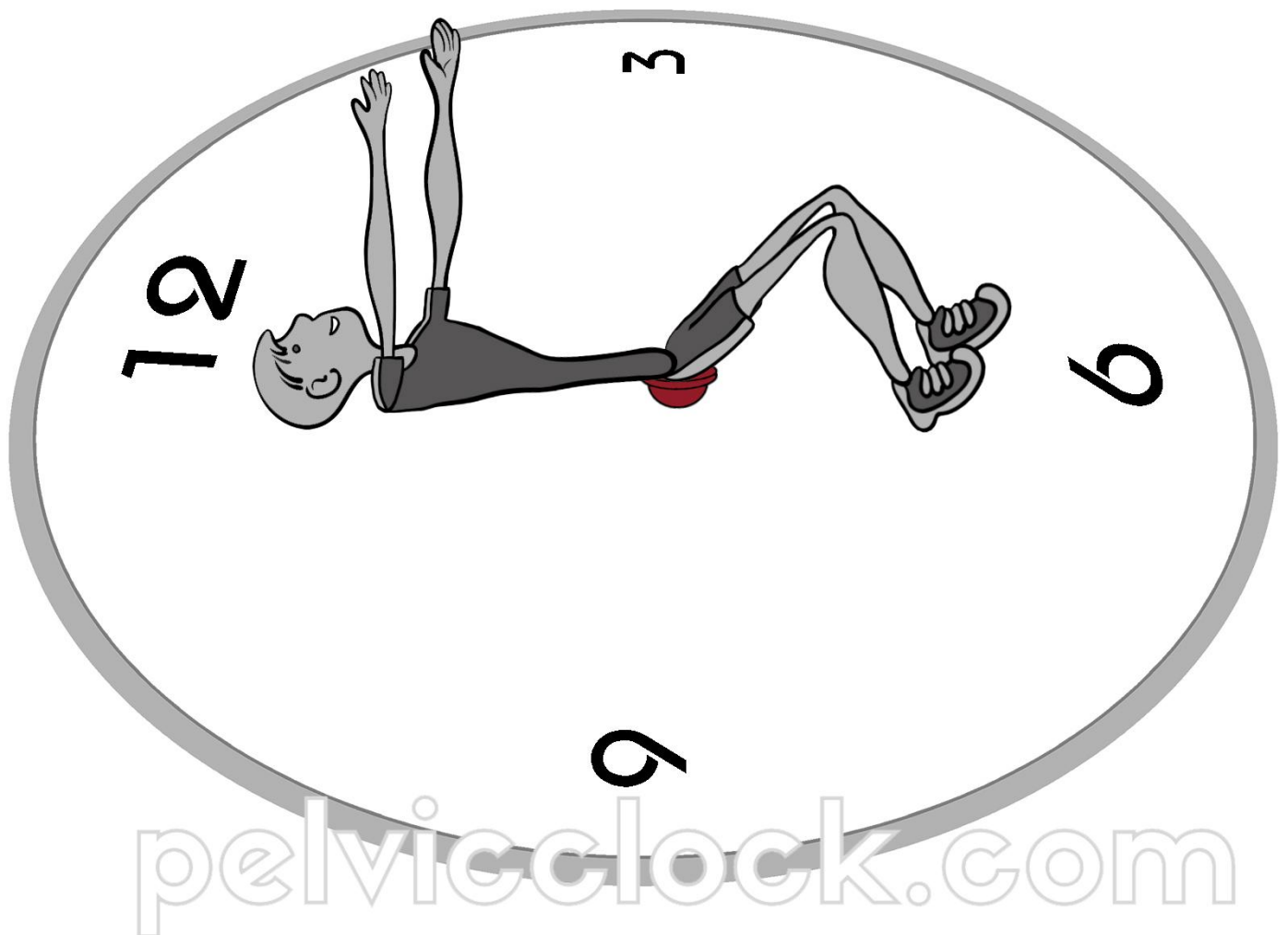
# Balance on Heels

Stretch your arms up. Hands aligned with shoulders.

Lift soles of your feet up and try to balance on your heels.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.

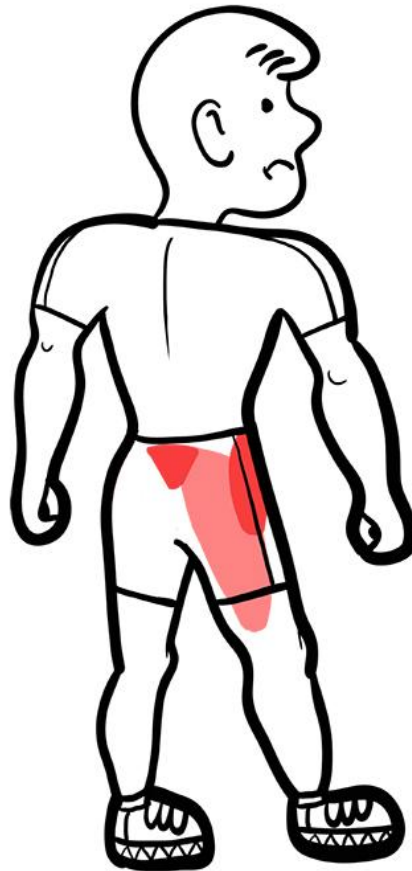


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# Herniated Disc

Pein Level

**3-5**



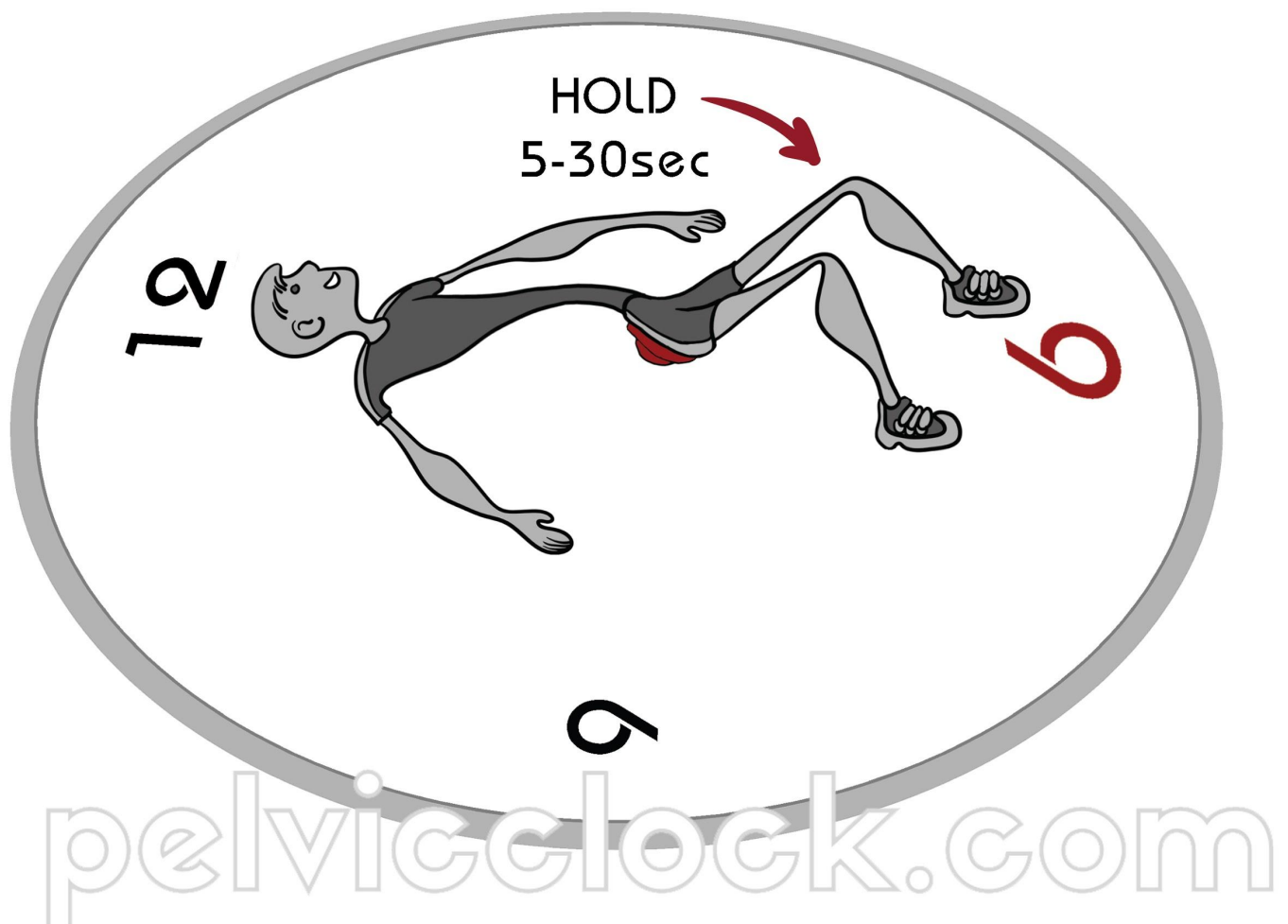


# Pelvic Clock® Lumbar Extension Stretch

Get into the **starting position**. Tilting your pelvis in the direction of your head may be painful, but tilting it in the direction of your feet should provide pain relief.

Bend your knees and press your feet into the ground. Take a deep breath and slowly tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet). Take **five deep breaths** as you hold this position.

Repeat 10 times



# “Clockwise & Counterclockwise”

Clockwise rotation follows the **12-3-6-9** pattern.

Counterclockwise rotation follows the **12-9-6-3** pattern.

Imagine that the axis of the rotation extends from your navel through the center of the device. Then move your pelvis and hips in a circular direction around that center of rotation.

Repeat 10 times.



# Balance on One Heel

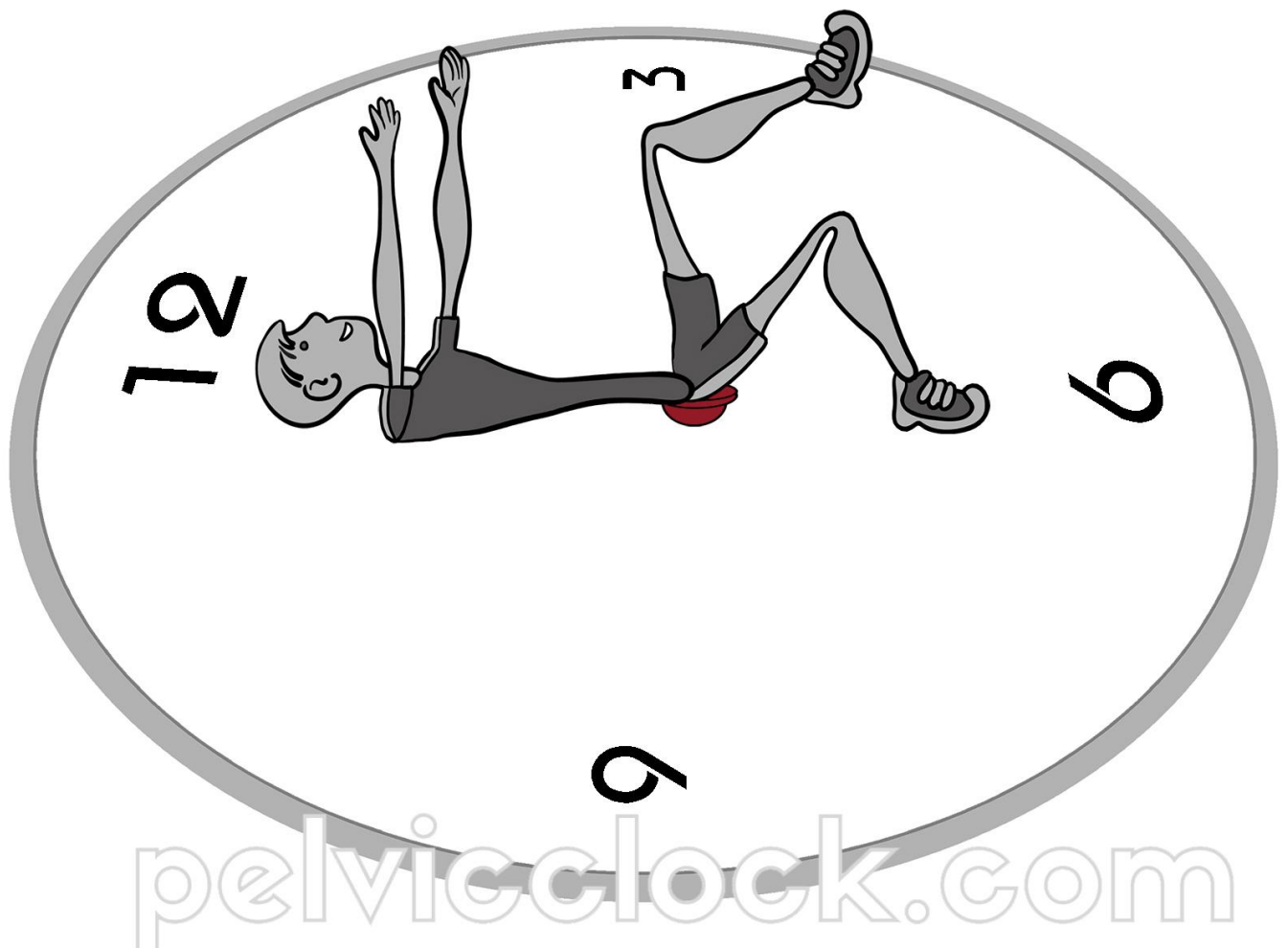
Stretch your arms up. Hands aligned with shoulders.

Lift soles of your feet up and balance on your heels, keeping the flat surface of the device perfectly parallel to the floor.

Lift your right leg up. Right knee bent at 90 degrees angle. Take 5 deep breaths, as you balance in this position.

Lift your left leg up. Left knee bent at 90 degrees angle. Take 5 deep breaths, as you balance in this position.

Repeat 5 times.



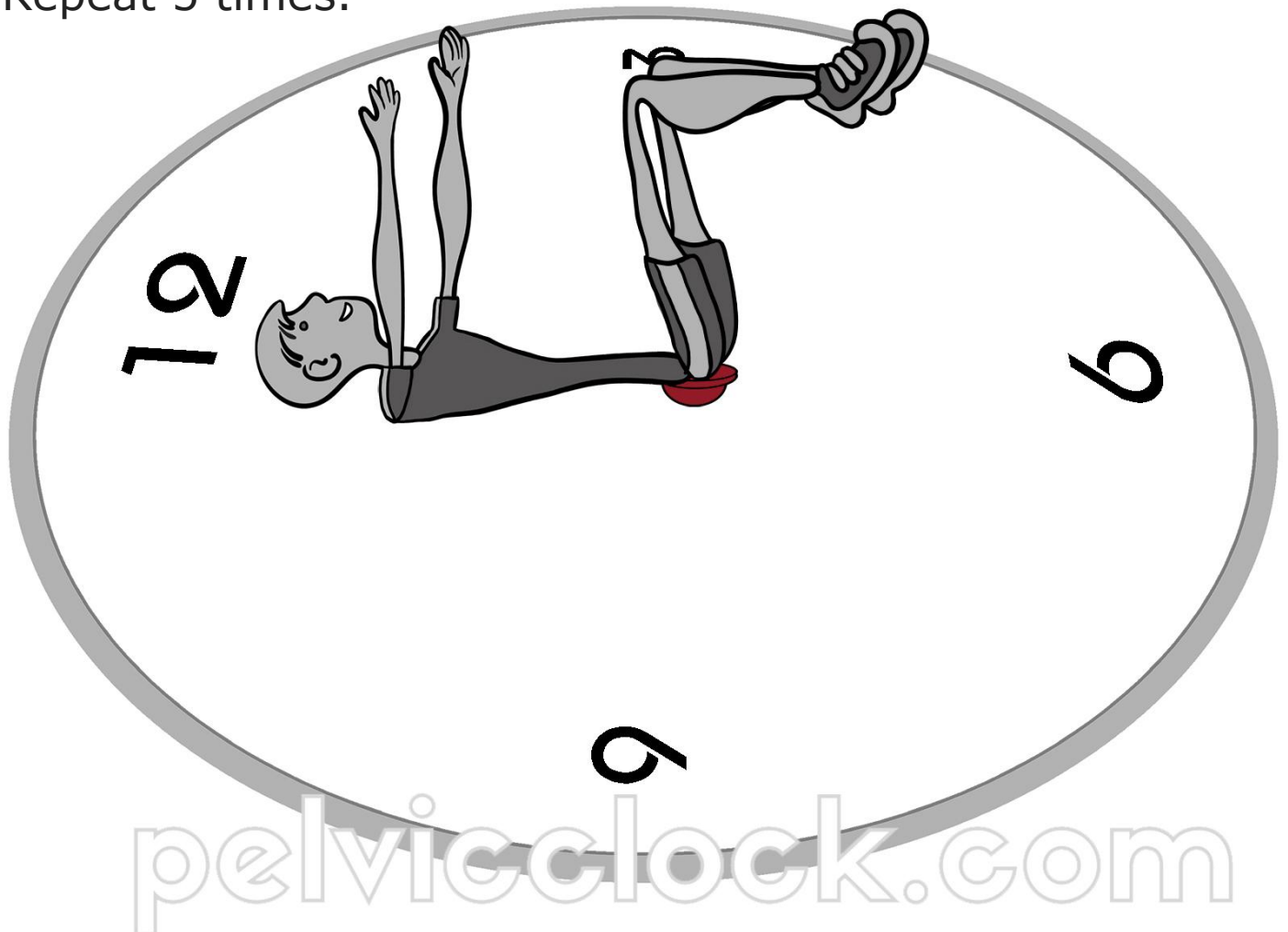
# Dead Bug

Lift legs up in the air with knees bent at 90 degrees angle.

Stretch your arms upwards. Hands aligned with shoulders.

Take 5 deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.

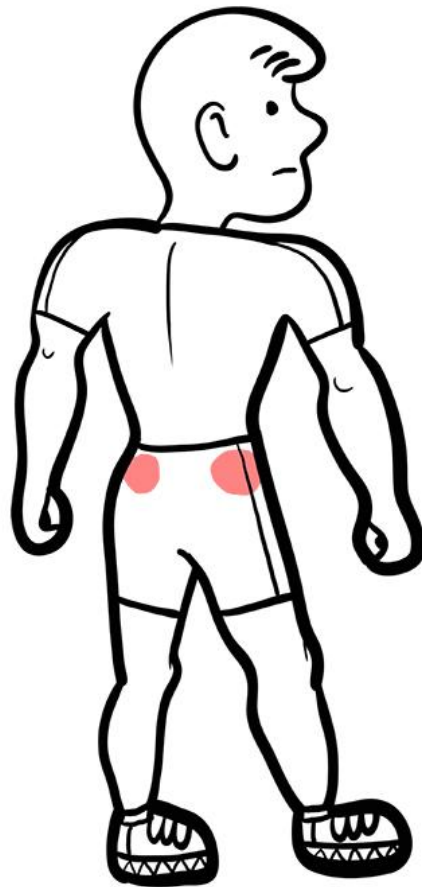


Pelvic Clock®

# Herniated Disc

Pein Level

1-3



Once the pain subsides and is centralized in your lower back, you can gradually add other stretches as well as **core stability** and **body alignment** exercises to your routine.

**Swimming** is the best CARDIO exercise for people recovering from herniated disc injury.

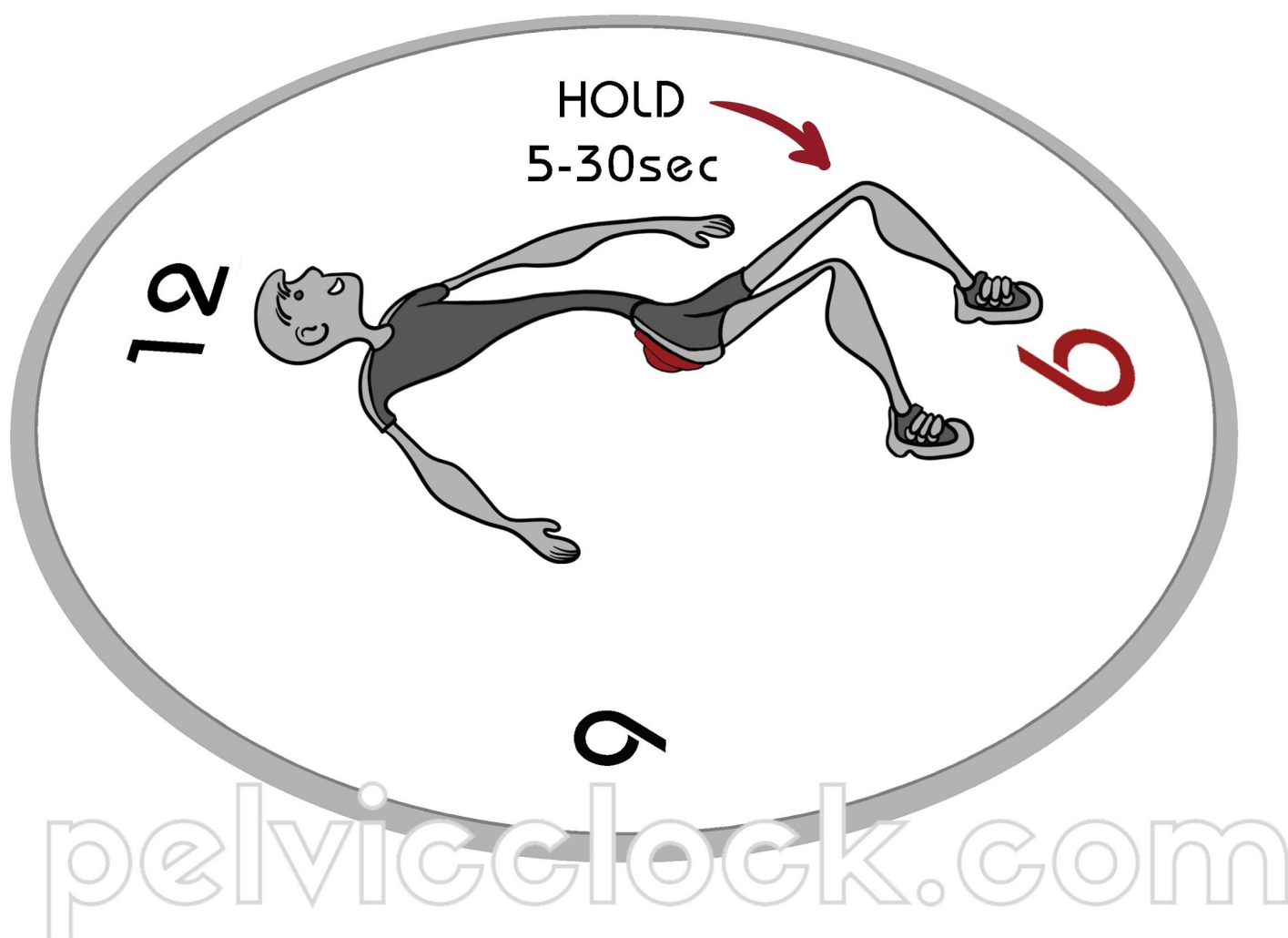


# Pelvic Clock® Lumbar Extension Stretch

Get into the **starting position**. Tilting your pelvis in the direction of your head may be painful, but tilting it in the direction of your feet should provide pain relief.

Bend your knees and press your feet into the ground. Take a deep breath and slowly tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet). Take **five deep breaths** as you hold this position.

Repeat 10 times



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Clockwise rotation follows the **12-3-6-9** pattern.

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Imagine that the axis of the rotation extends from your navel through the center of the device. Then move your pelvis and hips in a circular direction around that center of rotation.

Repeat 10 times.





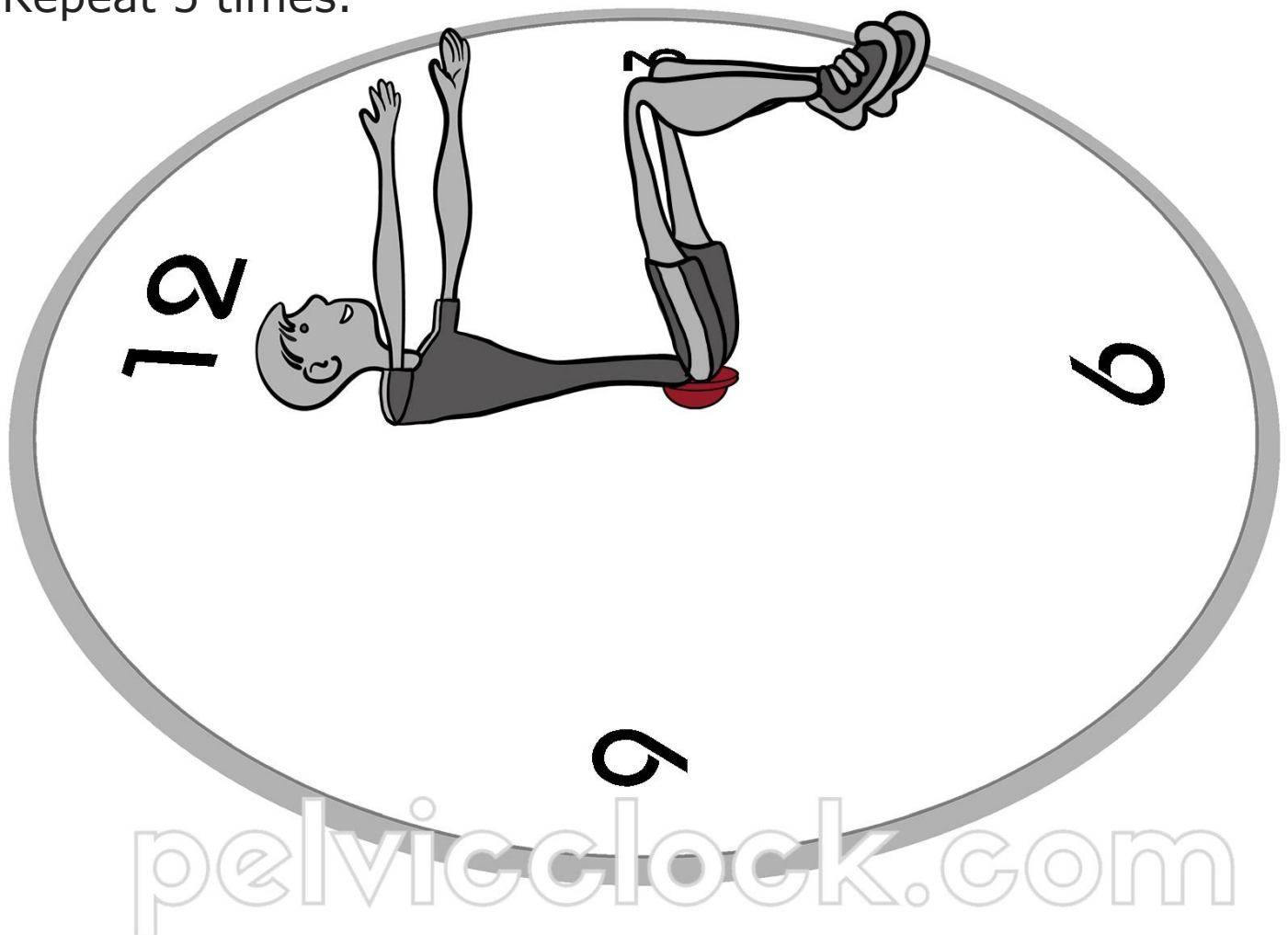
# Dead Bug

Lift legs up in the air with knees bent at 90 degrees angle.

Stretch your arms upwards. Hands aligned with shoulders.

Take 5 deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



# Dead Bug Moving Legs

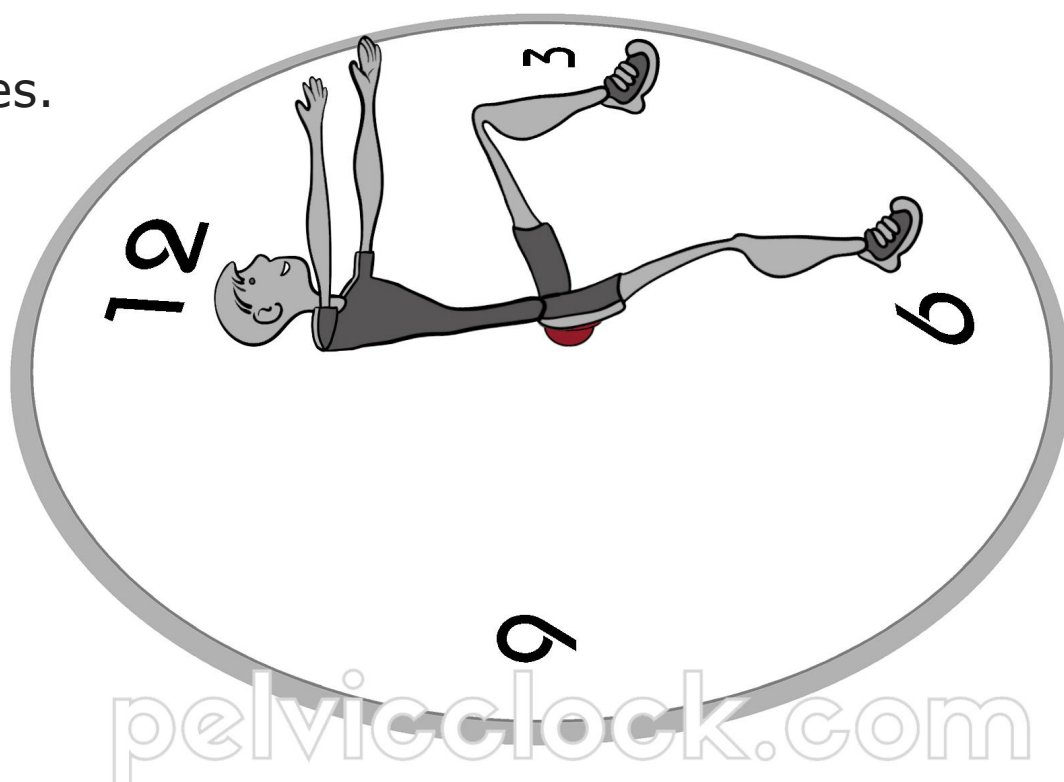
Lift legs up in the air with knees bent at 90 degrees angle.

Stretch your arms upwards. Hands aligned with shoulders. Balance in this position for a few seconds, keeping the flat surface of the device perfectly parallel to the floor.

Stretch your right leg forward towards **6** o'clock marker. Keep the leg in the air parallel to the floor. Take 5 deep breaths, as you balance in this position.

Stretch your left leg forward towards **6** o'clock marker. Keep the leg in the air parallel to the floor. Take 5 deep breaths, as you balance in this position.

Repeat 5 times.

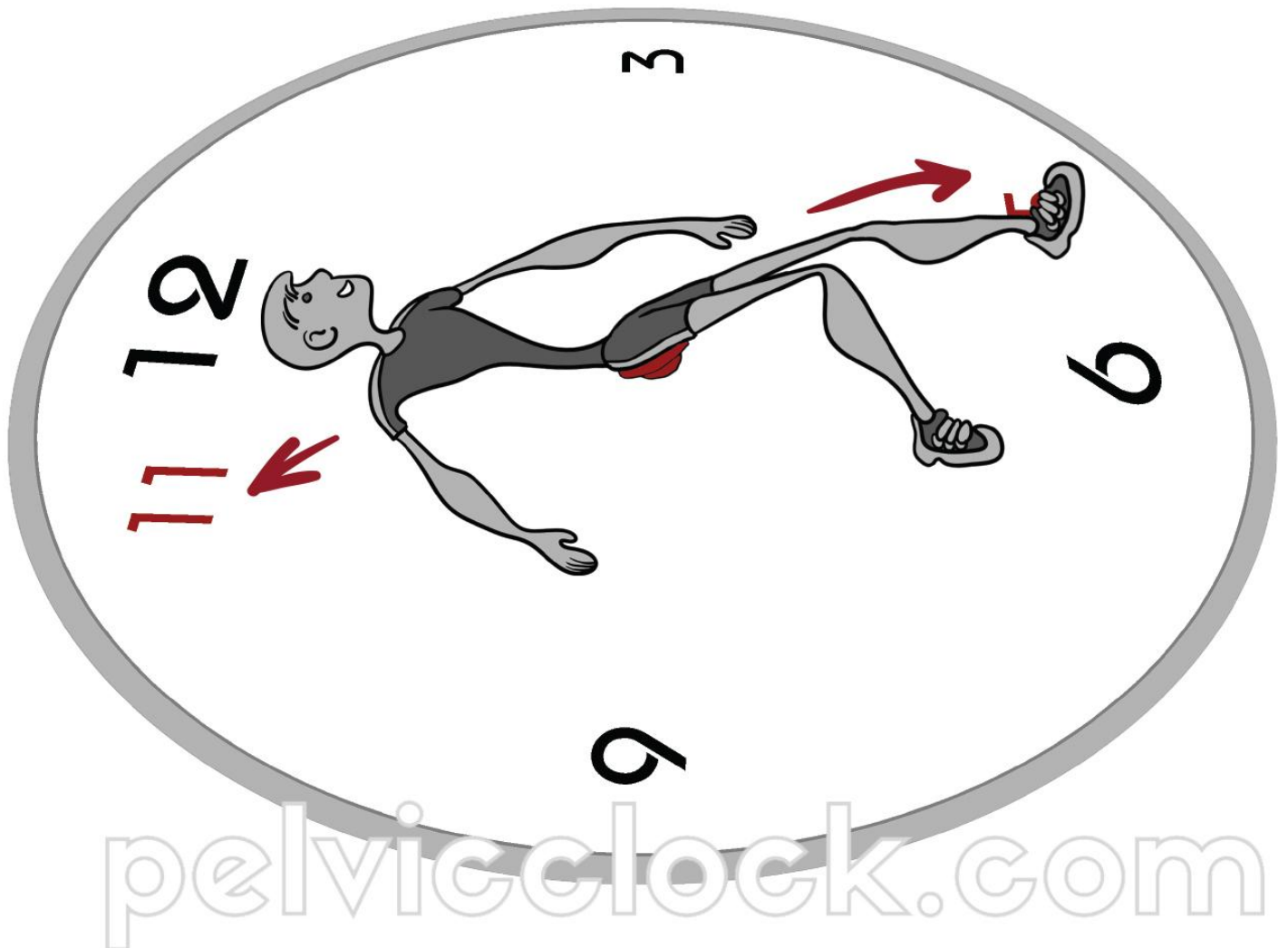


## Exercise "5-11"

Stretch your left leg and slide it a few inches toward the **5** o'clock marker (a forward-left tilt).

Drop your right ribs toward **11** o'clock (a back-right tilt) and "CRUNCH" the **right** side of your stomach.

Repeat 10 times.

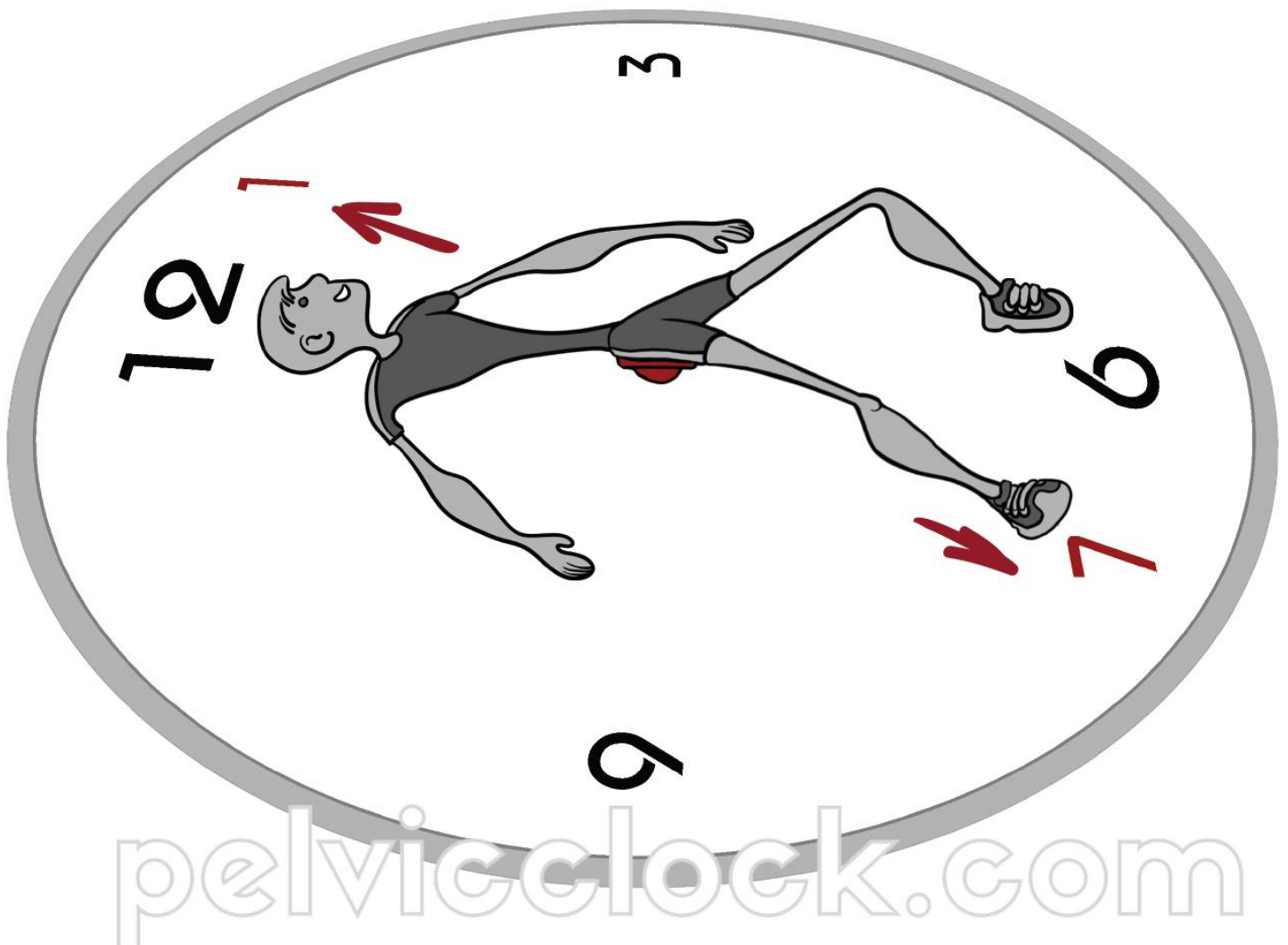


## Exercise "1-7"

Stretch your right leg and slide it a few inches toward the **7** o'clock marker (a forward-right tilt).

Drop your left ribs toward **1** o'clock (a back-left tilt) and "CRUNCH" the **left** side of your stomach.

Repeat 10 times.

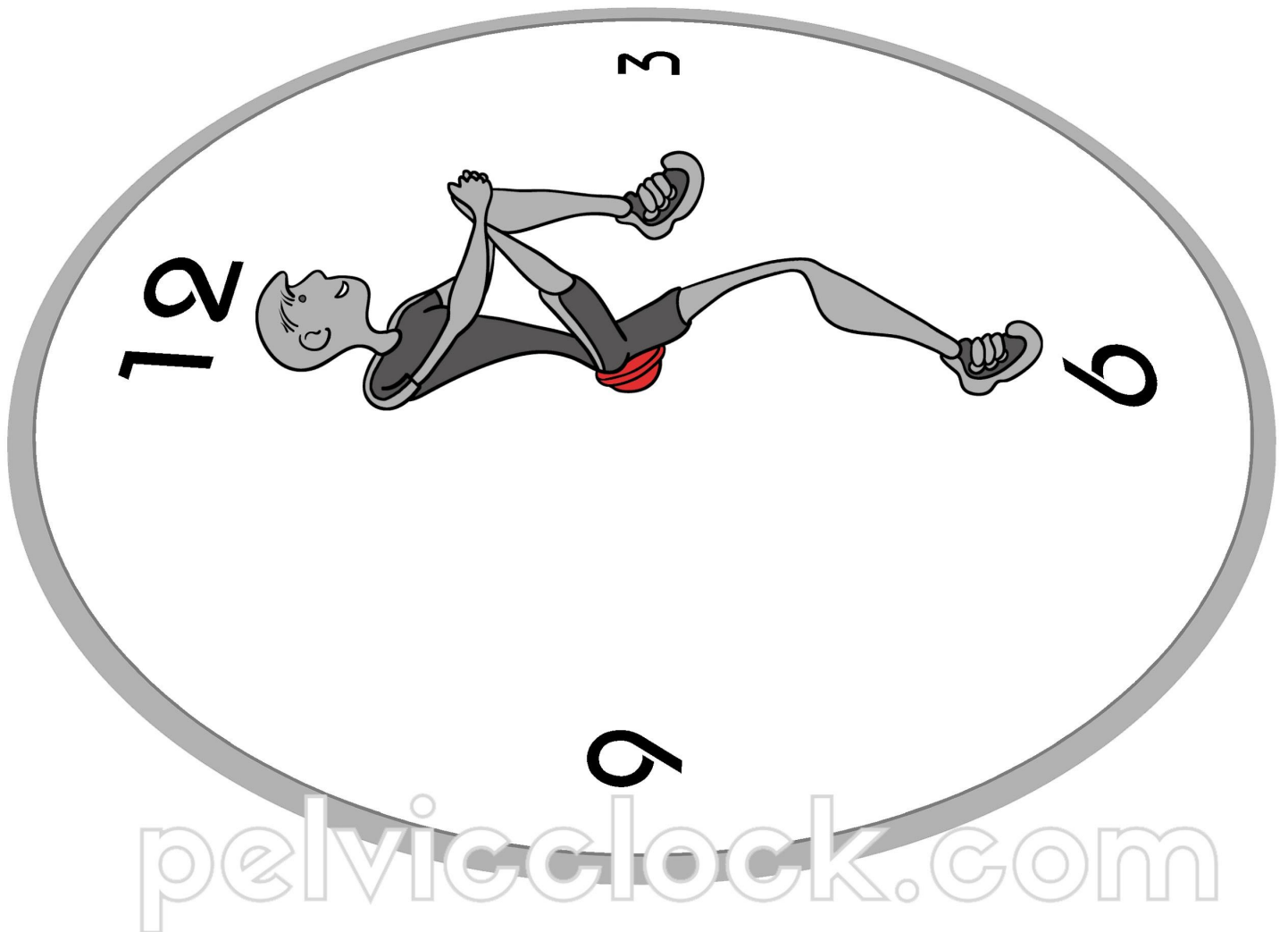


# Knee-to-Chest Stretch

Pull your **right** knee toward your chest. Stretch your left leg and relax.

Slowly rock your pelvis in different directions for 30+ seconds.

Then repeat this stretch with your **left** knee.



# Side Stretch

With your arms above your head, take your left wrist in your right hand, pull your left arm to the right to stretch your **Left Side**. Tilt your pelvis to the left.

Take FIVE DEEP BREATHS as you hold this position.

Then do the same for your **Right Side**.

