



Wellness Coaching - Part 1

HEALTHY BACK - RECOVERY SERIES

Part 1 - Finding your Directional Preference

Your back moves in six (6) general directions:

- Forward bending
- Backward bending
- Side bending (right)
- Side bending (left)
- Rotation (right)
- Rotation (left)

This movement screen is designed to allow you to find your directional preferences to guide your movement therapy regimen.

You should move through your spine in each of the directions for ten (10) repetitions. During the ten (10) repetitions, you will determine what directions reduce or do not hurt your low back pain. Note that in some cases, the first repetition may be uncomfortable but the more repetitions you do, the better they feel.

Therefore, I recommend ten (10) repetitions of each direction of movement as listed above. If a certain direction increases your pain with an increase in pain with further repetitions, you can stop the movement toward the particular directions without the need to complete ten (10) repetitions. Following this, your movement screen will consist of:

1. Forward bending x10
2. Backward bending x10
3. Side bending (right) x10
4. Side bending (left) x10
5. Rotation (right) x10
6. Rotation (left) x10

Remember: Make notes for yourself to remember the directions that reduce your pain/feel good, the directions that are neutral, and directions that increase your pain to guide you through Part 2.