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Herniated Disc Exercises Ebook

By Peter Johnson

Sciatica or leg pain due to a herniated or ruptured disc is typically caused by the disc's soft, gel-like internal substance protruding into its outer covering called annulus fibrosus. As the disc bulges, it compresses on a nerve root along the sciatic nerve radiating pain that is felt from the lower portion of the back down to the legs.

A herniated disc is a tear or wear of the disc. It can also be referred to as disc degeneration. The disc is made up of soft tissues that cushioned against the spaces in between vertebrae in the spine, allowing flexible movements without the vertebrae clashing against each other. Disc diseases, aging or spinal injuries trigger herniated disc.

A herniated disc is a painful and extremely disturbing condition. Good enough, certain medications and alternative treatments are now available to relieve the symptoms. Among the means to alleviate the pain of this malady are various forms of herniated disc exercises.

Herniated disc exercises are recommended in a case-to-case basis. Only doctors and licensed physical therapists have the authority to advise what kind of herniated disc exercises work best for the patient. If you have this medical condition, do not attempt to do any exercise without any supervision from your doctor.

- For most patients, attempting to let the pain move up towards the lower back is attained by press-ups or extension exercises. This is done by a backward bending position where you will be asked to lie down on your stomach and raise your upper body gradually, keeping the hips on the floor. This exercise aims to be completed after ten repetitions with 30 seconds per press-up.
- After some time of doing press-up herniated disc exercises, the therapist may recommend you to a more advanced level. There are indeed what professional therapists considered to be higher or advanced herniated disc exercises. These exercises practically aim to
- strengthen back and abdominal muscles. Usually, the pain works from below and capitalizes on the lower back; these exercises promote

strength on the low back to hinder recurrences of any sciatic pain brought by a herniated disc.

- Back muscle exercise includes an upper back extension. The position is the same with the press-up where you lie on your stomach. But this time, you clasp your hands behind your back while you slowly lift your upper body upward. While raising your chest and head, you keep your eyes on the floor. You can hold on the position for five seconds then increasing to 20 as you complete 8 to 10 repetitions.
- As you lower the upper part of your body towards the floor, slowly raise one arm with a leg of the opposing side as you locked your knees together. Again, hold this position for five seconds and move to 20 as you build your strengths.
- Meanwhile, for strengthening the abdominal muscles, curl-ups are done. These herniated disc exercises work itself in enhancing your abdominal muscles' stamina. This time, you will lie on your back, knees bent and arms folded across your chest. Then, tilt your pelvis to flatten out your back, before you do the curl-up. In doing so, lift your shoulder and head away from the floor. Hold this position for about 2-4 seconds and then repeat from starting position. Aim to do two sets with ten curls. Never try to lift your upper body too high. For those with neck pain, assist your neck by placing your hands on your nape.
- For lower abdominal muscles, tighten stomach muscles by slowly raising a leg 8-12 inches off the floor. While doing this, be sure to keep your back flat on the floor. Raise your leg and hold it for ten seconds, then back to square one until you feel your strength building up.
- Some forms of water exercises are likewise beneficial to promote strengths on low abdominal muscles. Water-related herniated disc exercises include walking or jogging in mid-deep water.
- Other forms of herniated disc exercises are aerobics, and brisk walking. Both exercises provide low impact with equally helpful benefits. Again, consult your doctor first or a licensed therapist to help you decide the most suitable exercise in keeping you deal with herniated disc.

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