

## Tennessee Back Pain Center

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### Low Bear – Exercise Instructions

- This exercise is performed on your hands and knees
  - Hands should be placed directly under your shoulders with elbows straight
  - Knees should be placed directly under hips, with your knees bent at a 90 degree angle, and thighs perpendicular to the ground
- Curl your toes under your heels (so your toes are facing your head)
- Once in position, start belly breathing and develop good abdominal pressure. This is critical to the rest of the exercise.
- With the toes curled under, raise your knees one inch off the ground.
  - Hold this position until you start shaking, then add 5 seconds OR a max of 30 seconds.
- Perform 3 repetitions of this exercise 3x per day.
  - Or as prescribed by your doctor
- Things to watch out for:
  - Try to keep a neutral neck, tucking your chin and looking straight down towards the floor
  - Avoid arching your back. This can be avoided by maintaining good abdominal pressure and a neutral spine.
  - As you lift, try not to shift right or left. All the movement is in the sagittal plane (meaning you are moving up and down, not left to right)
  - Keep your hands under your shoulders and knees under hips at all time
  - If you are experiencing wrist pain, ask your doctor about dropping down to your forearms
- Notes:
  - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

