

Tennessee Back Pain Center

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Deadlift – Exercise Instructions

- This exercise is performed standing
- Start with your feet shoulder-width apart, with your knees over your ankles.
- Bend your knees slightly and sit your hips back.
 - Avoid letting your knees come forward. They should always stay above your ankles. If you notice your knees in front of your toes, this is an issue.
 - Also avoid your knees buckling inward or outward. Your kneecaps should be pointing directly in front of you.
- Your shoulders should stay back and down during the entire exercise. Avoid hiking your shoulders up.
- If you are adding weights such as a dumbbell or kettlebell, place the object between your feet
- Lean your chest forward, keeping your back flat. Gently pick up your object until you are standing straight up
- Your back should stay flat throughout the entire deadlift
 - Pay attention to the very end/beginning of your deadlift. Watch yourself in a mirror and make sure your back is not bending. Hinging should always come from the hips.
- Perform this exercise for 10 repetitions, 3x per day OR as prescribed by your doctor.
- Note:
 - Form is more important than depth. Make sure your form is correct before you try going into a heavier deadlift
 - If you can't keep a flat back when setting up to deadlift from the floor, don't lift from the floor
 - Elevate your weight on a box or chair if needed
 - You should feel this exercise in your hamstrings and glutes. If you are experiencing pain or discomfort elsewhere, please stop and consult your doctor.
 - 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.



