

Exercise Prescription: Diamond Press-up

Purpose of Exercise:

This is a self-treatment for severe low back pain and is performed in preparation for the Prone Press-up.

Frequency:

6-8 times per day or about once every 2 hours.

Starting Position:

Lay prone with your elbows under your shoulders, your palms down, your index finger and thumb touching, your neck retracted (chin-tuck), and your feet pointed down.

Exercise Description:

Stay in the starting position and take a few deep breaths, deep into your abdomen. Feel your abdomen press against the floor with each breath.

Without moving your elbows, pull them towards your hips, you should feel some tension in your low back. Reach forward with the top of your head (maintaining a tall spine), and keep your hips on the ground.

Remember that some minor new pains are normal and expected. If the pain becomes worse (intensifies or spreads from your back to leg or farther down your leg), discontinue the exercise.

Pictures:

