

# PENN OHIO REHAB



5 WAYS TO  
STRENGTHEN  
YOUR LOW  
BACK FOR  
LIFE

TREATING PEOPLE, NOT  
DIAGNOSES

[WWW.PENNOHIOREHAB.COM](http://WWW.PENNOHIOREHAB.COM)

**IS LOW BACK PAIN SLOWING YOU DOWN?**

PN

**DON'T LET PAIN STOP YOU FROM DOING THE THINGS YOU LOVE!**

**LIVING AN ACTIVE AND HEALTHY LIFE FULL OF ADVENTURE IS DEPENDENT ON STRENGTH, MOBILITY, AND MOVEMENT!**

**MOVEMENT IS MEDICINE! MOVE BETTER, FEEL BETTER WITHOUT PAIN PILLS, INJECTIONS, OR SURGERY...**

“

Fantastic PT! The whole team did a great job of making sure I recovered and healed, then encouraged and instructed me with exercises to become stronger -not just to where I was before injury, but better. When I arrived I needed to use a crutch and 8 weeks later, with continued care here, I successfully completed a half marathon and am continuing to train for a full.

-Anna M.

A friend recommended Penn Ohio Rehab to me because a pain in my lower back/hip was increasing significantly. I was having a lot of pain just getting into a standing position. Josh completed a thorough exam and outlined explained the treatment he thought best. Within 5 sessions of dry needling and PT, I am glad to report that the pain has decreased significantly and my mobility has improved.

Highly recommend.

-Carl B

**TESTIMONIALS** ”

# **WE'VE GOT YOUR BACK**



## **BANDED BRIDGE**

**Position:** Lie on your back with knees bent and feet flat on floor.

**Movement:** Tighten your abdominals, push outward against the resistance band and lift your hips off the table as you tighten your glutes (buttocks). Repeat.

## **MCGILL CRUNCH**

**Position:** Lying on your back, bend one knee.

**Movement:** With your arms crossed across your chest slowly raise your head and shoulders from the surface. After repeating the 10-15 repetitions, perform again with the opposite knee bent.

# MOVEMENT IS MEDICINE



## BIRD-DOG

Position: Begin on your hands and knees with your hands below your shoulders and your knees below your hips.

Movement: Maintain neutral spine with abdominals drawn upward. Lift opposite arm and leg up. Alternate limbs while maintaining natural curve of spine and braced abdominals.

## DEADLIFT

Starting Position: Begin by standing with feet shoulder/hip width apart. Start with the weight (kettlebell) on the floor between your feet.

Movement: Proceed into a hip hinging motion sitting hips back while maintaining natural curve of your spine and reach for handle of kettlebell. Once gripped engage your core and lock your shoulder blades down and back. Extend upwards through your hips and trunk keeping your spine in neutral position the whole movement. Tip: More weight on heels, slight bend in knees. Finish tall with tightening buttocks, but do not throw hips forward at top.

\*This can be a challenging movement to master so please seek consult if pain or difficulty.

# **STOP PAIN, STAY ACTIVE**



## **BACK SQUAT**

**Position:** Stand with feet shoulder width apart and toes slightly out.  
**Movement:** Engage your core and maintain a neutral spine throughout the exercise. (Neutral does not mean vertical, you can lean forward from your hips). Sit your butt back keeping most of your weight in your heels as you bend at your knees and hips with control. Do not allow your knees to move inward. Keep your chest facing forward to avoid rounding your spine.

**Tip:** Try with broom stick or PVC pipe on your back and hands outside of shoulder width.

**LET'S TALK!**



## **HARMONY**

**100 PERRY HIGHWAY, SUITE 110  
HARMONY, PA 16037  
412-499-4524**



## **HERMITAGE**

**1599 NORTH HERMITAGE RD  
HERMITAGE, PA 16148  
724-962-7920**



## **NEW WILMINGTON**

**565 WEST NESHANNOCK AVENUE  
NEW WILMINGTON, PA 16142  
724-946-3313**

# **TREATING PEOPLE, NOT DIAGNOSES**

**\*Every person is different.** Treating low back pain is not a "one size fits all" approach. If dealing with an injury or concerns with these movements, then please don't hesitate to schedule an in-person or phone consultation to learn individualized exercises to meet your needs.

**REQUEST AN APPOINTMENT NOW**



**[WWW.PENNOHIOREHAB.COM](http://WWW.PENNOHIOREHAB.COM)**