

It has been such a beautiful summer. I have been enjoying much time outside on the walking paths, along the creeks, and out in the pasture with horses. All summer the farmer's market has been in full swing, and I have been thrilled with all the fruits and vegetables these hardworking people cultivate for the community. The produce is still coming to us in abundance as fall approaches, so enjoy the wonderful produce from our local farmers!!



Five Minutes to a Healthier Back

80% of Americans will be plagued with lower back pain at some point in their lives. Our lifestyles put a lot of stress on our lower backs. Most often back pain is caused by poor posture and improper body mechanics during activities. We often sit for long commutes in the car and spend much of our day in front of the computer. Very often the muscles of our low back get over stretched and weakened, setting those muscles up for injury as soon as we bend over and twist (e.g., doing laundry) or pick up something heavy (e.g., lifting groceries out of the trunk of the car). We can feel vulnerable just in our efforts to complete the activities of daily living. But, we need not feel like victims. Just a few changes in how we go about our day can make a positive difference.

If you are someone who does sit much of the day, spending some time walking will gently tone the muscles of the low back and position the spine in a way that counterbalances the position of the muscles and spine when sitting. Walking thus becomes a useful therapeutic exercise for the low back, not to mention the countless health benefits! Also, adding in a few back exercises to your day can counteract the negative effects of sitting. Try getting up from the computer every twenty minutes, putting your hands on your hips, and bending back gently to extend your spine. This will release the pressure on your back from sitting. Schedule a time during your day for a simple five minute routine of doing a few movements while lying on your belly. You can lift your right leg off the floor for 10-20 seconds, keeping the leg straight while firming the lower belly and pressing the hips into the floor. Repeat with the left leg, and then try both legs at the same time. As you get stronger, you can lift both legs at the same time while also raising the head, neck, and chest off the floor with the hands underneath the shoulders as if you were going to do a push-up. Try increasing the length of time you hold the position, or simply go into and out of the position slowly, building up to 20 slow repetitions. Remember to keep the legs lengthened, the lower belly muscles engaged, and the hips pressing into the floor. Breathe! For more specific assistance for your particular needs, schedule an individualized session, or attend the upcoming workshop on **Back Care in Niwot, CO on October 20**. Call **303-652-0463** or **303-652-0303** to register.



Upcoming Yoga Workshops:

- Weekend Workshop in Paducah, KY Sept. 28-30.
- Back Care through Yoga Workshop in Niwot, CO Oct. 20
- Yummy Yin Yoga Workshop in Boulder, CO Oct. 27

Call 303-652-0463 to register for any of these upcoming workshops.

If you are interested in having a specialized workshop or seminar at your home or business for you and your colleagues, call 303-652-0463, or e-mail me at asha@wolfphysicalrehab.com. We can plan a special event for the needs and desires of your group!