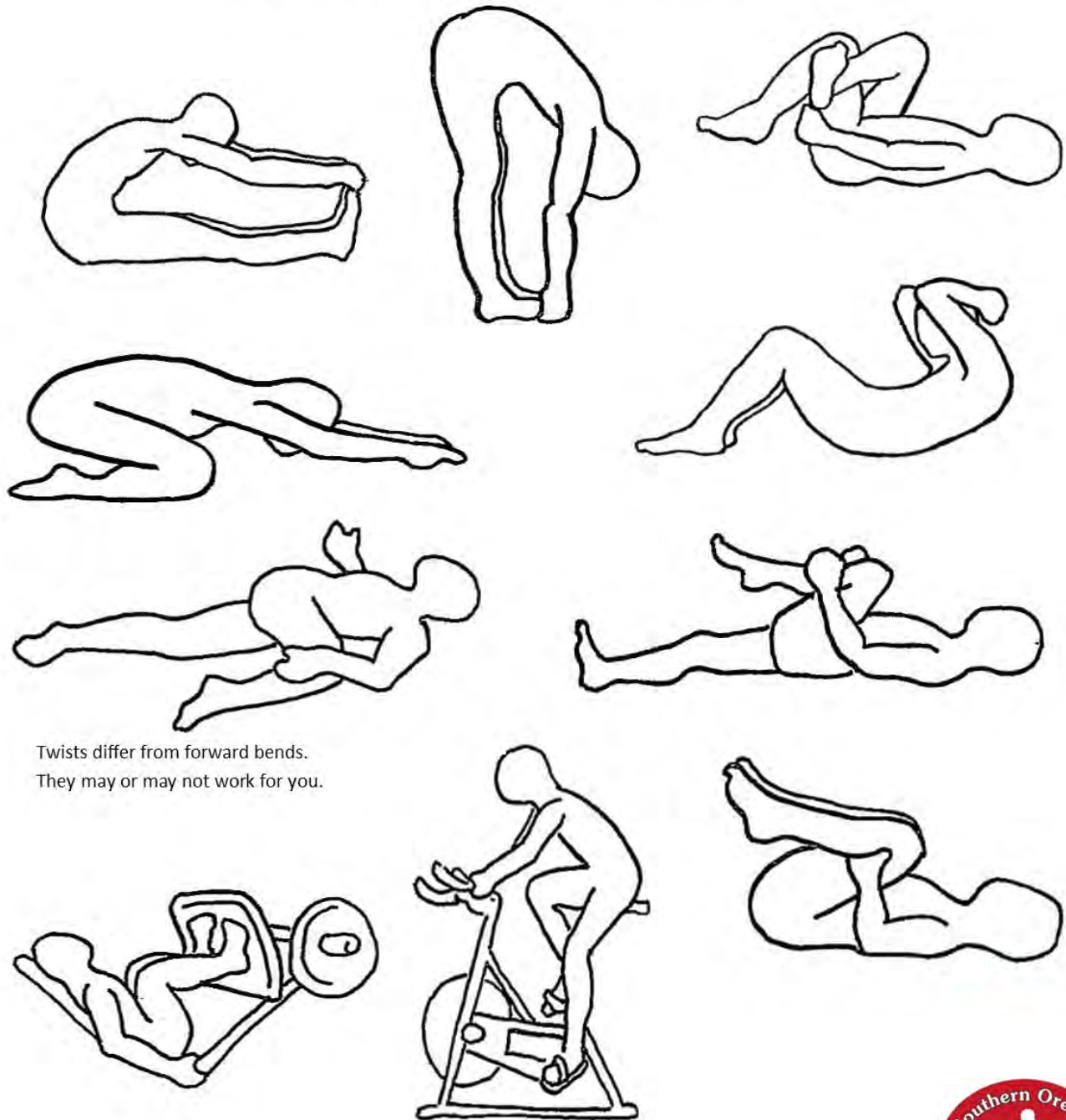


Exercises to Avoid!

DON'T DO THESE EXERCISES if you have an unhappy lumbar disc (a flexion-intolerant lower back). All of these movements involve a forward bend of the lower back. These exercises could be harmful to you, keeping you from healing.

Yes, these movements may feel good in the moment by stretching your tight muscles. But, deeper down, your discs could be irritated or damaged by the movements.

Injured discs do heal, but the process is often frustratingly slow because discs have a limited blood supply. You may need to be more careful with your movements for as long as a year to keep from 'picking the scab' while you are healing.



Twists differ from forward bends.
They may or may not work for you.