

# THE COX EXERCISES

## TO ACCOMPANY THE MANAGEMENT OF LOW BACK PAIN

### GENERAL INSTRUCTION

DO NOT SIT when you have low back pain. This increases the pressure within the disc and the joint of your spine. If your doctor prescribes a belt to wear, remove it to do these exercises. If your doctor agrees, it is good to alternate hot and cold on your low back before doing these exercises. This is done by applying moist heat in the form of a hot towel for 10 minutes followed by 5 minutes of ice therapy in which a moist cool towel is placed on the skin with an ice bag on top of it. Place the heat on the back 4 times and ice on the back 3 times, beginning and ending with heat.

If your doctor suggests nutritional supplementation, be sure to follow it closely.

Do these exercises on a firm surface such as the floor or a mat. Do not be alarmed if discomfort is noted during exercise. If this pain is great, stop it and consult your doctor before continuing.

The Cox exercises are to be used in conjunction with your medical care and should be discussed with the physician before use.

Do the exercises marked with and (X) in a numerical order \_\_\_\_\_ times per day.

### EXERCISES FOR THE ACUTE LOW BACK PAIN PATIENT

#### Exercise 1.



Lie on your back with your knees flexed and your feet flat on the floor as close to the buttocks as possible. Keep the knees together. Tighten the muscles of the lower abdomen and buttocks so as to flatten your low back against the floor. Slowly raise your hips up from the floor and hold for slow count of 8. Repeat this exercise 4 times. If you cannot raise your hips from the floor, merely tighten the belly, the abdominal and buttock muscles and wait until you can raise the hips.

#### Exercise 2.



Lie on back and draw the right knee up to the chest and pull the knee down while attempting to touch the chin to the knee. Do this for a slow count of 8 and repeat 4 times. Repeat the same exercise with left knee brought to the chest. Relax between each session. Repeat with both knees brought up to the chest.

#### Exercise 3.



While standing or lying tighten the abdominal and buttock muscles so as to flatten your back. Repeat this several times throughout the day. Contract the muscles and relax them approximately 8 times at each session.

### EXERCISES AFTER THE ACUTE PAIN HAS DIMISHED. DO THE FOLLOWING EXERCISES IF YOU FEEL NO PAIN IN YOUR LOW BACK UPON COUGHING, SNEEZING, OR STRAINING TO MOVE THE BOWEL.

#### Exercise 4.



Repeat exercise #1 above, but be sure to hold the knees firmly together.

#### Exercise 5.



Lie flat on your back and raise the right leg straight upward without bending the knee. Place your hands behind the knee while keeping the knee straight, pull the leg straight up so as to stretch the muscles behind your thigh. Repeat this 8 times on the right leg and then do it on the left. Relax your low back muscles following this exercise.

#### Exercise 6.



Lie on stomach and raise the right leg off of floor while keeping the knee straight. Hold the leg up in this position for a count of 4 and slowly let it down. Repeat this 4 times. Repeat the same exercise with the opposite leg. Relax following this exercise.

### Exercise 7.



Lie flat on stomach with arms along side, palms down. Slowly raise chest from floor. Feel the muscles of the low back tighten. Hold the chest up from the floor for a slow count of 6 and slowly let it down. Rest between each session. Repeat this 6 times.

### Exercise 8.



Sit on floor on your knees. Extend your right leg as far to the side as possible keeping the knee straight and the arch of the foot on the floor. Slide your foot along the floor until you feel the stretch of the muscles inside your thigh. Do slowly and hold for a count of 5. Repeat it 3 times on the right leg and then repeat with the left side. These muscles, which are not tight at the beginning will loosen and stretch with subsequent exercise sessions.

### Exercise 9.



Abdominal Strengthening Exercises. Lie on back with knees bent and feet on floor. Bring chin to chest as shown. Now tighten the abdominal muscles so as to lift and curl the shoulders up to about 1 foot off the floor. Remember: curl up the spine from the neck downward to between the shoulder blade. Feel the abdominals tighten. Do this 10 to 30 times depending on your stamina.

### Exercise 10.



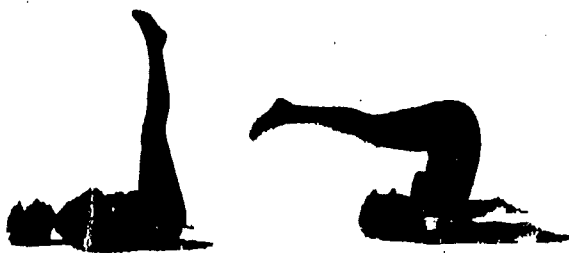
Lie on right side. Turn the toes inward on the right foot and lift leg upward. Repeat this 6 times on right and then 6 times on the left. You will feel pulling in the outer thigh and pelvis.

### Exercise 11.



Lie on back and draw knees to chest, arms extended level with shoulders, rotate hips to side in attempt to touch the knees to floor. Turn your head, in the opposite direction to which your knees are bending. Repeat this 4 times going first to the right and then to the left. This exercise brings all spinal movements together in a smooth forceful manipulation of the spinal articulations. Since the exercise involves rotation, it should only be done under physician instruction.

### Exercise 12.



Lie on back. Bend knees and bring feet up to the buttocks. Now lift and straighten the legs so that the legs are at a right angle to the body. Raise the buttocks from the floor and place the hand beside the buttocks and support your pelvis as you raise the pelvis from the floor. Allow the legs to go over the head with feet over the head and the legs parallel to the floor. Hold this position for 10 seconds and repeat 2 to 3 times. Slowly, lower your pelvis and legs to the original starting position. This exercise should only be used by those who have been working with the exercises for some time and have their low back pain under control.