

- While allowing the hips to remain off-center, lean on the elbows as described in Exercise 2, and relax for another three or four minutes (Photos 65 and 66). You are now ready to begin Exercise 3.
- With the hips still off-center, complete one session of Exercise 3 (Photos 67 and 68) and then relax once more.



You may need to repeat the exercise several times, but before each session of 10 ensure that the hips are still off-center; remember, away from the painful side. It will be more difficult to push up in this position, but even with your hips in the off-center position, try with each repetition to move higher and higher. Endeavor to reach the maximum amount of extension possible, with your arms as straight as possible.

Photos 65, 66
Step 3: With hips off-center, lean on your elbows



For the next three or four days continue to perform Exercises 1, 2 and 3 from the modified starting position. The frequency of the exercise and the number of sessions per day should be the same as recommended in the section "When you have significant pain," page 62.

After a few days of practice, you may notice that the pain is distributed more evenly across the back or may have centralized. Once this occurs, you may stop shifting the hips before exercising and continue exercises as recommended in the section "When to start exercising", page 63. Occasionally shifting the hips away from the painful side is sufficient to stop the pain completely.

The next two exercises are alternatives to step 2 and are for those people who do not find step 2 effective or who are unable to lie down to perform the exercises.



Photos 67, 68
Step 4: With hips off-center you are ready to push up and commence Exercise 3



Be Your Own Back Doctor

B Lingard



Be Your Own Back Doctor:

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Table of Contents **Be Your Own Back Doctor**

1. Understanding the eBook Be Your Own Back Doctor
 - The Rise of Digital Reading Be Your Own Back Doctor
 - Advantages of eBooks Over Traditional Books
2. Identifying Be Your Own Back Doctor
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Be Your Own Back Doctor
 - User-Friendly Interface
4. Exploring eBook Recommendations from Be Your Own Back Doctor
 - Personalized Recommendations
 - Be Your Own Back Doctor User Reviews and Ratings
 - Be Your Own Back Doctor and Bestseller Lists

5. Accessing Be Your Own Back Doctor Free and Paid eBooks
 - Be Your Own Back Doctor Public Domain eBooks
 - Be Your Own Back Doctor eBook Subscription Services
 - Be Your Own Back Doctor Budget-Friendly Options
6. Navigating Be Your Own Back Doctor eBook Formats
 - ePub, PDF, MOBI, and More
 - Be Your Own Back Doctor Compatibility with Devices
 - Be Your Own Back Doctor Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Be Your Own Back Doctor
 - Highlighting and Note-Taking Be Your Own Back Doctor
 - Interactive Elements Be Your Own Back Doctor
8. Staying Engaged with Be Your Own Back Doctor
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Be Your Own Back Doctor
9. Balancing eBooks and Physical Books Be Your Own Back Doctor
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Be Your Own Back Doctor
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Be Your Own Back Doctor
 - Setting Reading Goals Be Your Own Back Doctor
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Be Your Own Back Doctor
 - Fact-Checking eBook Content of Be Your Own Back Doctor
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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