

Exercises for Lumbar Disc Herniation

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Lumbar disc herniation is a chronic condition that tends to recur and is difficult to fully cure. However, strengthening the muscles of the lower back plays a crucial role in the prevention, development, and prognosis of the condition. While some exercise methods may be too difficult for patients to perform consistently, I have developed a simple and effective exercise regimen based on my experience, as outlined below:

1. Supine Position (Lying Down):

Perform the following exercises while lying flat on your back:

- **Step 1:** relax while lying flat, slowly lift your lower back and abdomen upwards, holding briefly before slowly lowering them back down. Repeat several times.
- **Step 2:** Stretch your legs out straight. Using your shoulders and heels for support, slowly raise your lower back and abdomen upwards, hold briefly, then slowly lower.
- **Step 3:** Bend both knees and keep your feet on the bed. Slowly raise your lower back and hold for a few seconds, then relax and return to the starting position. Repeat the movements.

2. Seated Position:

Sit on a chair of moderate height, maintaining a normal sitting posture (you may support your lower back with your hands). Use the muscles of your back and waist to repeatedly extend your lower back and abdomen forward.

3. Standing Position:

Stand upright and place your hands on your waist. Use the muscles of your back and waist to extend your lower back and abdomen forward repeatedly.

Key Points:

Keep the frequency of the movements moderate, and avoid making the movements too large. However, each movement should be performed with enough force to feel a tightness in the muscles of the lower back.

Exercise Mechanism:

The exercise involves arching the lower back forward to restore and maintain the physiological curvature of the lumbar spine while strengthening the muscles of the lower back, which in turn enhances the stability of the lumbar spine.

Other Tips:

- Reduce bending at the waist while sitting to reduce pressure on the intervertebral discs and alleviate pressure on the nerves.
- When sleeping at night, consider using a small, thin pillow to support the lower back, maintaining the natural curve of the lumbar spine.

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