

McGill exercises, developed by Dr. Stuart McGill Professor Emeritus of Spine Biomechanics at the University of Waterloo, have provided relief from their low-back pain. Dr. McGill's core and low-back endurance exercises promote spine stability.

These three exercises do not take much time, are fairly simple to do, and numerous video tutorials are available online. See sample links below.



BIRD DOG

The purpose of the bird dog is to activate the extensor muscle chain and move limbs while stabilizing the spine.

CRUNCH

The purpose of the crunch is to engage the abdominal muscles without increasing disc compression forces in the lumbar spine. Do not flatter the low back to the floor, instead place your hands under your lumbar region for support (to keep a neutral spine position) and produce a roll up motion from the thoracic spine region.



SIDE PLANK

The purpose of the side plank is to activate your spinal stabilizers to maintain a neutral spine then activate the torso muscles to initiate and hold the position. This can also be done with bent knees.

Resources for McGill exercises can be found at:

<https://vimeopro.com/ergorisk/core-activation-exercises/video/25438427>

<https://www.youtube.com/watch?v=S8VFbkSjCsQ>