

Exercise 3: Extension in lying

- remain lying face down (Photo 38), and then place your hands under your shoulders in the propped-up position (Photo 39). Now you are ready to begin Exercise 3.
- as you straighten your elbows, push the top half of your body up as far as pain permits (Photo 40). It is important that you completely relax the pelvis, hips and legs as you do this, and remember to keep breathing normally.
- keep your pelvis, hips and legs hanging limp and allow your low back to sag.
- maintain this position for a second or two, then lower yourself to the starting position.
- repeat this movement cycle in a smooth, rhythmic motion and try to raise your upper body a little higher each time, so that in the end your back is extended as much as possible, with your arms as straight as possible (Photo 41).
- once your arms are straight, remember to hold the sag for a second or two as this is the most important part of the exercise. A more effective sag can be achieved by breathing all the way out while relaxing your low back, hips and legs. The sag may be maintained for longer than one or two seconds if you feel the pain is reducing or controlling.

This is the most useful and effective flexion procedure in the treatment of acute low back pain (see page 112, Emergency First Page). The exercise can also be used to treat stiffness of the low back, and to prevent low back pain from recurring once you are fully recovered.



Photo 38



Photo 39



Photo 40



Photo 41

Treat Your Own Back 9th Ed 802 9

Marie de France



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A New Greek and English, and English and Greek Lexicon George Dunbar (Professor of Greek in the University of Edinburgh.),1850 Marie de France: Poetry (International Student Edition) (Norton Critical Editions) Marie de France,2016-04-04 Marie de France s beautiful poems of courtly love enchantment and mystery are now available in a Norton Critical Edition Marie de France was a medieval poet who was probably born in France and who lived in England during the twelfth century Prominent among the earliest poets writing in the French vernacular Marie de France helped shape the style and genres of later medieval poetry This Norton Critical Edition includes all of Marie s *lais* short narrative verse poems selected fables and a generous excerpt from Saint Patrick s Purgatory a long poem based on a well known medieval legend Each text is accompanied by detailed explanatory annotations For comparative reading two *lais* *Bisclavret* and *Y nec* are accompanied by Marie s facing page originals Backgrounds and Contexts is thematically organized to provide readers with a clear sense of Marie s inspirations Topics include The Supernatural Love and Romance Medical Traditions Fable Sources and Analogues Similar Themes and Purgatory and the Afterlife Ovid Chaucer Andreas Capellanus Boccaccio Aristotle and Bede are among the authors included From the wealth of scholarly work published on Marie de France Dorothy Gilbert has chosen excerpts from nine pieces that address issues of history and authorship as well as major themes in the *lais* fables and Saint Patrick s Purgatory The contributors are Thomas Warton Abb Gervais de la Rue Joseph Bedier Leo Spitzer R Howard Bloch E A Francis Jill Mann and Jacques Le Goff A selected bibliography is also included A new Greek and English, and English and Greek Lexicon, with an appendix explanatory of scientific terms, etc George DUNBAR (Professor of Greek in the University of Edinburgh.),1840 *Forthcoming Books* Rose Arny,1996-10 Popular Mechanics ,1945-09 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *The Country Gentleman* ,1909 **The Athenaeum** ,1859

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