

Exercise Program for Herniated Disc

If you have a herniated disc, performing home exercises can help you manage pain, speed healing, and prevent future flare-ups.

Movement is one of the best ways to treat back pain.

There are 4 exercises in this program: belly breathing, prone lying, prone press up, and walking.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do belly breathing: Lie on your back with your knees bent and feet flat on the floor.

Place one hand on your chest and one hand on your belly.

Breathe in slowly through your nose. As you breathe in, your belly should move out against your hand. Your chest should stay still. Count to 2.

Breathe out through your mouth with your lips pursed together. As you breathe out, you should feel your stomach move in. Count to 4.

Practice this breathing method for 2 minutes.

To do prone lying: Lie face down on your stomach, either on the floor or in bed. You can place a pillow under your stomach and pelvis for comfort if needed.

Keep your arms relaxed at your side. Keep your breathing relaxed.

Continue to lie in this position for 3 to 5 minutes.

To do prone press ups: Lie face down on your stomach. Your elbows should be tucked into your sides.

Press up on your forearms, keeping your hips on the floor. Be sure to stay within a pain-free range.

Hold for 5 to 10 seconds. Then lower slowly.

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Repeat 5-8 times.

Walking is a great way to improve blood flow and ease pain. Even short walks can help. Make a habit of walking every day.

Start by walking 10 minutes every day. Over time, work up to walking for 30 minutes or longer.

Talk to your healthcare provider or physical therapist about these exercises and others to help ease your back pain.