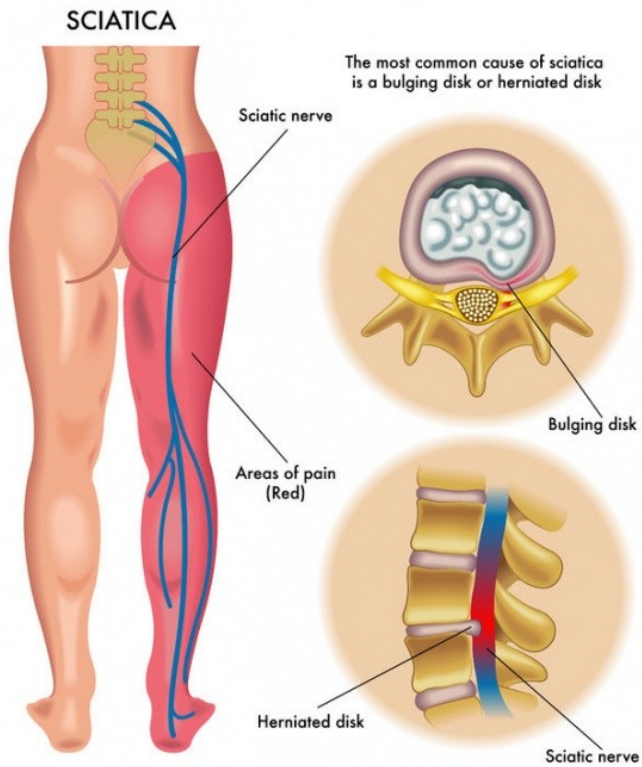


[Go HOME](#)

<https://www.metrotownchiropractic.com/how-a-tennis-ball-and-stretching-can-help-relieve-sciatic-nerve-pain/>

How A Tennis Ball and Stretching Can Help Relieve Sciatic Nerve Pain



<https://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/back-pain/sls-20076265>

Healthy Lifestyle **Back exercises** (mayoclinic.org)

<https://www.webmd.com/back-pain/ss/slideshow-exercises>

Good and Bad Exercises for Low Back Pain by WebMD

Click this link to watch the 5 videos:

[Low Back Pain: Exercises to Reduce Pain](#) (from KP)

1. back pain needs time, activity and medicine
2. getting in and out of bed
3. have a maintenance plan
4. self-massage with a tennis ball
5. Strengthening Your Core

[Low Back Exercise - OrthoInfo](#)

<https://orthoinfo.aaos.org/en/recovery/low-back-surgery-exercise-guide/>
Low Back Surgery Exercise Guide - OrthoInfo

<https://www.youtube.com/watch?v=zRPQoMfs77A>

7 minute core & low back strengthening workout to get rid of back pain

<https://www.youtube.com/watch?v=cVnIAfmEox0>

5 exercises for a strong lower back

<https://www.youtube.com/watch?v=WVAFUKF9pvQ>

Core Exercises and Stretches after spinal fusion - Dr. Kristle Ennia

<https://www.youtube.com/watch?v=qw-uAlju8xw>

Pinal Post surgical physical therapy stetches - Dr. Zeiller

<https://www.spine-health.com/video/4-easy-stretches-lower-back-pain-video>

4 easy stretches for Lower Back Pain

<https://www.webmd.com/back-pain/video/five-back-pain-stretches>

Five Back Pain Stretches WebMD

<https://therapylino.co.uk/blog/diy-tennis-ball-therapy-for-pain-management>

BACK PAIN - DIY TENNIS BALL THERAPY FOR PAIN MANAGEMENT

Stand against a wall

1. Stand with your back against a wall with a Tennis Ball between the wall and your

Thoracic (Ribs) spine; with the ball on one side of your spine.

2. Move around in all directions until you find a tender spot.

3. Using your body weight press the ball into wall and

Cross your hands over your chest.

4. Roll up and down slowly on the ball, massaging any knots or tender areas you may encounter.

5. Repeat on the other side.

<https://www.youtube.com/watch?v=gD6i20MA40w>

How to Fix full back pain with just 2 tennis balls