

The Cato Technique for back pain sufferers.

Exercises to be done without fail EVERY DAY.

In Bed when you wake up. –compressing and stretching spine

1. Assume a foetal position.
2. Tense your stomach muscles as hard as you can pulling your lower spine inward. Compressing spine at same time. Hold for 5 sec's
- 3 Slowly and smoothly stretch you spine downwards as far as you can. Hold for 5 sec's then repeat 2.
4. Repeat 2 & 3 10 times.
5. Repeat 2 & 3 10 times but this times with rapid movements – fast up and fast down.
- 6 Repeat 2 fast up but.
7. This time push spine as far as you can then waggle bottom back and forth 5 times each side.
- 8 Repeat 6 and 7 10 times.

On the floor rotating and opening up spine.

- 9 Lie flat on back, knees raised and together. Slowly, rotate knees touching floor on each side at same time concentrating on pressing small of back flat on floor. – Repeat 10 times.
10. Repeat 9 but this time at speed and with head raised off floor.
11. On the back with head slightly raised, stretch out legs together horizontally to the full, approximately 3 feet above floor and gradually lower to floor, over 10 seconds. Repeat 10 times. (Note : this exercise replaced sit ups which the physio told me was bad for my back. This should be equally effective to keep their stomach muscles tightened.)
12. On back with knees bent, hands on knees, pressing small of back into floor, rock to and fro pressing hollow of back downwards, six times then repeat crossing legs over, a further six times.
13. Finally, on floor, lie on stomach. Stretch out right hand, raise head and shoulders off floor and raise left leg horizontally, holding that position for five seconds. Repeat five times then reverse arm and leg for a further five times. .

Standing – bending and rotating spine.

14. Hands on hips. Bend trunk back and forwards in a smooth rhythm. Stretching as far forward and back as you can. Repeat 10 times

15. Same as 14 but this time touch floor with finger tips, as you come back fling arms backwards and draw in stomach muscles as tightly as you can.

16. As 15 only as fast as you can but this time imagine you are diving into a pool and hit the floor with the knuckles of your clenched fists.

17. Fling arms from side to side at same time looking behind you as far as you can see in each direction, thumping your chest at each rotation with your fist. Repeat 10 times.

18. Slide hand down each leg in turn stretching as far down as you can go, on alternate legs. 10 times each side.

19. Twirl each arm in turn, once clockwise and then reverse. 10 times each arm.

Now you are ready to face the day with a pain free back and well toned stomach muscles!!

GOOD LUCK.

Mark