

# Posterior Disc Reducing Exercises



1. Standing Extension

## Exercises 1 – 3

2 sets of 10, hold 1 sec, 4x/day



2. Press-up



3. Press-up Painful Side Leg Off

4A. Prone Lying Pillow(s)



4B. Prone Lying Pillow(s) on Elbows



## Exercises 4A and 4B

5 – 15 min, 4x/day

Re-evaluate with Press-up every 3 minutes



5. Side Bend



6. Rotation

## Exercises 5 and 6

2 sets of 10, hold 1 sec, 4x/day

Must be painless to perform

Check extension before and after

**CONTINUE** if exercise leads to *centralization* and *improved extension*  
**STOP** if exercise leads to increased pain or peripheralization