THE BIG

THE BEST MOVES TO IMPROVE LOWER BACK DISCOMFORT & IMPROVE CORE STABILITY

Hello!

I'M A PILATES, YOGA & ELDOA INSTRUCTOR, BREATHING COACH AND CREATOR OF THE BEHAN PROTOCOL FOR BETTER BACK AND SPINE HEALTH.

THIS WORKBOOK IS DESIGNED TO ACCOMPANY YOUR VIDEOS FOR A QUICK REFERENCE GUIDE AND TO PROVIDE SOME SIMPLE, QUICK AND EFFECTIVE MOVES YOU CAN FIT INTO EVERYDAY LIFE!

Corinne Behan

CONTACT ME

Feel free to ask questions!

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WHY CORE "STABILITY" LEADS TO BETTER BACK HEALTH

The core muscles have two main functions
1) to spare the spine from excessive load and
2) to transfer force from the lower body to the upper body and vice versa.
Having a strong, stable core helps us to prevent injuries and allows us to perform at our best!

"Abdominal strength" and "abdominal stability" are not necessarily the same thing. You can gain abdominal strength by doing a thousand crunches per day, but that abdominal strength will not necessarily ensure that your torso is in proper alignment with your pelvis in a standing position – your abs could be nice and strong but totally off center, which ends up taxing your spine and lower back! The focus on deep abdominals is what will create stability and strength.

Without stability, the body would collapse forwards, backwards and sideways, requiring much more physical effort to sustain good, solid posture or movement. Stability is defined as: the coordination of surrounding tissue and the neuromuscular system to maintain the position of a joint.

Mobility and stability are two of the most important factors in recovering from and preventing injury. Too little or too much movement and a lack of stability in the muscles and joints can lead to stiffness, dysfunction, and degenerative changes. These factors can increase our risk of injury.

AN EASY WARM AND WHY IT'S IMPORTANT

Take a few minutes to slowly start moving by doing this gentle, easy warm up to get the blood flowing, the vertebrae prepared for movemement and to prime the connections between the tendons, ligaments and muscles.

A WARM UP - CAT TO CAMEL

FROM A QUADRUPED (ALL FOURS) POSITION, ROUND THE SPINE LIKE AN ANGRY CAT, BRINGING THE CHIN TOWARDS THE CHEST AND TUCKING THE TAILBONE. THEN REVERSE THE CURVE OF THE SPINE, TILTING THE BUTTOCKS TOWARDS THE SKY AND LOOKING UP ("COW POSE.").

REPS, SETS AND HOW TO SAFELY PROGRESS

**To start try multiple bouts of exercise per day with reduced reps.
Your capacity for minor discomfort will
dictate the number of reps you can safely perform.**

**Typically, you will be able to work up to the
following volume after 4-6 weeks:**

Cat-Camel

- **Set 1...8 reps at a slow tempo, rest as required**
- **Set 2... 8 reps at a slow tempo**

Bird-dog

- **Set 1... 6 reps of 10 sec holds on each side, rest 30-60 seconds**
- **Set 2... 4 reps of 10 sec holds on each side.**

Curl-up

- **Set 1... 6 reps of 10 sec holds, rest 30-60 seconds**
- **Set 2... 4 reps of 10 sec holds, rest 30-60 seconds**
- **Set 3... 2 reps of 10 sec holds.**

Side Bridge

- **Set 1... 6 reps of 10 sec holds, rest 30-60 seconds**
- **Set 2... 4 reps of 10 sec holds, rest 30-60 seconds**
- **Set 3... 2 reps of 10 sec holds.**

USEFUL TIPS

WHAT YOU'LL NEED

- FOR BEST RESULTS WORK ON A YOGA MAT...IT WILL PROVIDE THE BEST TRACTION
- BARE FEET, SOCKS WITH RUBBERIZED BOTTOMS OR SHOES WITH A RUBBER SOLE WILL SERVE YOU BEST
- WATER...STAY HYDRATED!

WARM UP

MAKE SURE TO COMPLETE THIS BEFORE GETTING STARTED TO EFFECTIVELY WARM UP ALL PARTS OF YOUR SPINE BEFORE TAKING ON THE MORE CHALLENGING WORK AND TO CREATE A SOLID MIND BODY CONNECTION.

BREATHING

- FOCUS ON TAKING INHALES THROUGH YOUR NOSE TO EXPAND YOUR RIB CAGE
- EXHALE OUT THOUGH YOUR MOUTH AS YOU NAVEL OPULLS IN TOWARDS YOUR SPINE

HEAD PLACEMENT

- TRY TO KEEP YOUR HEAD AND NECK IN ALIGNMNET WTH SPINE
- KEEP YOUR CHIN TUCKED IN TOWARD YOU CHEST FOR MOVE 2 ESPECIALLY

SHOULDERS

- TRY TO KEEP YOUR SHOULDERS SOFT AND LONG DOWN YOUR BACK
- **MAKE SURE YOUR ELBOW IS RIGHT UNDER YOUR SHOULDER IN THE SIDE BRIDGE FOR SAFETY OF THE SHOULDR JOINT

CONTACT ME ...

Feel free to ask questions!

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