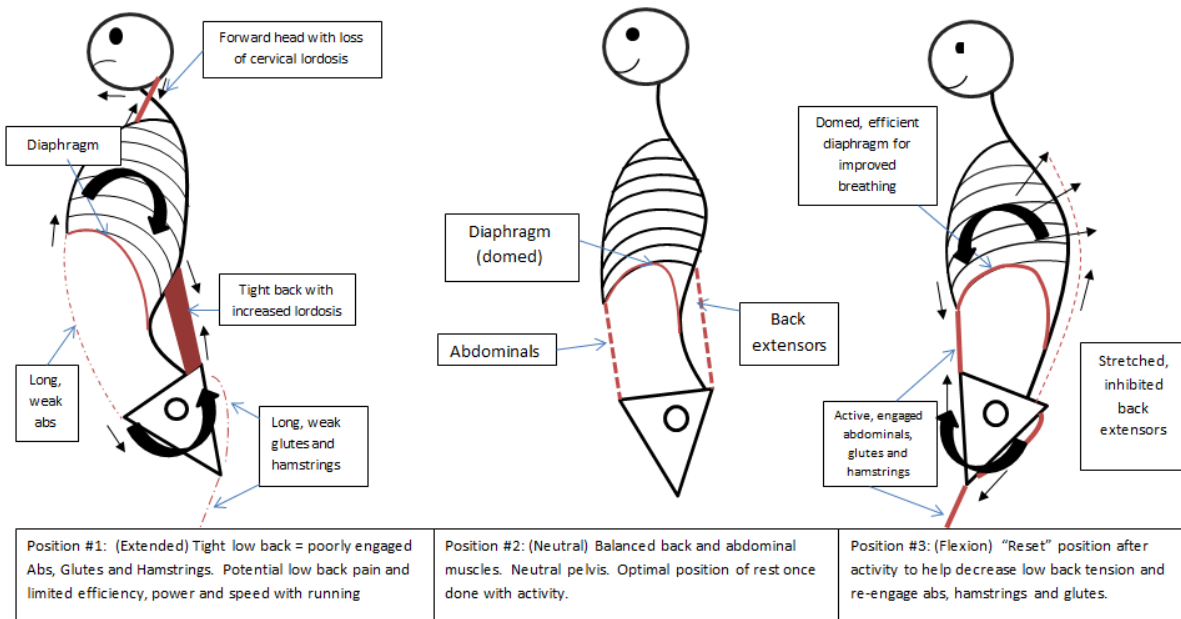


## #MySoreSpot number 2: Lower Back

Posted on 05/16/2016



### WE'VE GOT YOUR BACK

Tightness, tension, or soreness in the low back is a common complaint in our patient population and in runners of the Lincoln Marathon that showed up to support the @HruskaClinic's #MySoreSpot activity. Running 13.1 or 26.2 miles with the same form and in the same direction, can cause these back extensor muscles to become overworked. Tightness in the muscles of the low back pull the pelvis up and shorten the back into an arch (see position #1 below). The hips become tight in front as the pelvis tips forward. When this occurs, we know that your body is lacking help from some very important players:

VIP's to fend off low back tightness

- 1) Abdominals
- 2) Glutes
- 3) Hamstrings

The Abdominal muscles counter act the strong and tight back muscles by providing balance to the front of the body. They help hold the ribs down in front and keep the pelvis from tipping forward.

The Gluteal muscles (muscles of your buns) are strong pushers help to propel the body forward, also allow strong muscles of the hips to absorb stress and impact on the ground rather than jarring through the back.

In a similar way, hamstrings help push and propel us, driving the body forward. Hamstrings also stabilize the back side of the body, by not allowing the back muscles to pull up on the pelvis

tilting it forward. Hamstrings will save your back and hip flexors from being over-active and tight.

In order to prevent low back tension we recommend turning on the above VIPs (see position #3) to turn off your overactive back and return your system to a normal setting (see position #2). If your low back is your #1 sore spot and you cannot get it to shut down, those VIP muscles won't be able to help you with your running. So position #1 can not only be painful, but can limit your efficiency, power and speed with running. If you have issues with this we would love to help you out!