

DISC DEHYDRATION

*Education:

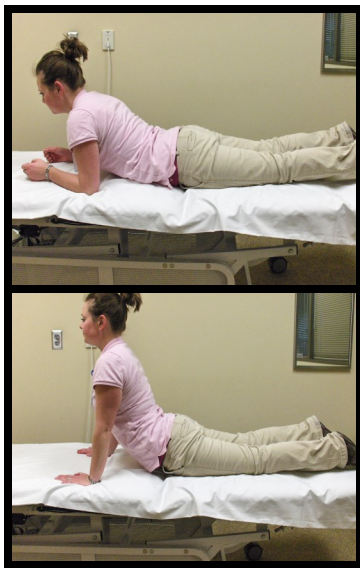
- Dehydration techniques are helpful for increased pain in the morning due to increased fluid in the disc
- It is important to move fluid in and out of the disc to assist with the healing process
- Focus on positions that are most comfortable

*Exercises:

- All dehydration exercises (Example: Walking, jogging, extension-based activities) should follow with lying down on floor or bed immediately for 5-10 minutes
- Short hold times of 5-10 seconds with many repetitions are best to dehydrate the disc (Example: standing leaning backwards)

DISC DEHYDRATION EXERCISES-LYING

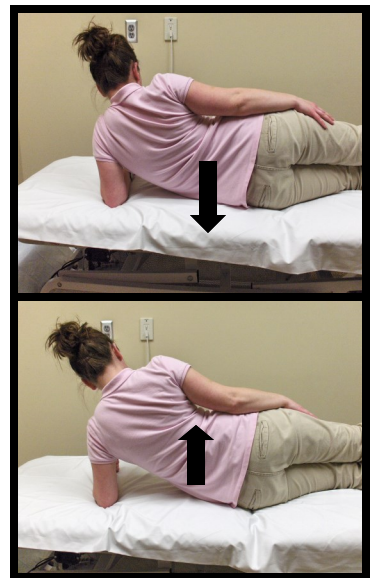
Choose a comfortable option from those listed below. Slowly repeat the back movements shown for up to 5 minutes. Perform in the morning or after prolonged lying down for best results.



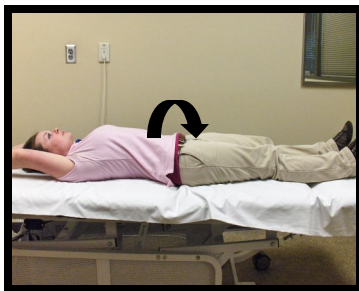
**Prone, dynamic
sub-maximal extension**



**All fours, dynamic pelvic
tilts**



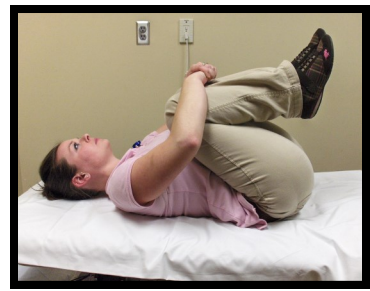
**Sidelying, dynamic
sidebending**



**Supine, dynamic anterior
pelvic tilt**



**Supine, dynamic anterior
pelvic tilt**



Supine, dynamic kyphosis

DISC DEHYDRATION EXERCISES—STANDING

Choose a comfortable option from those listed below. Slowly repeat the back movements shown for up to 5 minutes. Perform in the morning or after prolonged lying down for best results.



**Standing, dynamic
posterior pelvic tilt**



**Standing, dynamic
anterior pelvic tilt**



**Standing, dynamic
lateral pelvic tilt**



**Standing, dynamic
extension**



**Standing, dynamic
extension
(leg bend for root pain)**