

Items to discuss with your doctor and consider learning from a qualified yoga instructor for

## Back Pain\* (p. 1 of 18)



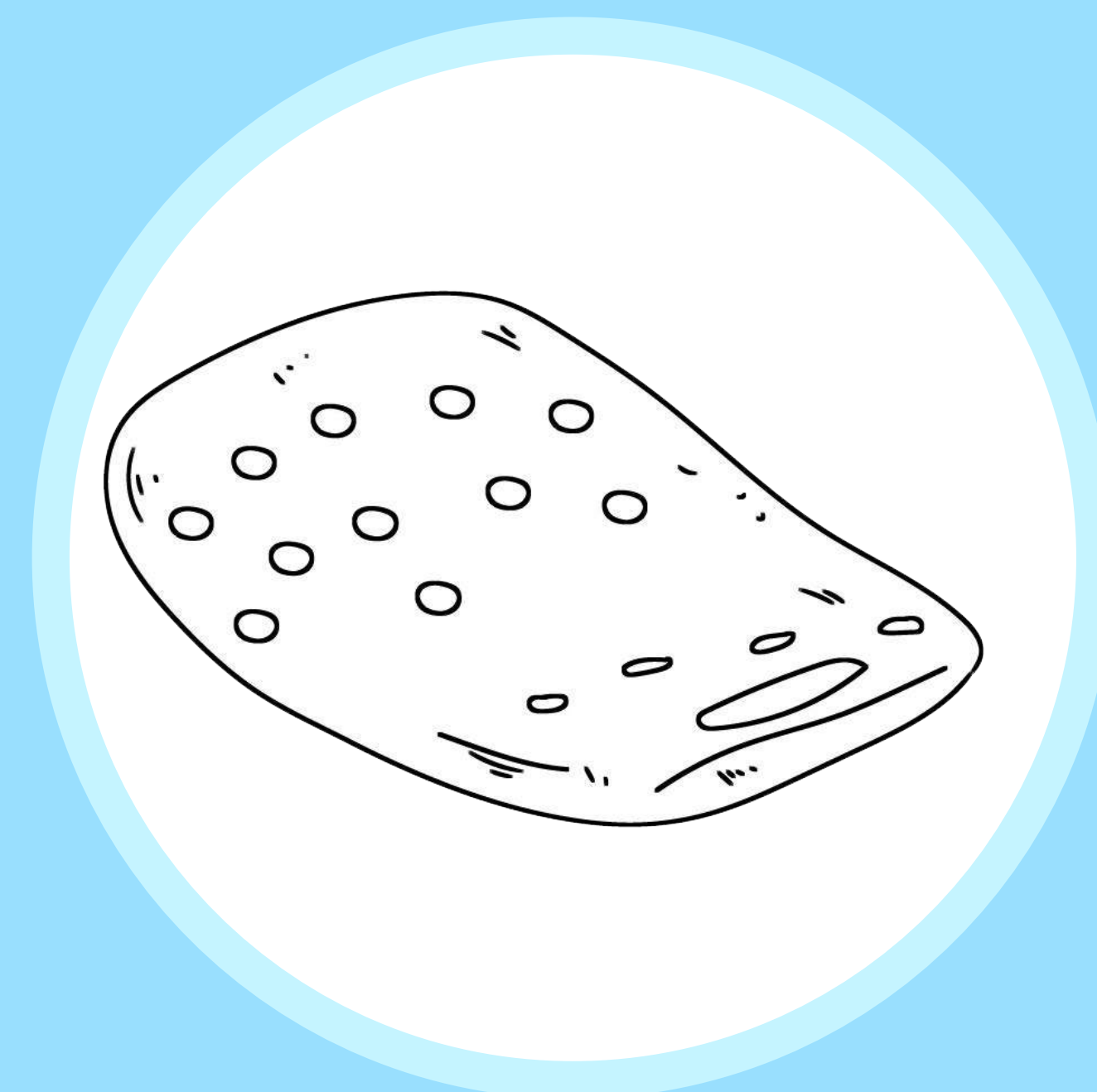
Find a Great PT



McKinsey Method PT



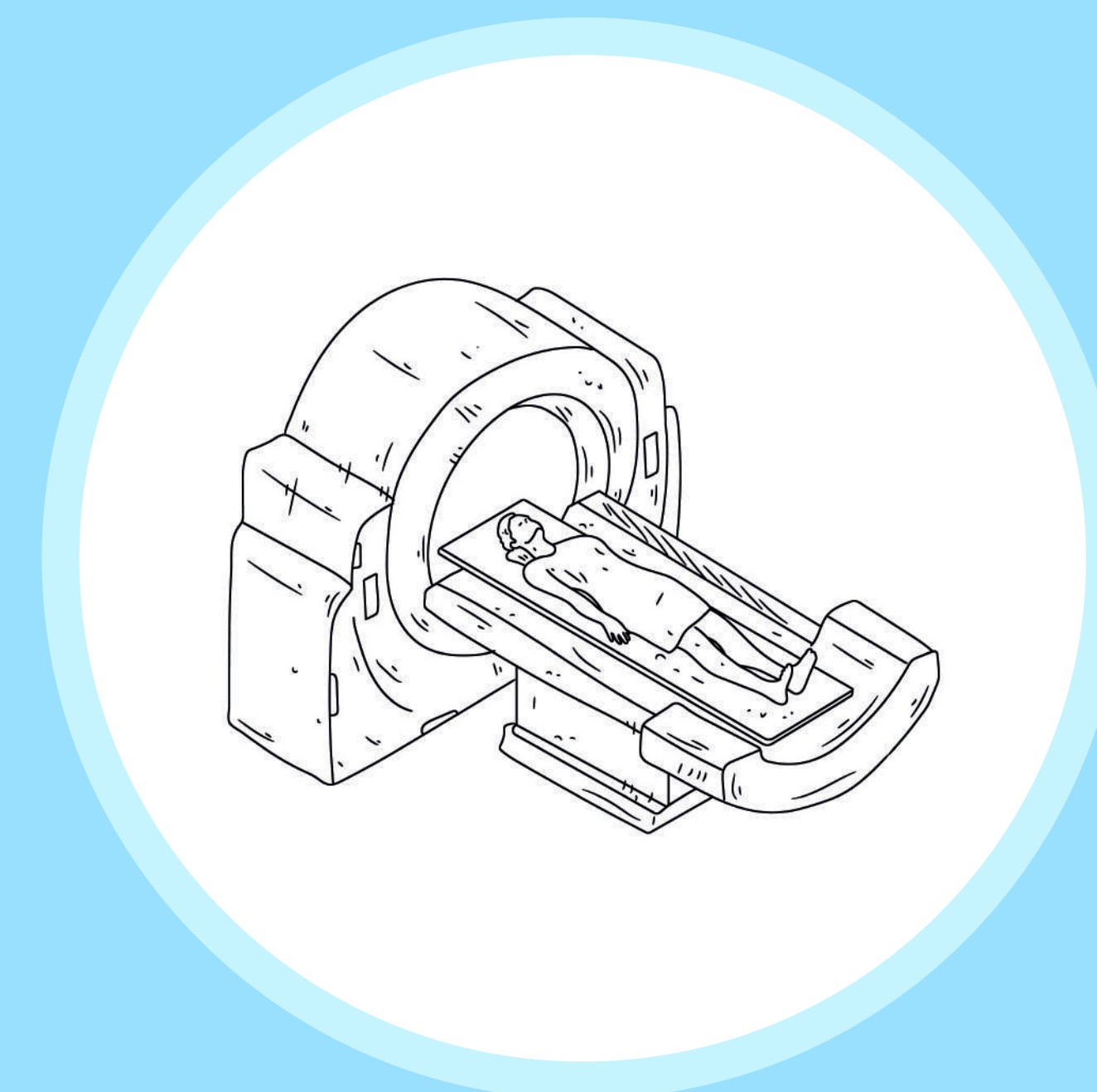
Keep Hips Above the  
Knees at All Times



Try Medical Device



Place Rolled Small  
Towel Under Low Back



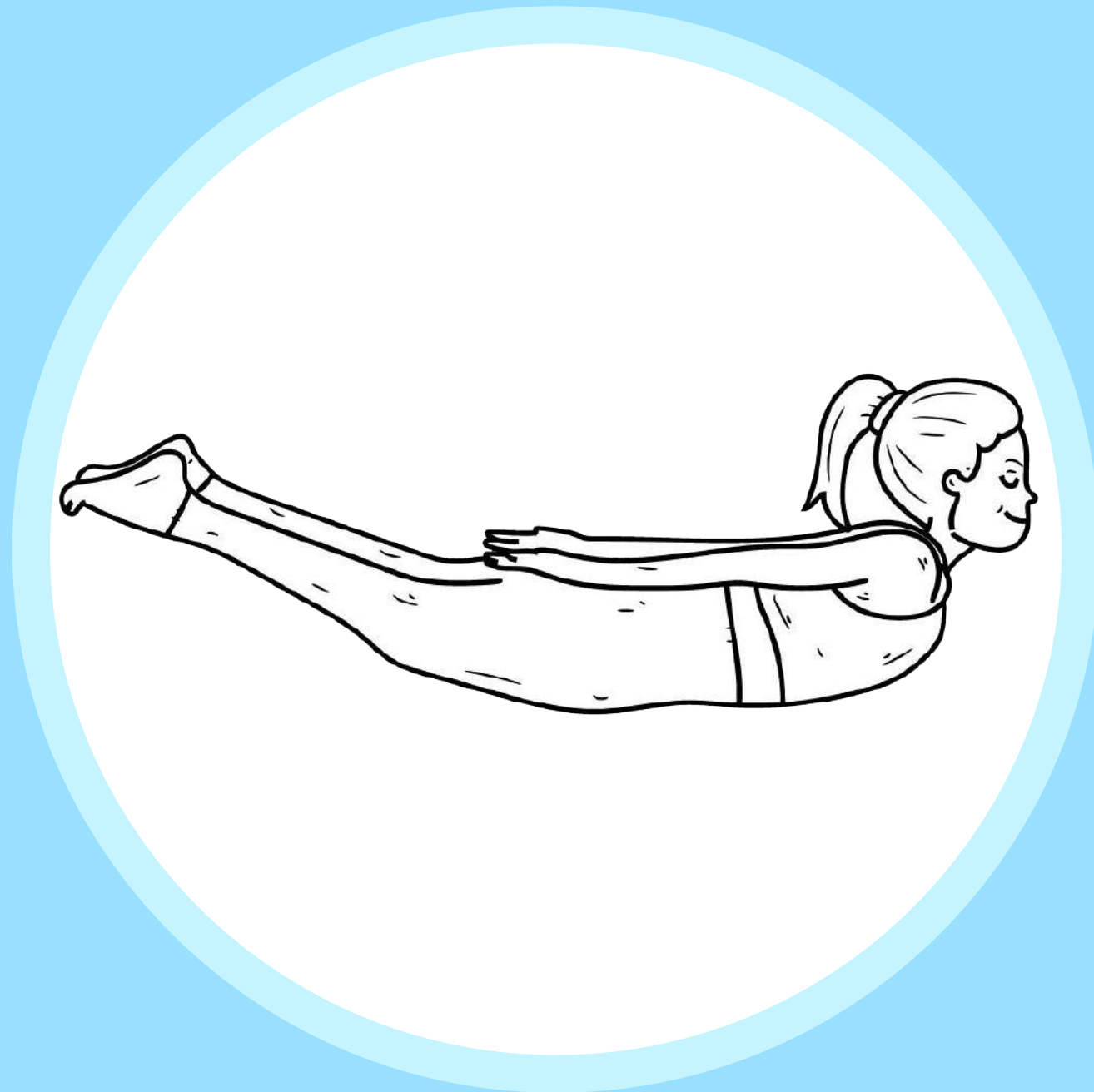
Get an MRI

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## Back Pain\* (p. 2 of 18)



Śālābhāṣana  
(locust)



Parivṛtta Trikonāṣana  
(revolved triangle)



Utthita Trikonāṣana  
(triangle)



Get a Second Opinion Before Surgery



Vīrabhadraṣana I  
(warrior one)



Vīrabhadraṣana II  
(warrior two)

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## Back Pain\* (p. 3 of 18)



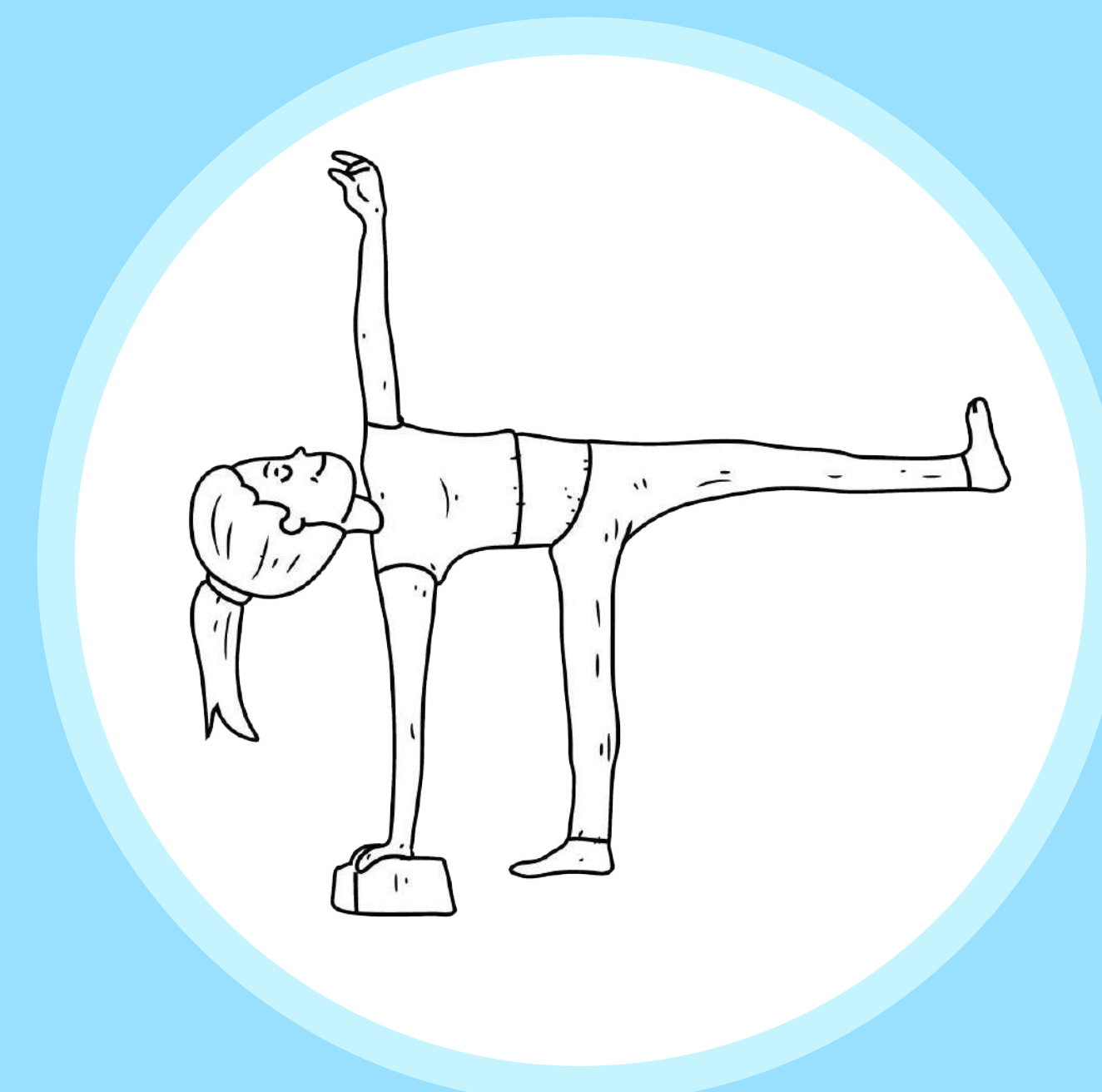
**Vīrabhadrāsana III**  
(warrior three)



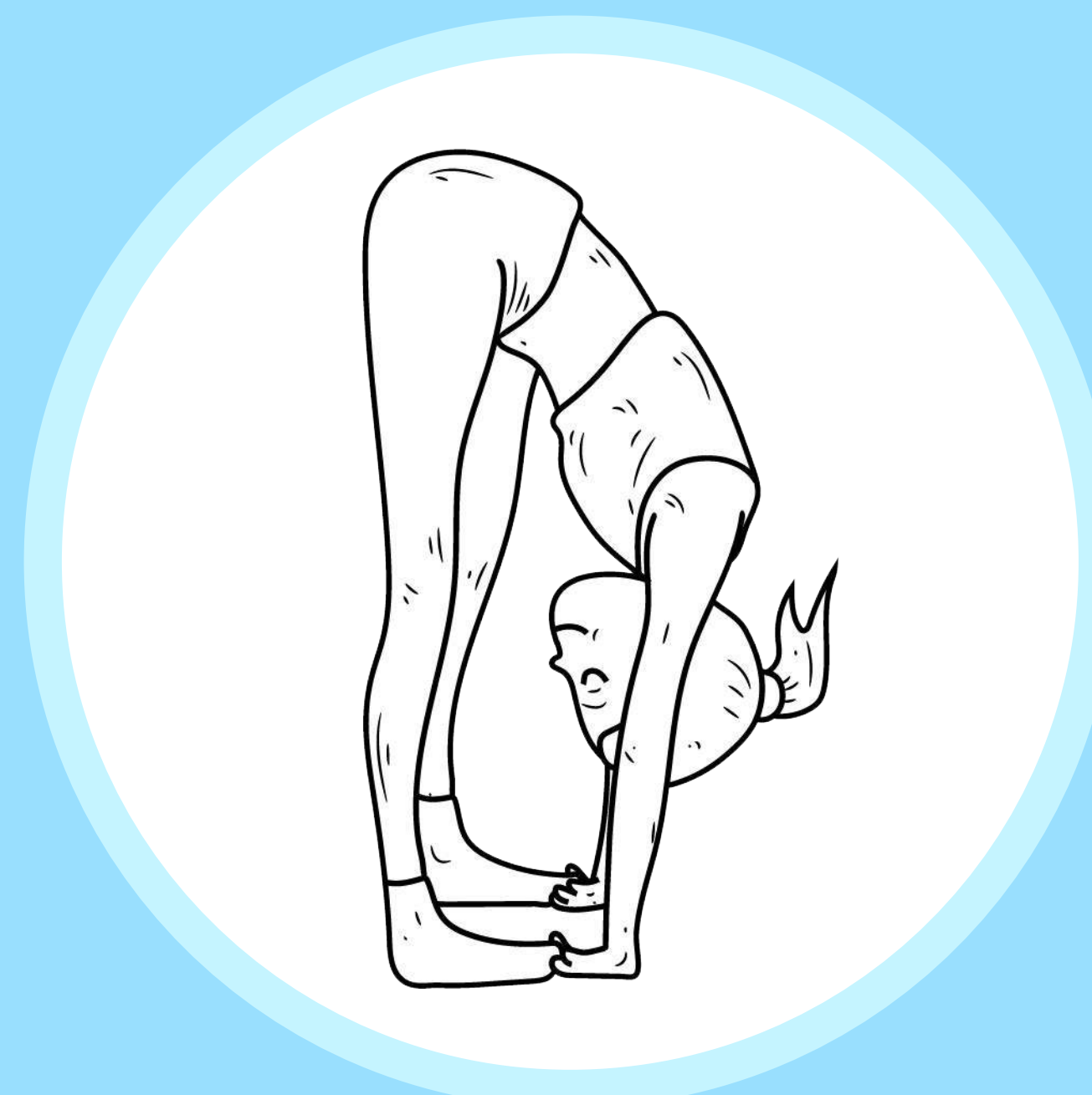
**Padmāsana**  
(lotus)



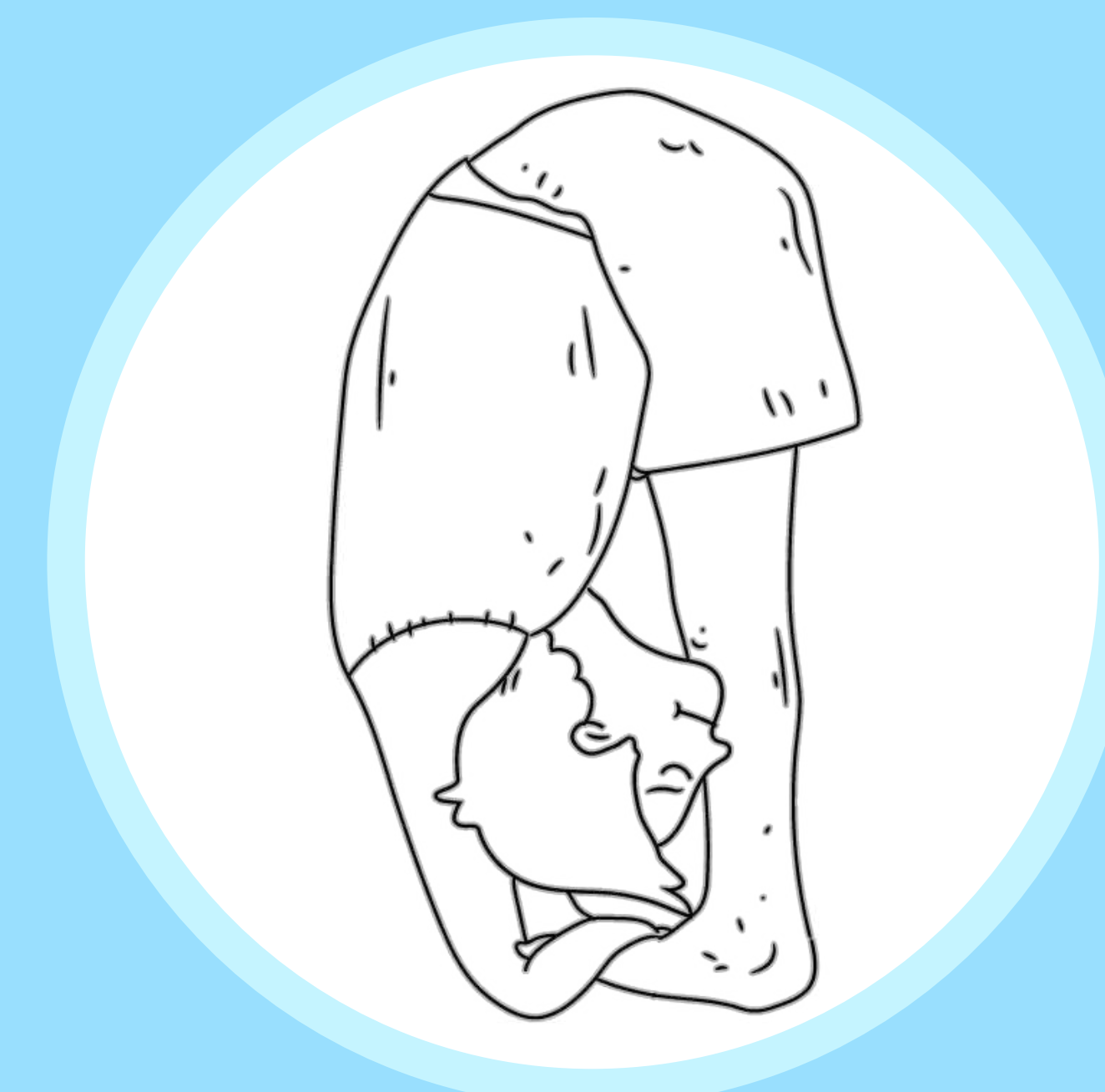
**Paryankāsana**  
(bed)



**Ardha Chandrāsana**  
(half moon)



**Pādānguṣṭhāsana**  
(hand to big toe)



**Pāda Hastāsana**  
(hand under foot)

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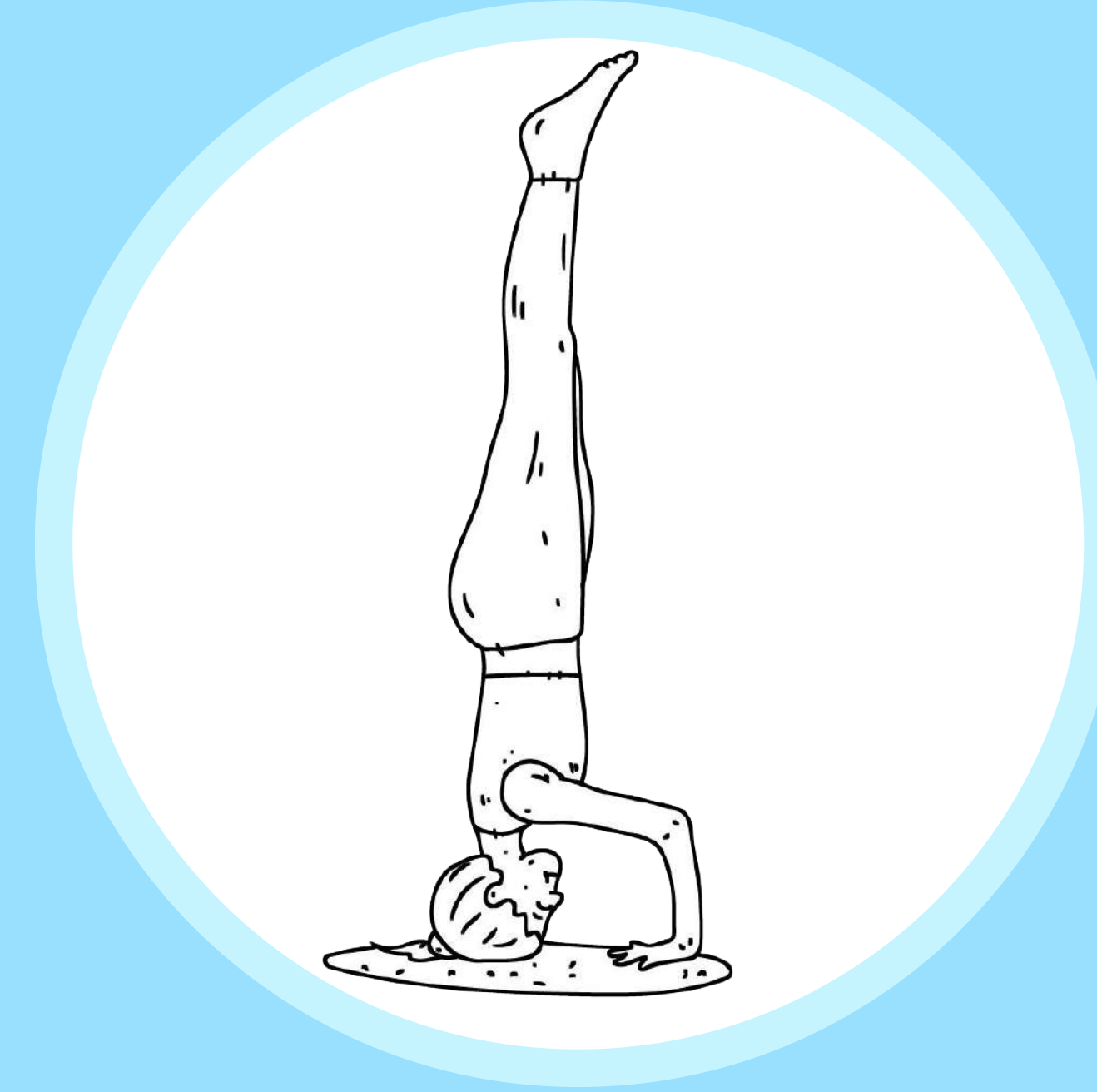
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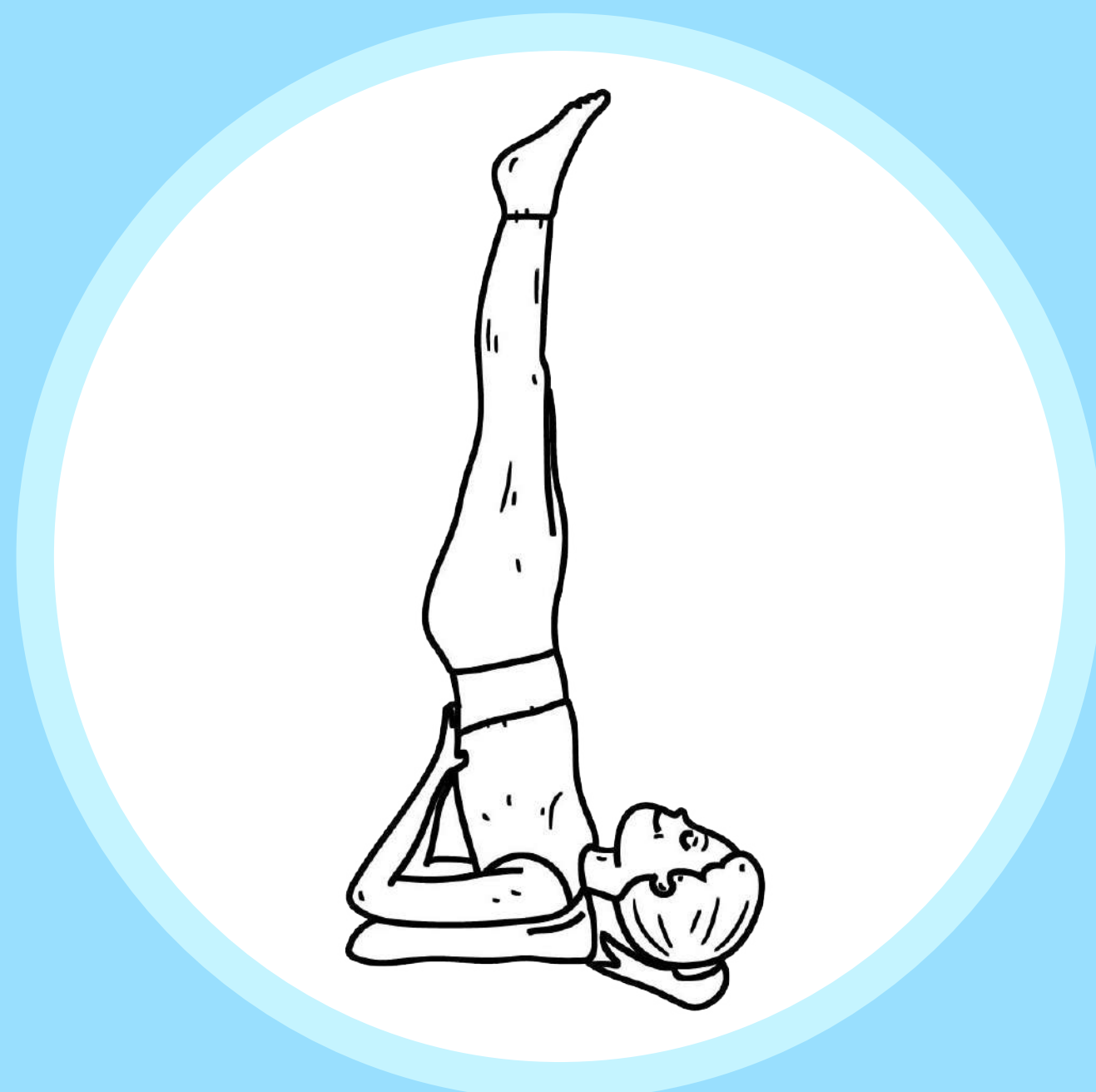
## Back Pain\* (p. 4 of 18)



**Uttānāsana**  
(forward fold)



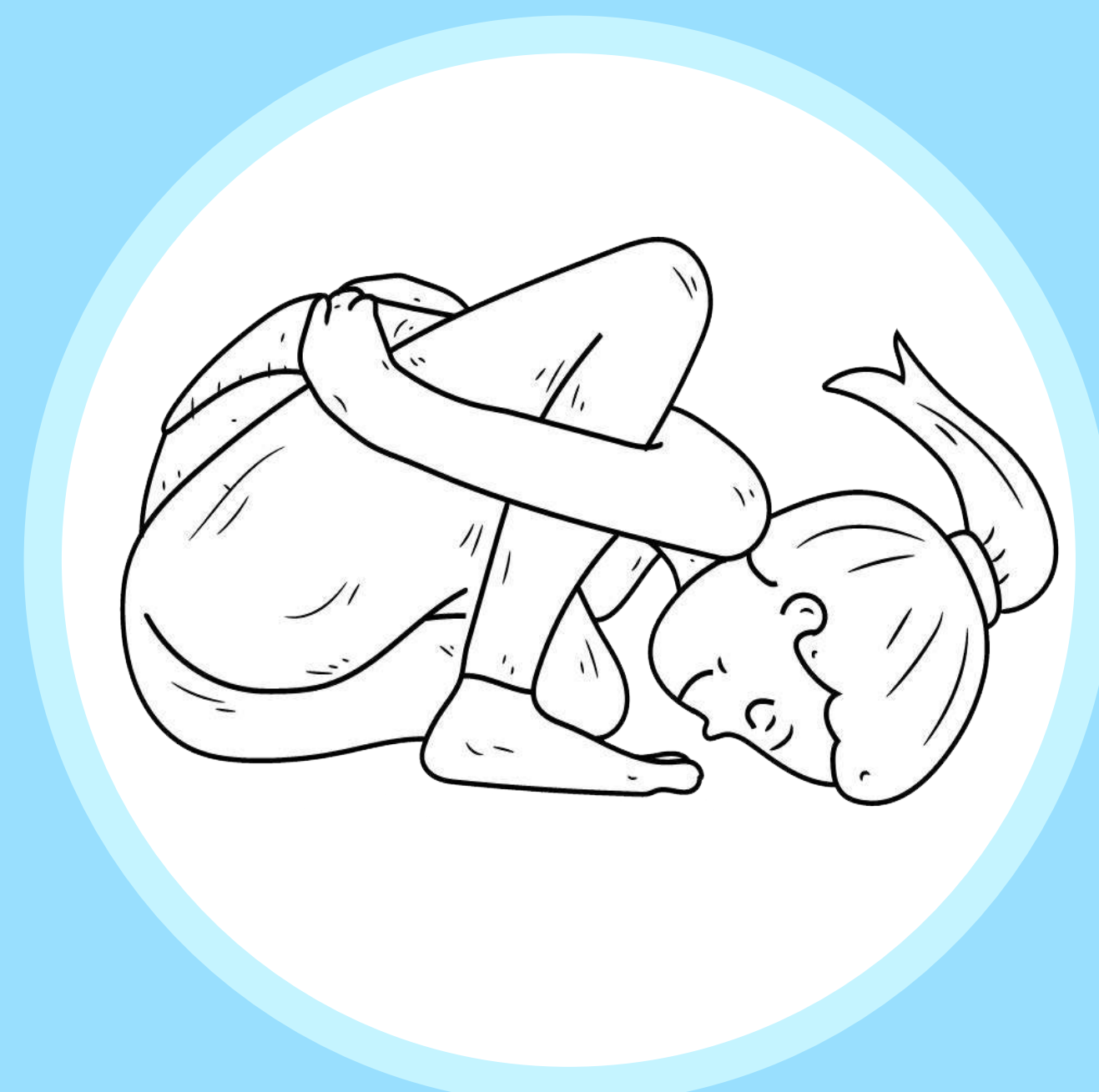
**Sirsasana**  
(head stand)



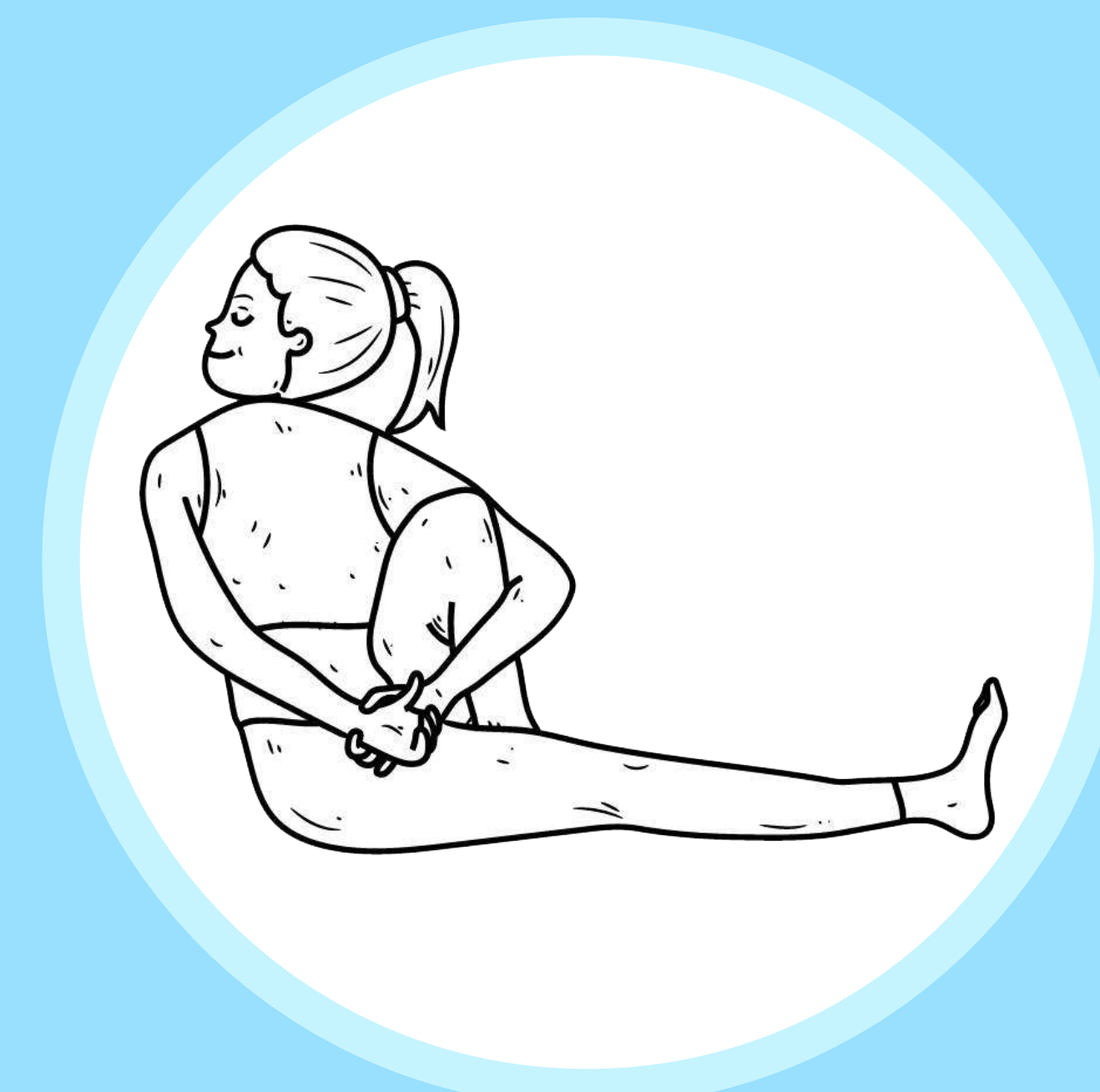
**Sarvāṅgāsana**  
(shoulder stand)



**Ardha Marīchyāsana I**  
(bound forward fold)



**Ardha Marīchyāsana II**  
(half lotus bound forward fold)



**Ardha Marīchyāsana III**  
(bound twist)

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## Back Pain\* (p. 5 of 18)



Ardha Marīchyāsana IV  
(half lotus bound twist)



Bharadwājāsana I  
(father of drona)



Bharadwājāsana II  
(father of drona)



Viranchyasana



Pāśāsana  
(cord)



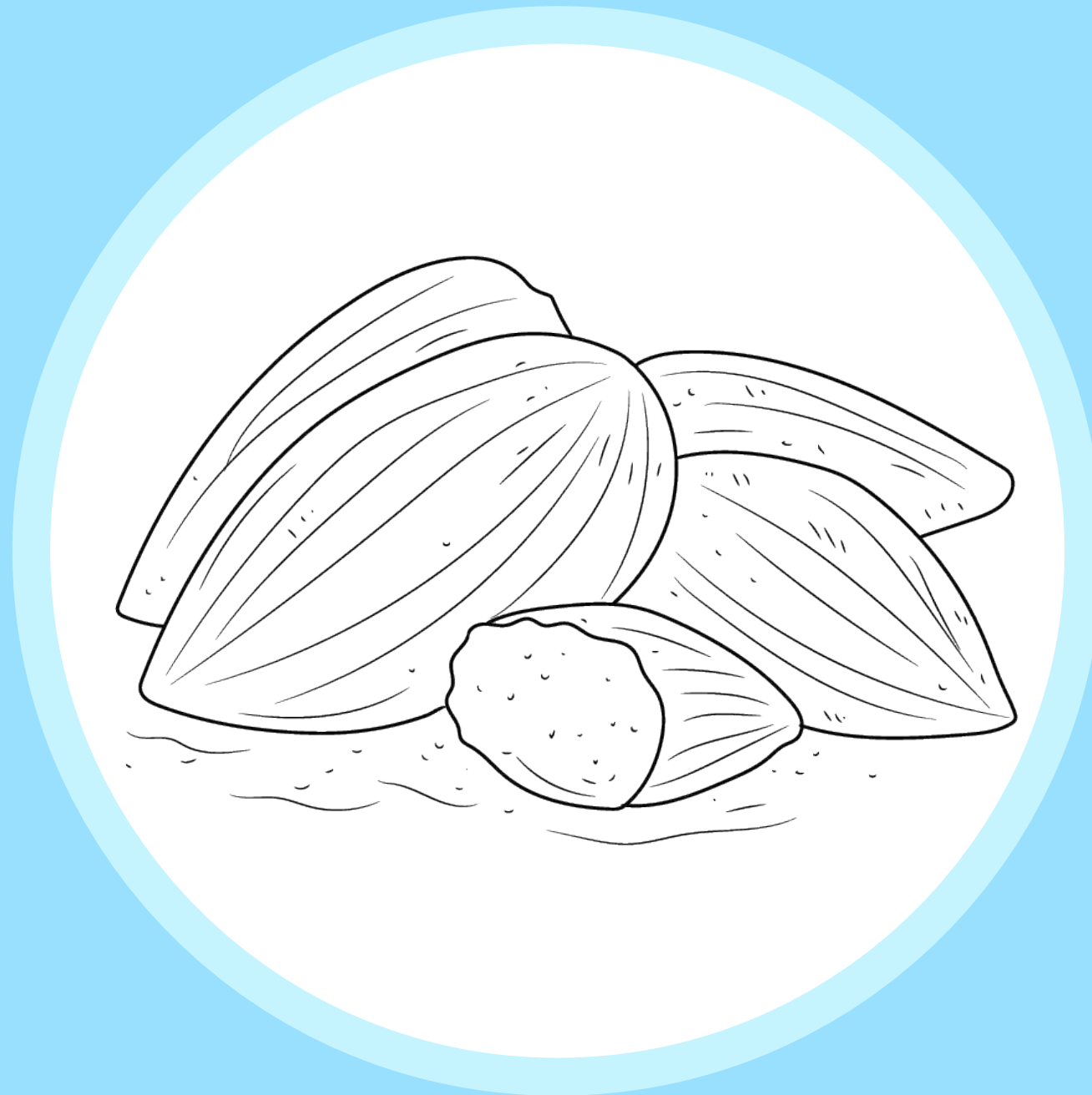
Parighāsana  
(gate)

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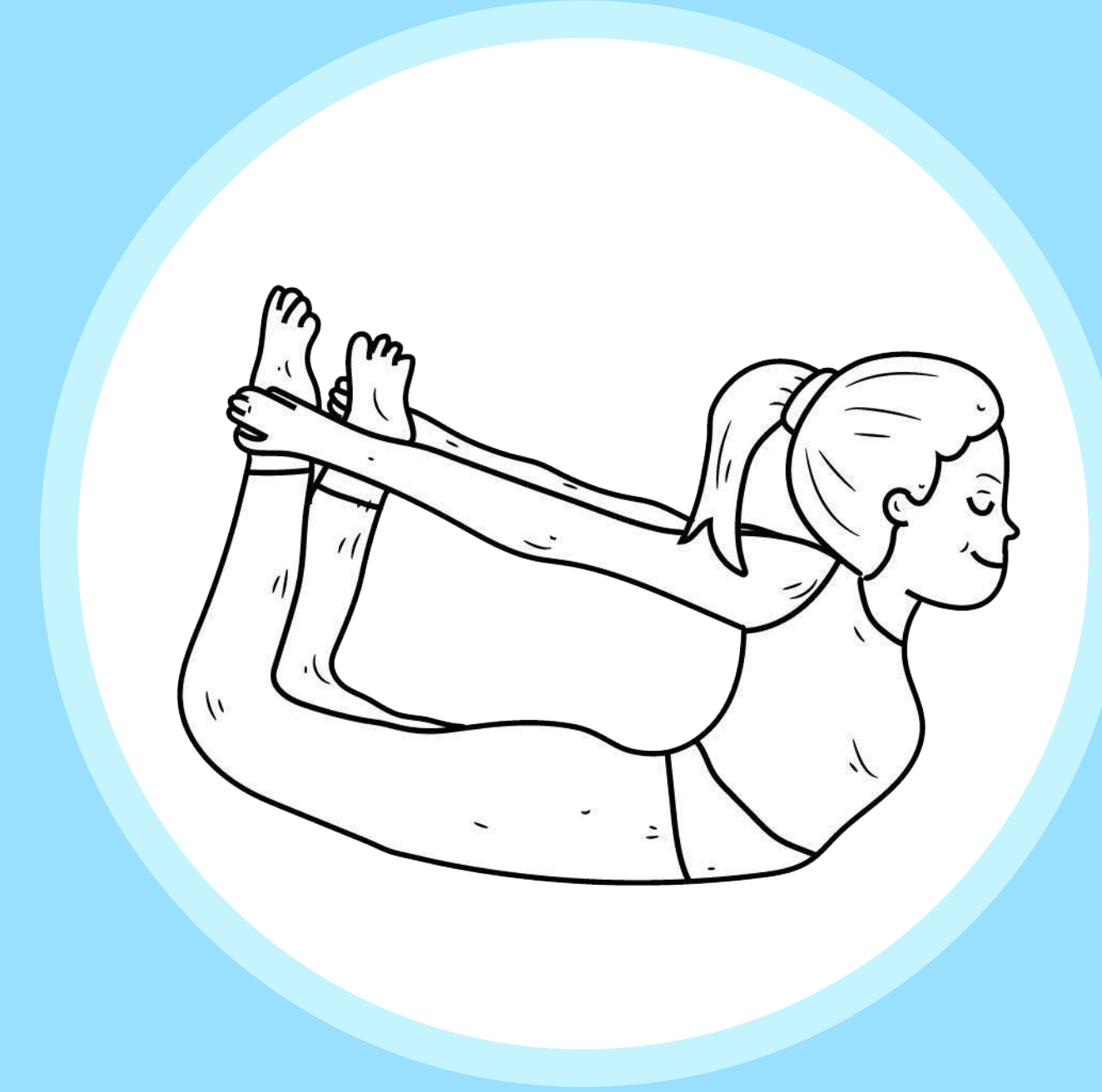
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## Back Pain\* (p. 6 of 18)



Almond



Dhanurāsana  
(bow)



Pārśva Dhanurāsana  
(side bow)



Adhomukha Śvānāsana  
(downward dog)



Ūṣṭrāsana  
(camel)



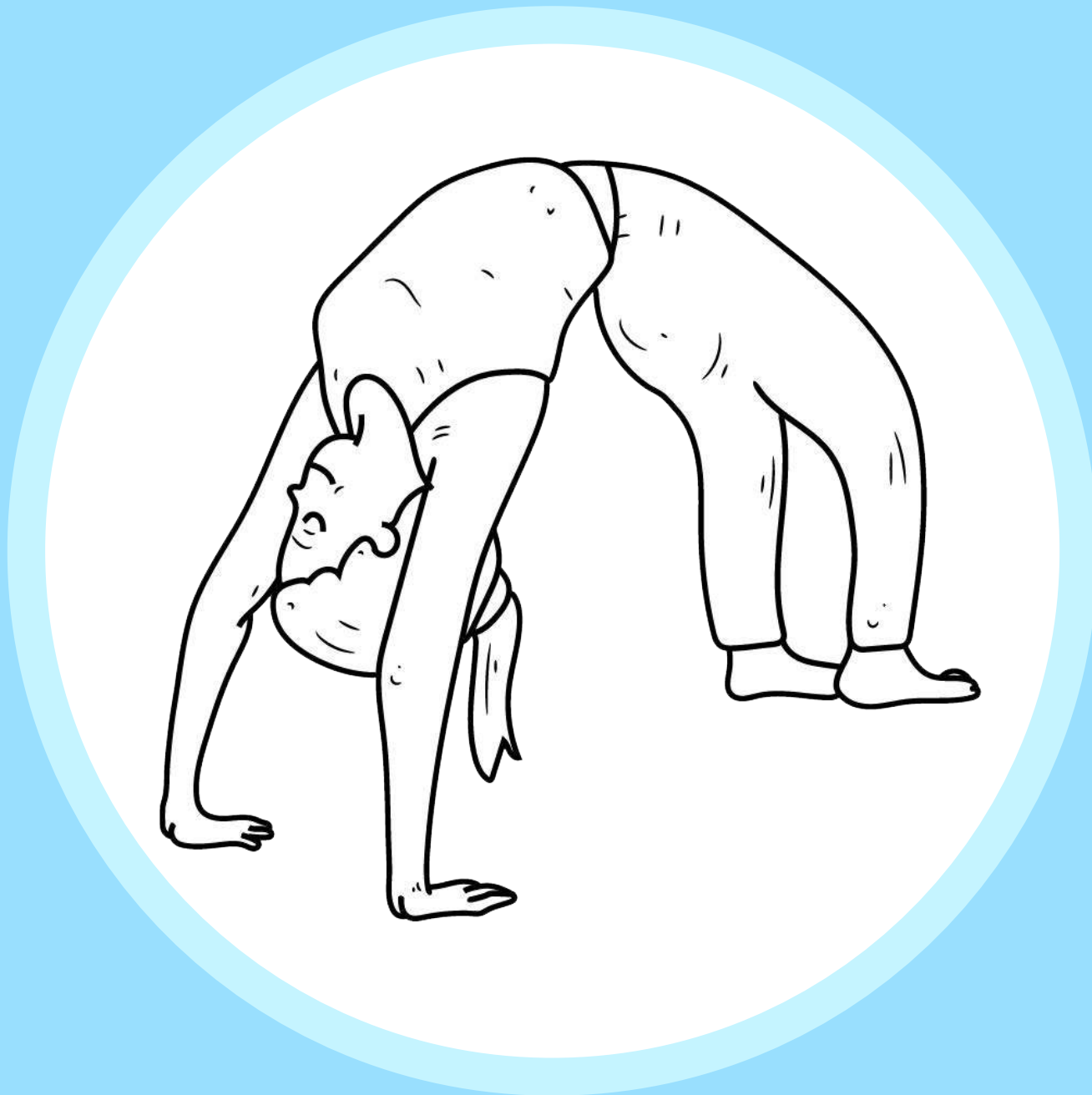
Setubandhāsana  
(bridge)

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## Back Pain\* (p. 7 of 18)



Chakrāsana  
(wheel)



Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)



Adhomukha Vṛkṣāsana  
(handstand)



Pincha Mayūrāsana  
(peacock feather)



Gomukhāsana  
(cow face)



Calcium

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## Back Pain\* (p. 8 of 18)



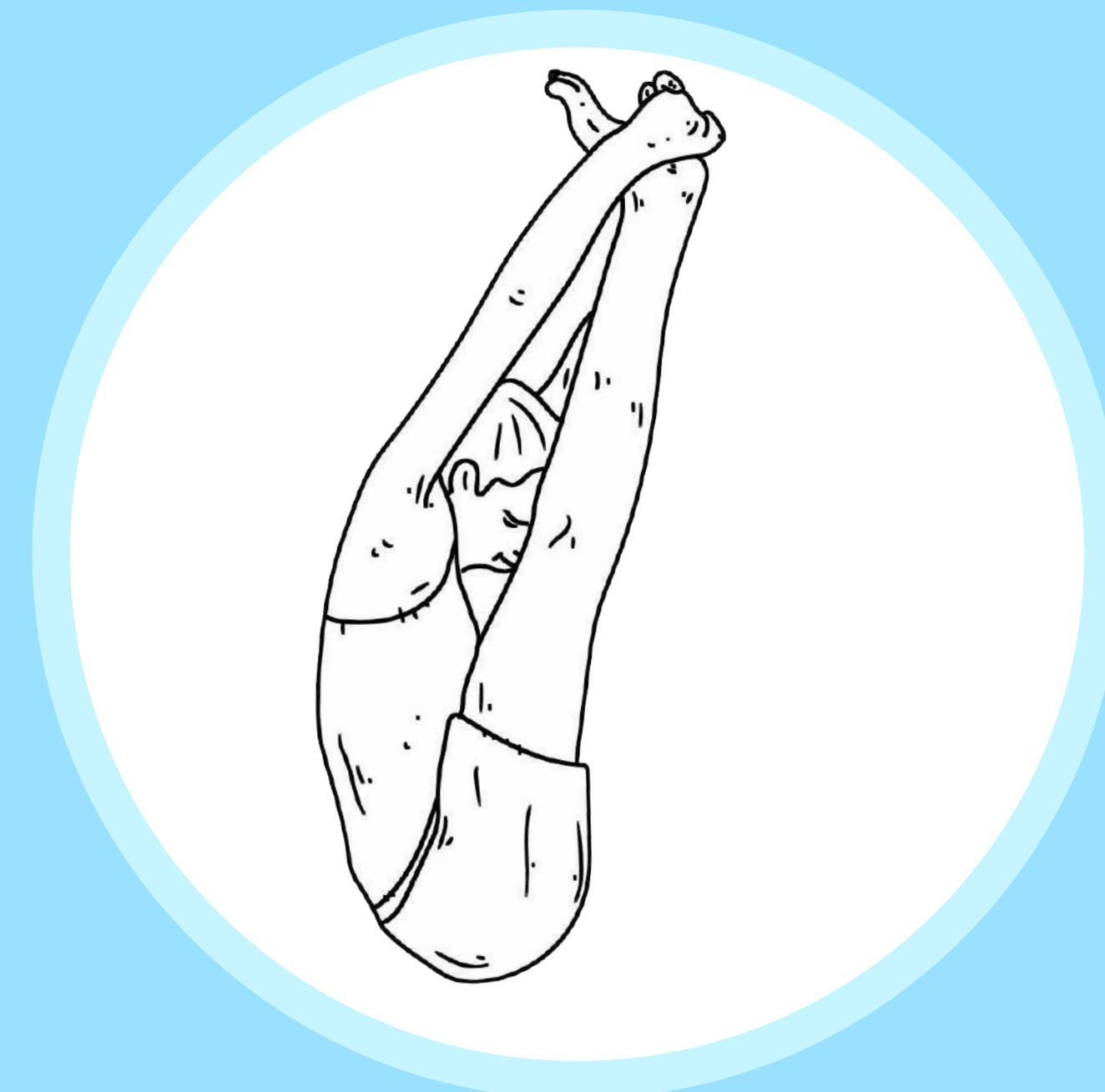
Paschimottānāsana  
(staff)



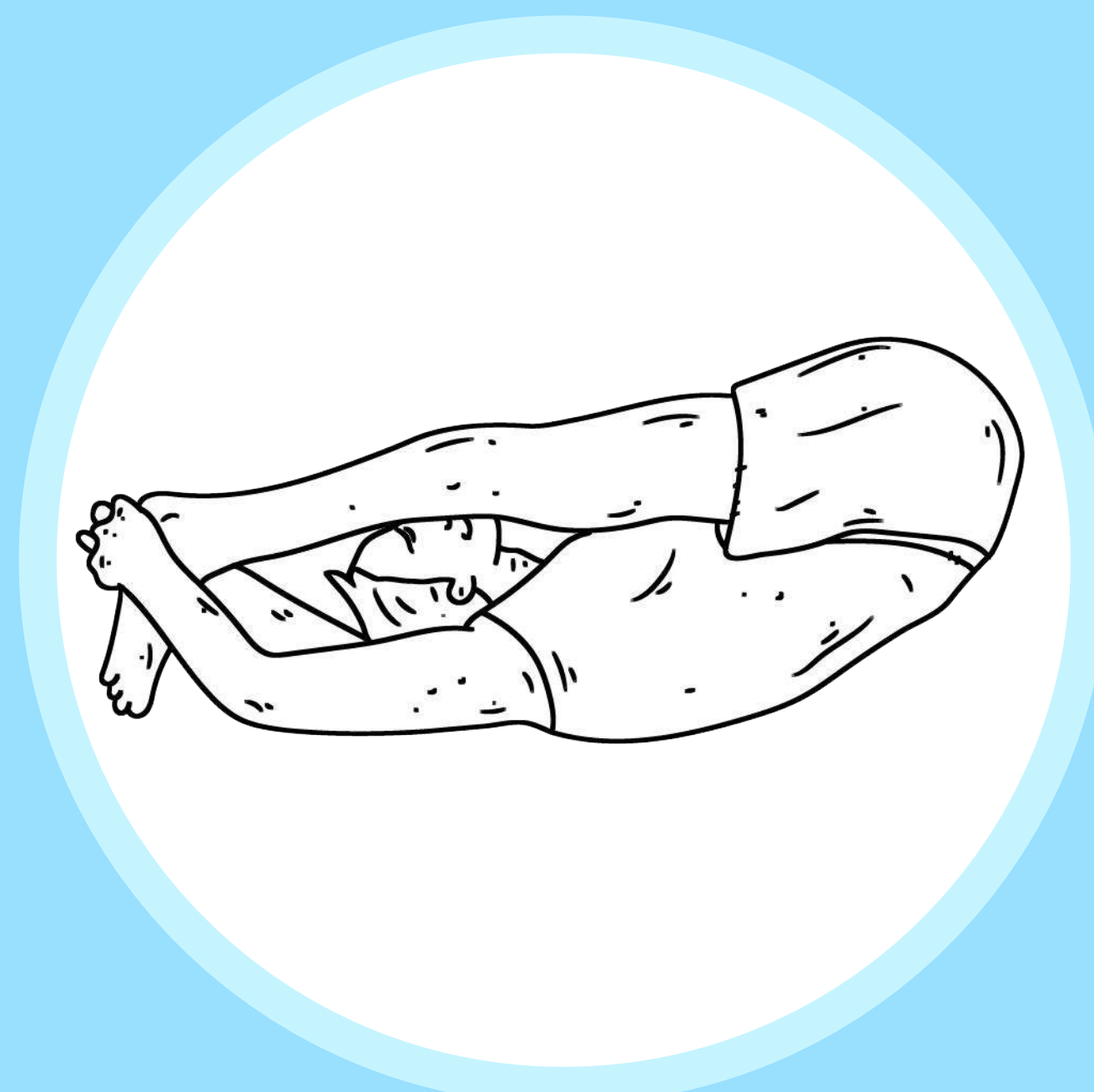
Kapotāsana  
(pigeon)



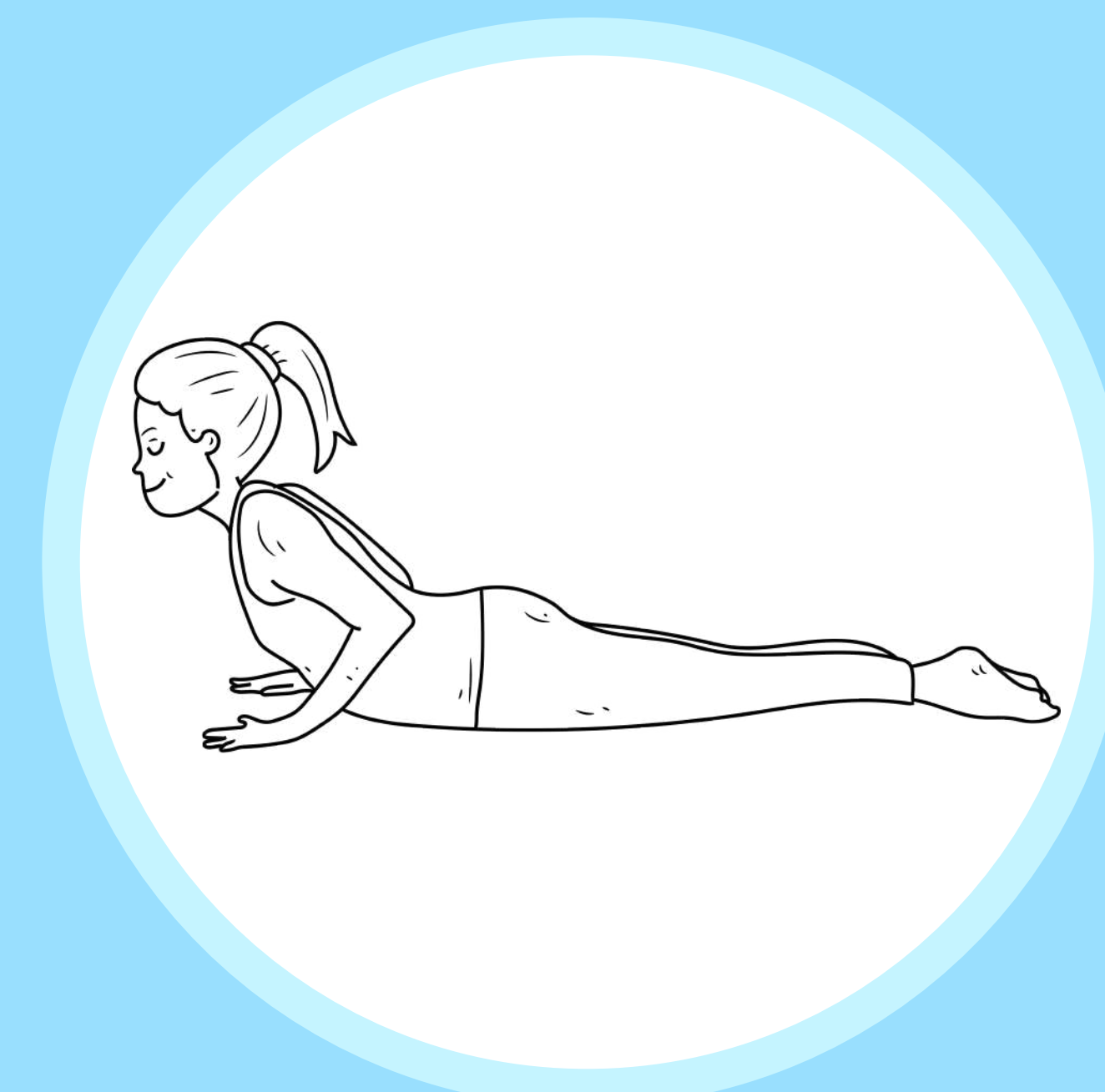
Laghuvajrāsana  
(little thunder)



Ūrdhvamukha Paschimottānāsana I  
(upward staff)



Ūrdhvamukha Paschimottānāsana II  
(inverted staff)



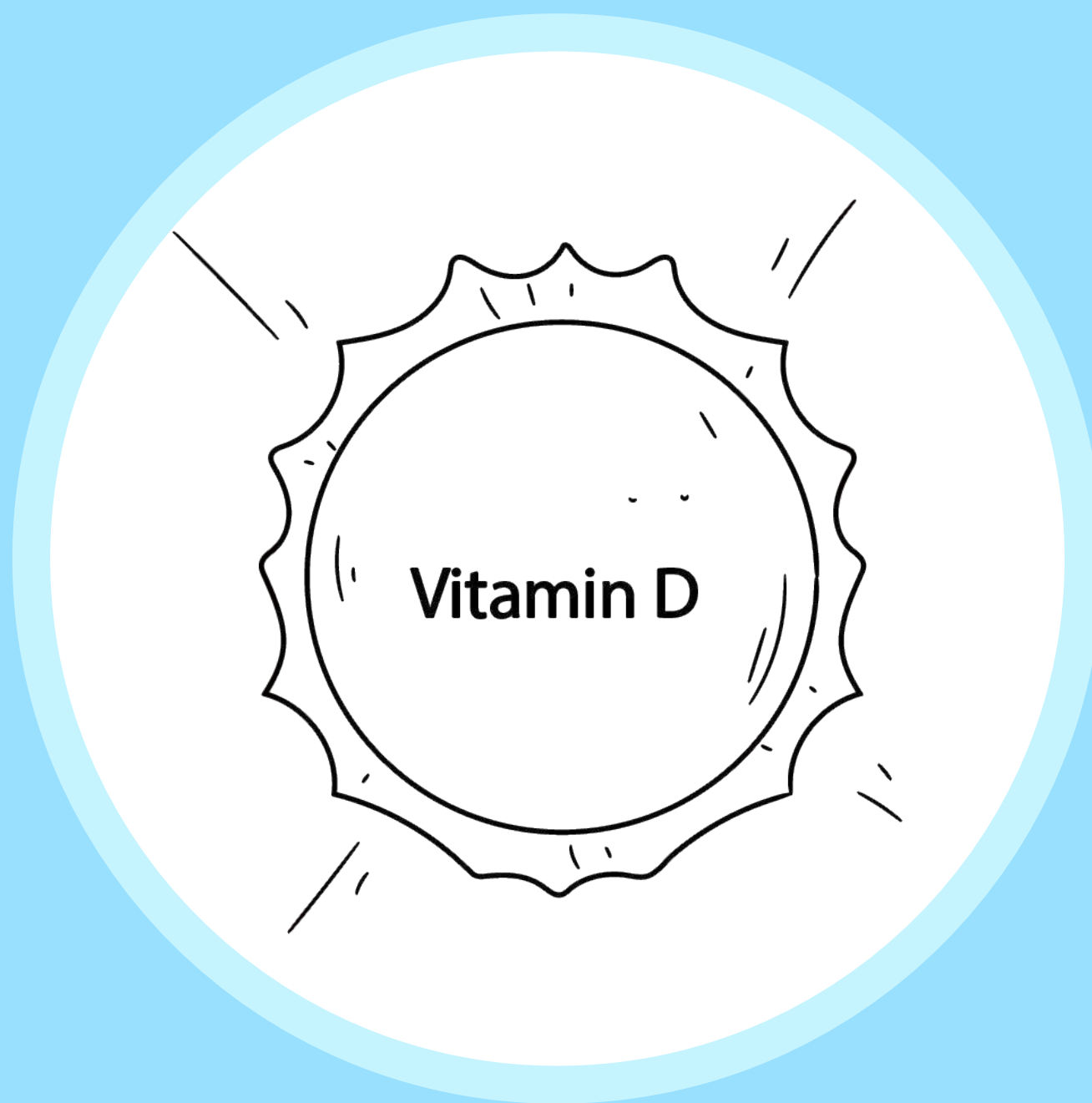
Bhujangāsana I  
(cobra I)

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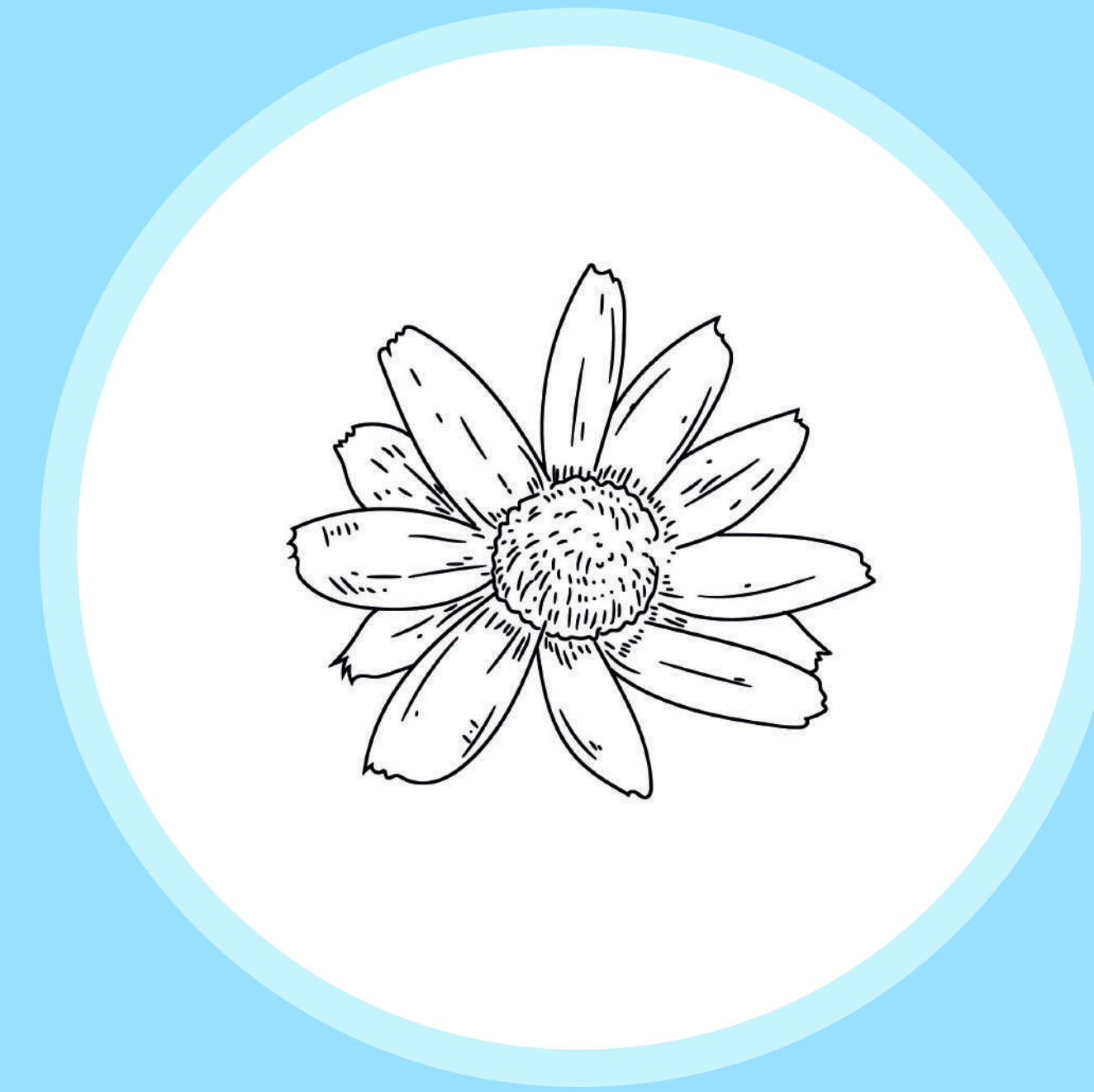
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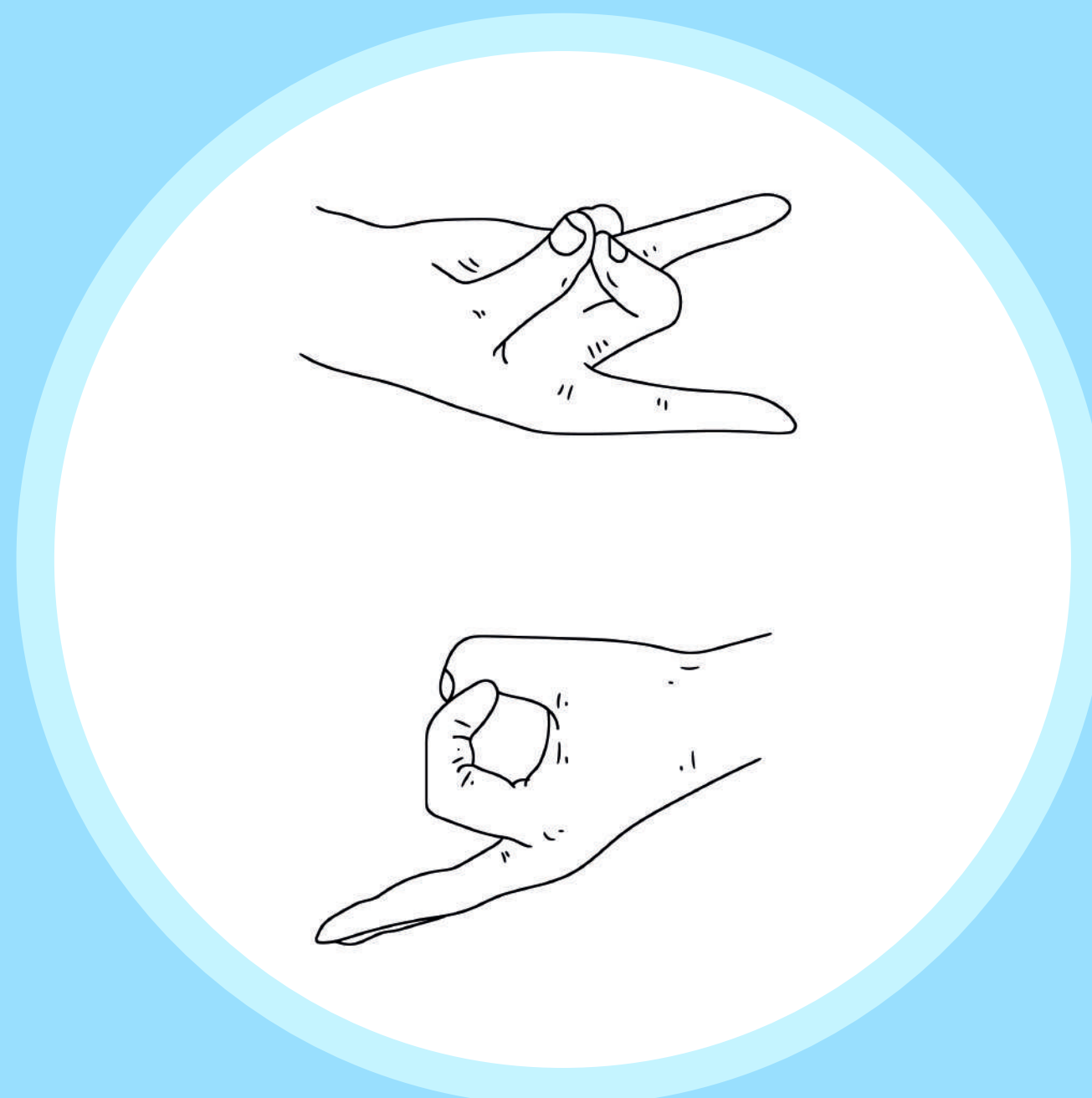
## Back Pain\* (p. 9 of 18)



Vitamin D



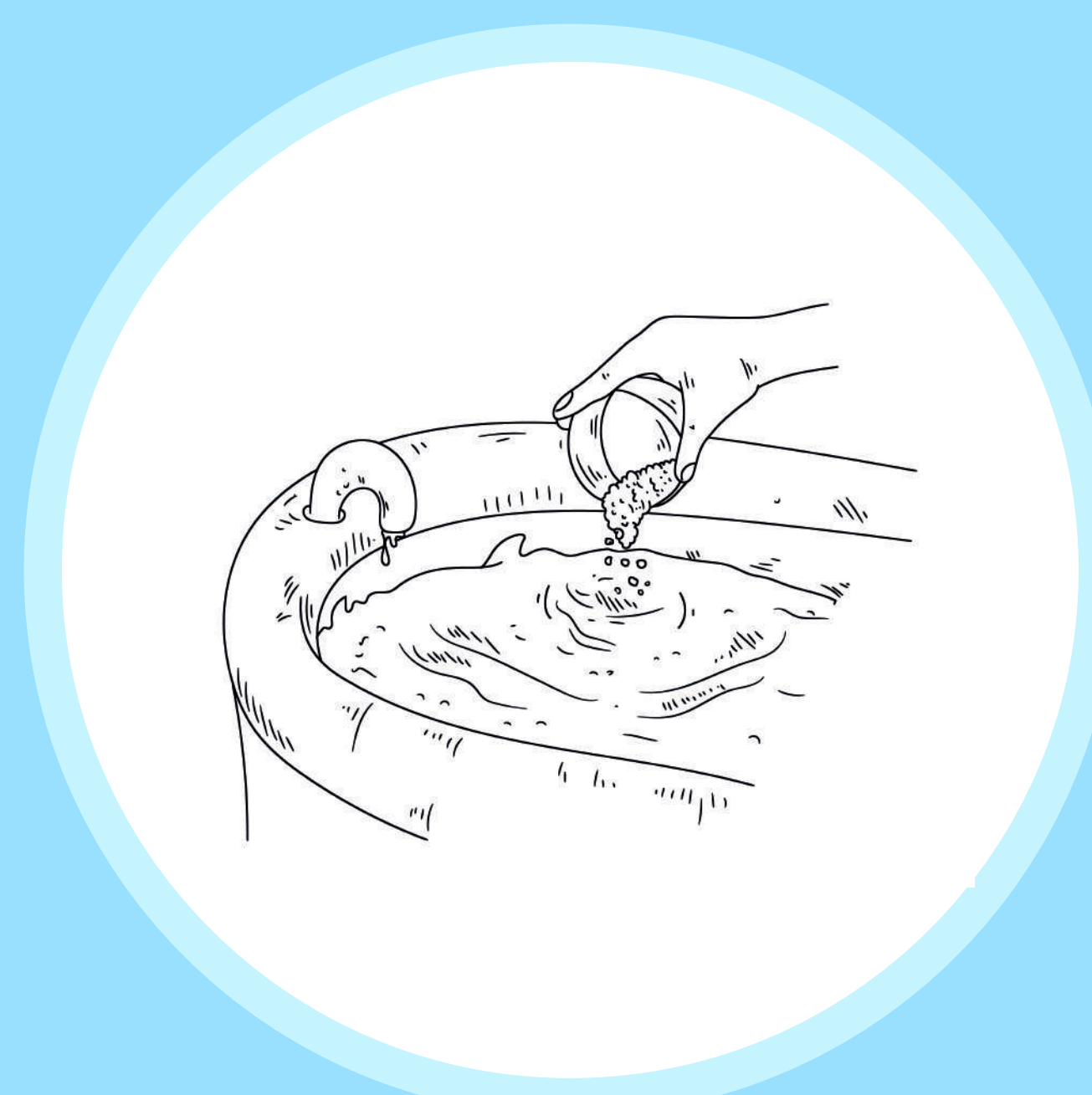
Arnica



Back Mudra



Comfrey



Epsom Salt Bath

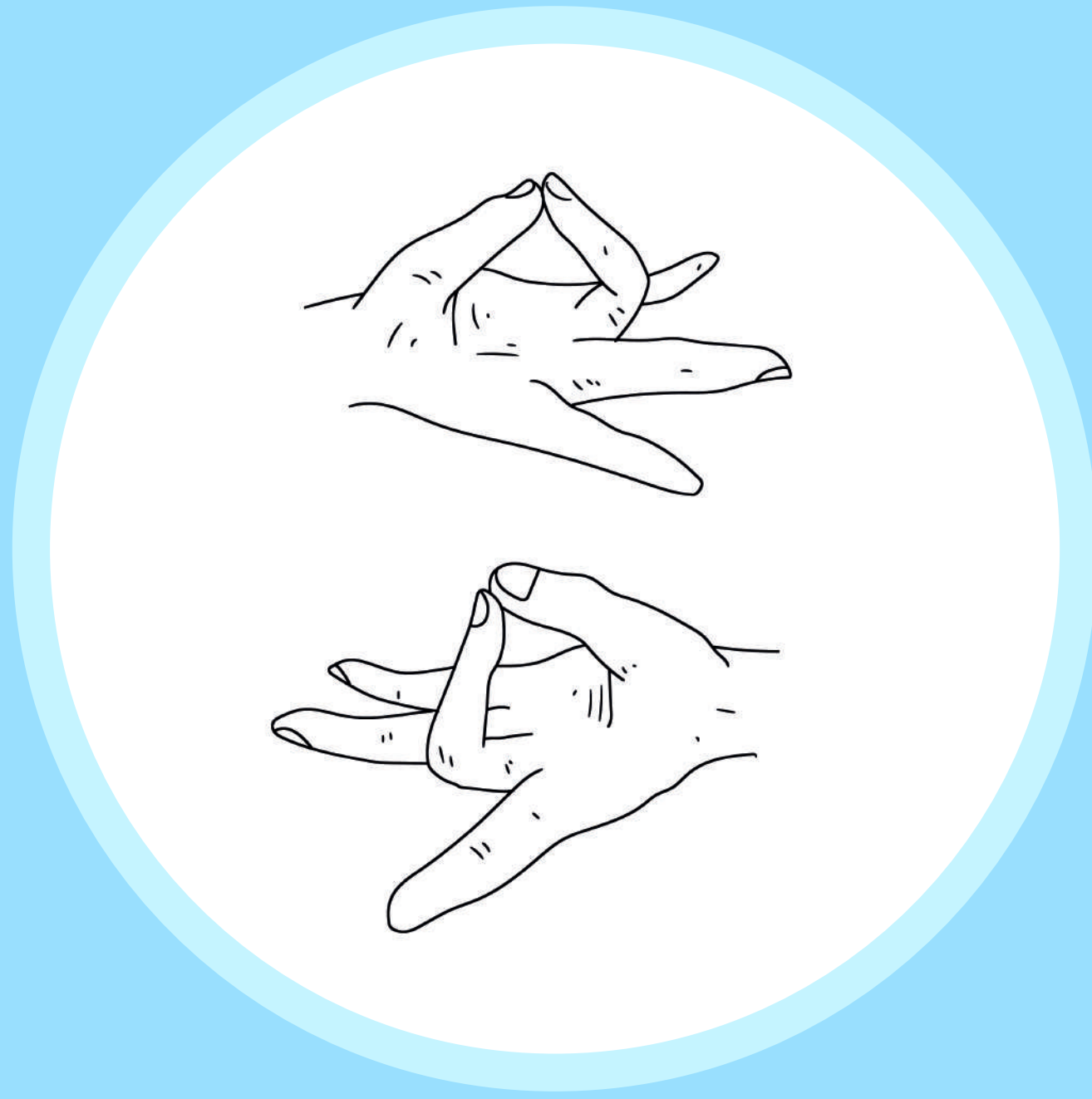


Green Tea

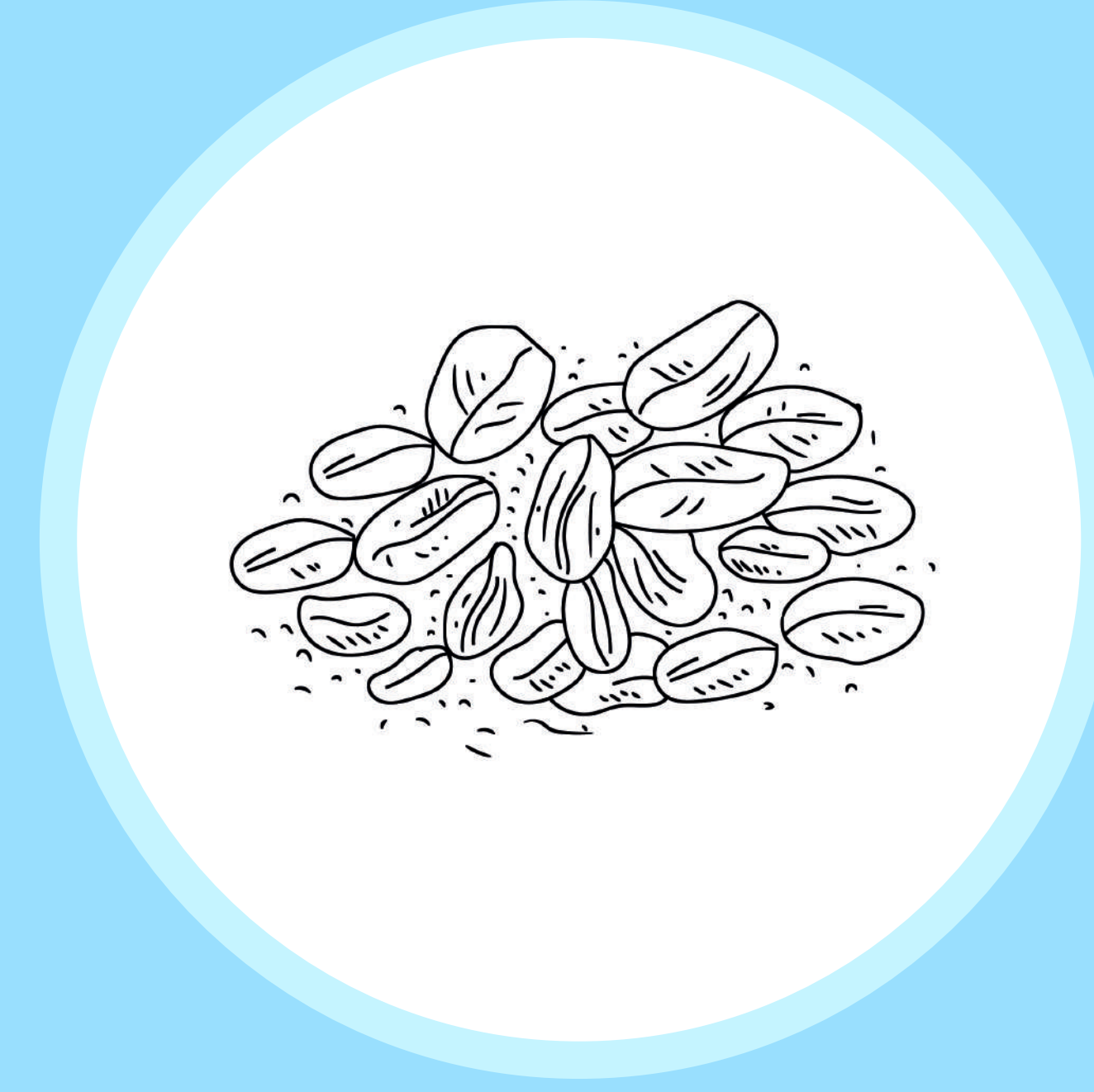
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## Back Pain\* (p. 10 of 18)



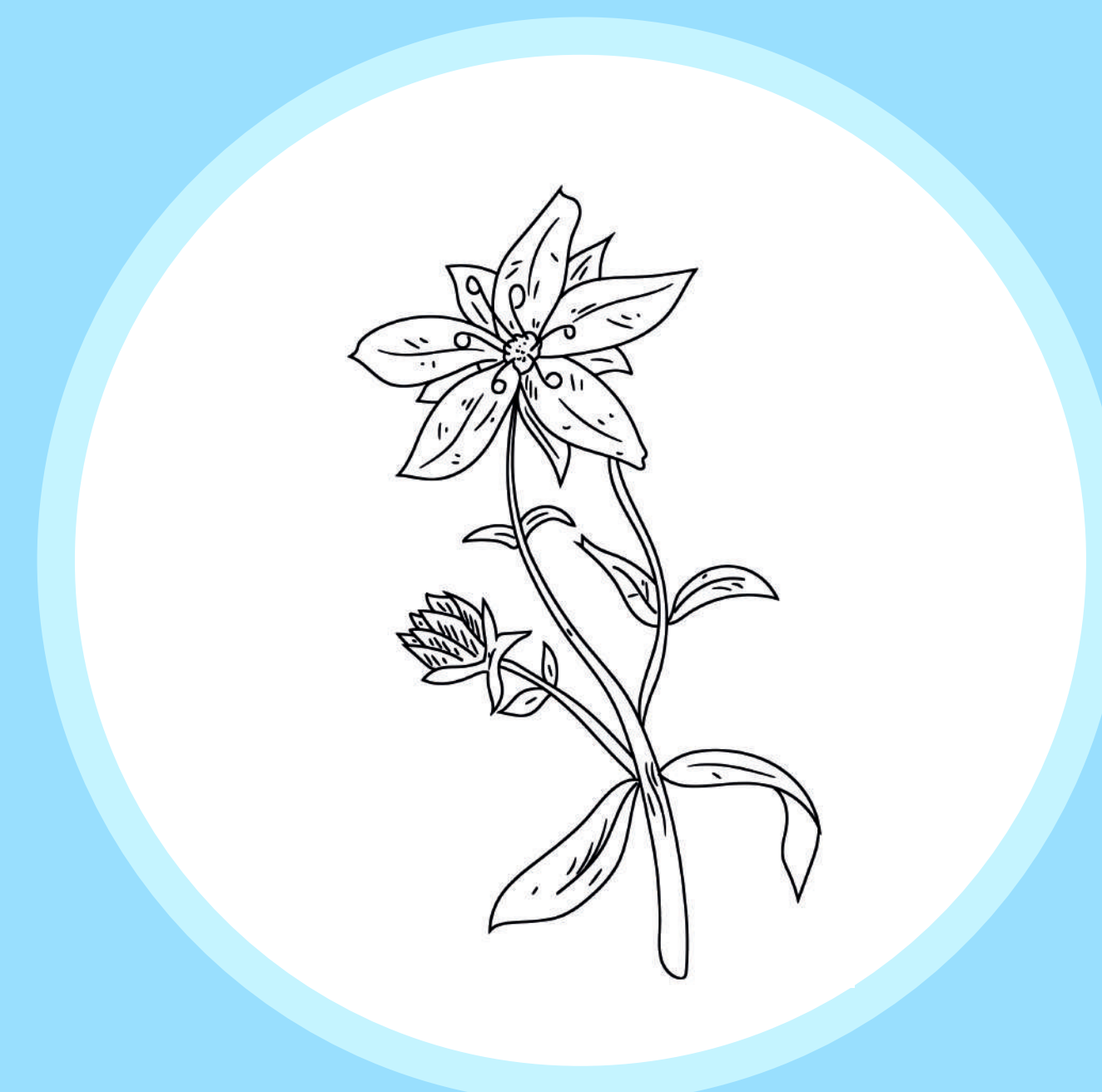
Joint Mudra



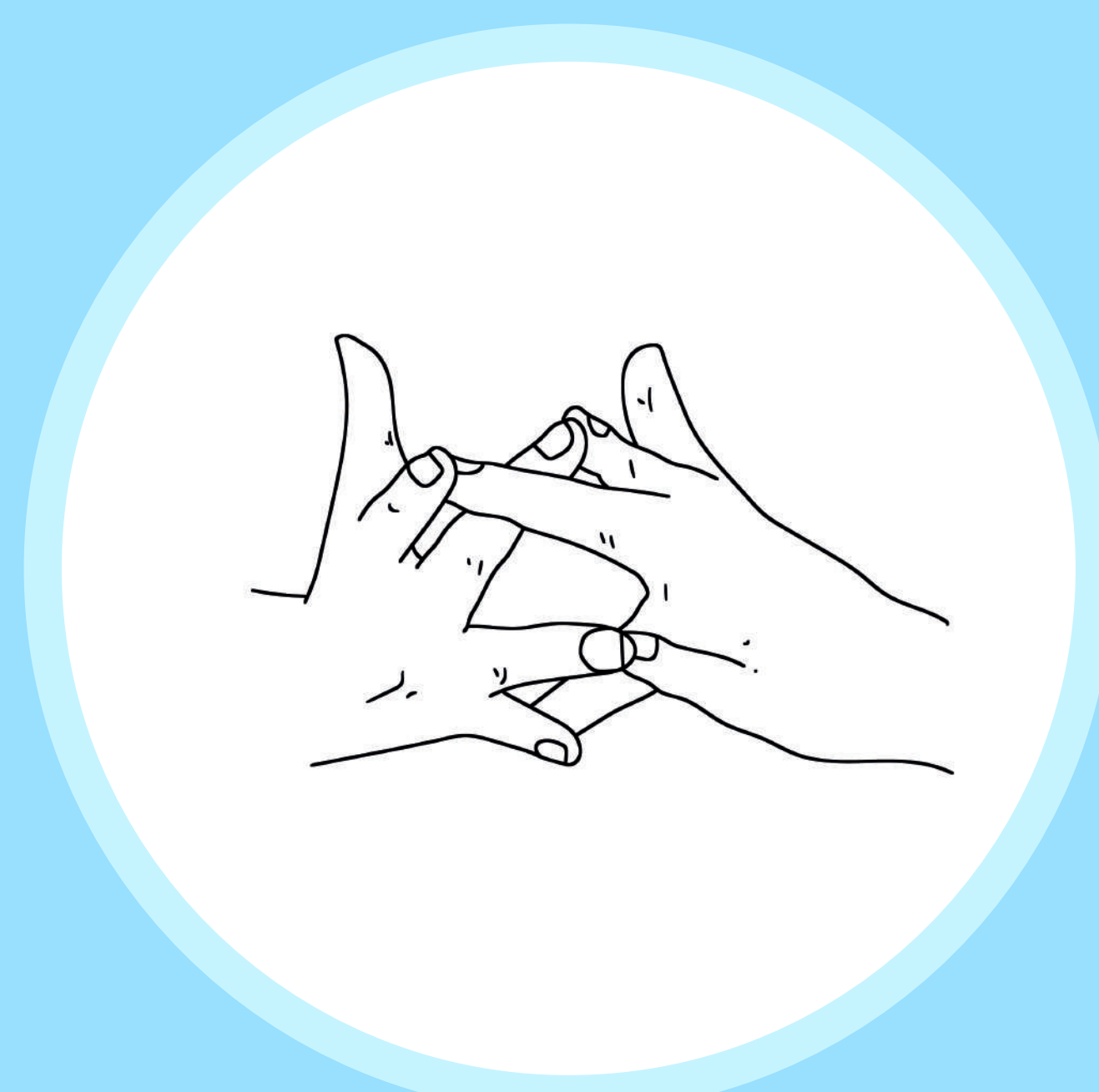
Oat



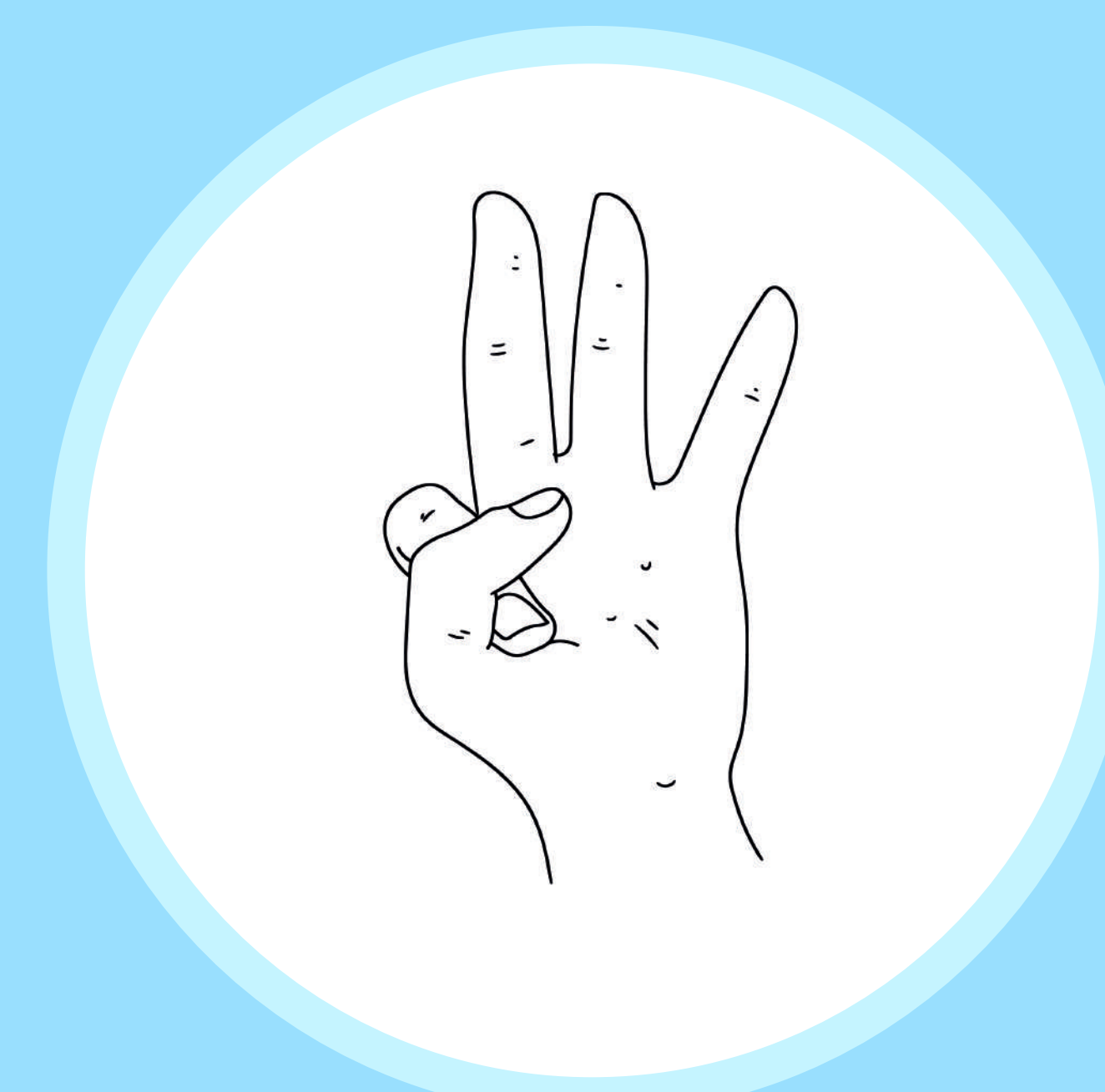
Olive Oil  
(massaged into body)



St John's Wort



Surabhi Mudra



Vayu Mudra

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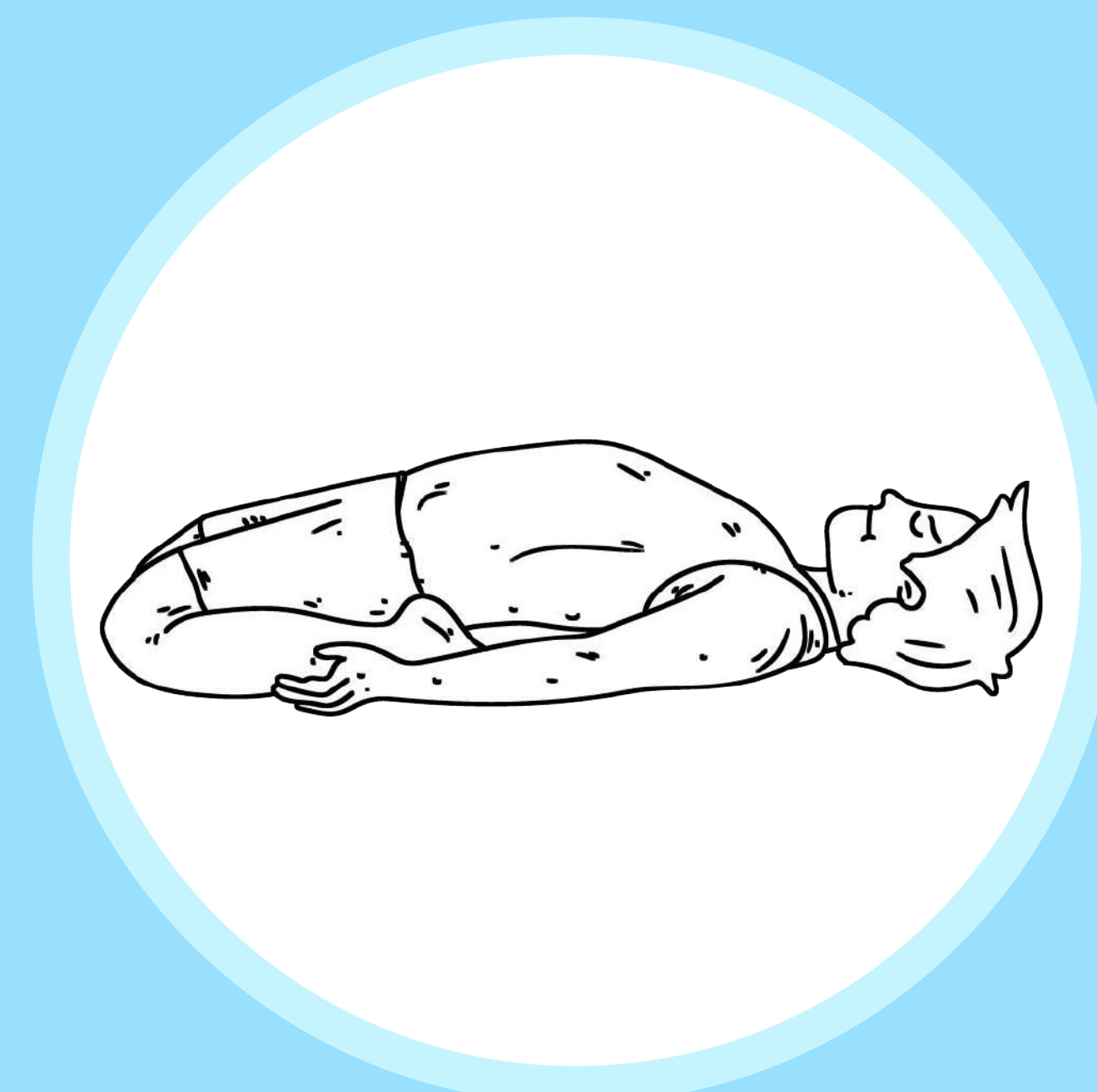
Nādi Śodhana  
(alternate nostril breathing)#



Parvatāsana  
(mountain)#



Matsyāsana  
(fish)#



Supta Virasana  
(reclining horse)#



Ūrdhva Mukha Śvānāsana  
(upward dog)#



Bitilasana-Marjaryasana  
(cat-cow)#

# especially good for displaced spinal discs.

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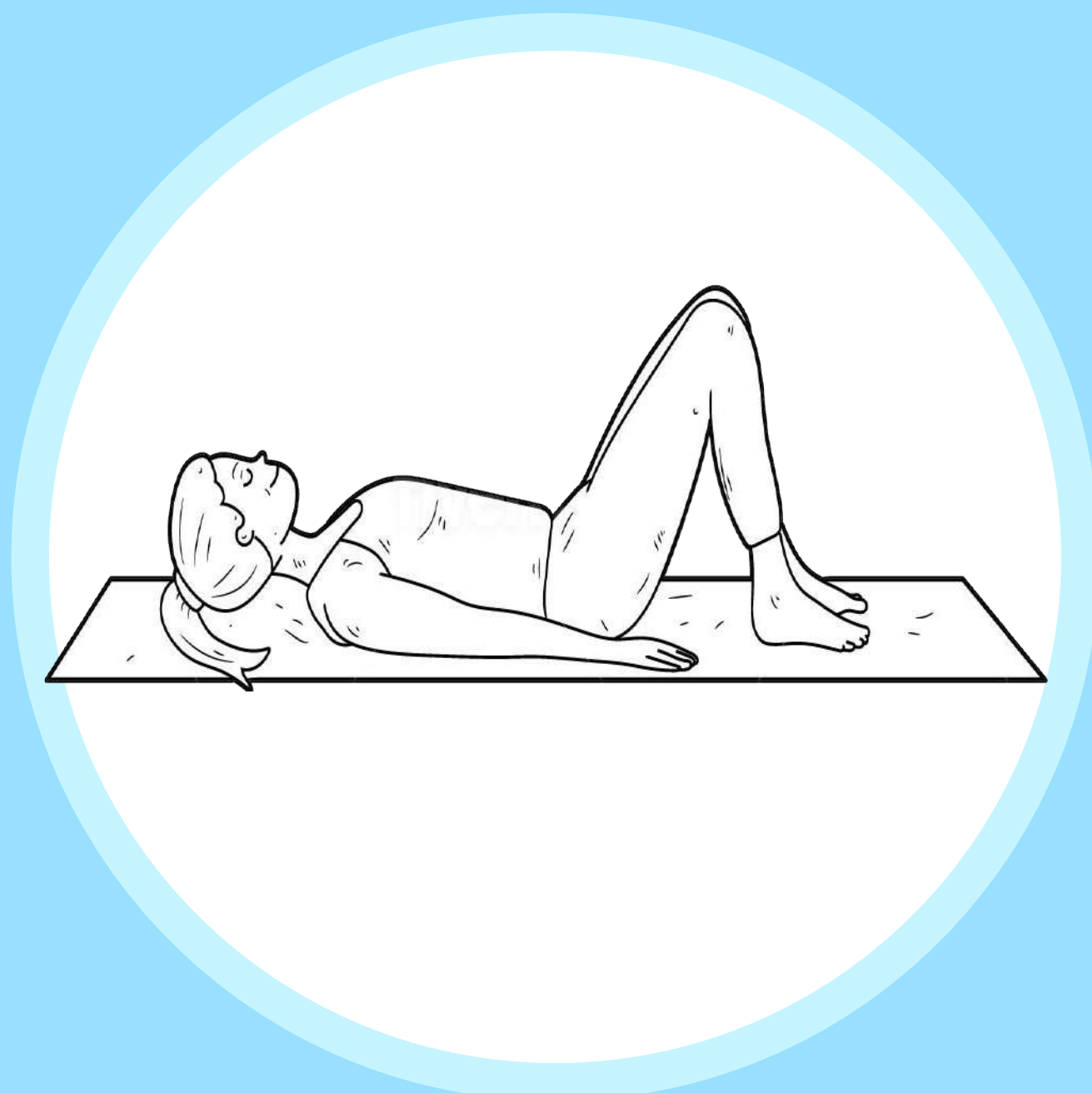
## Back Pain\* (p. 12 of 18)



Makarāsana  
(crocodile)#



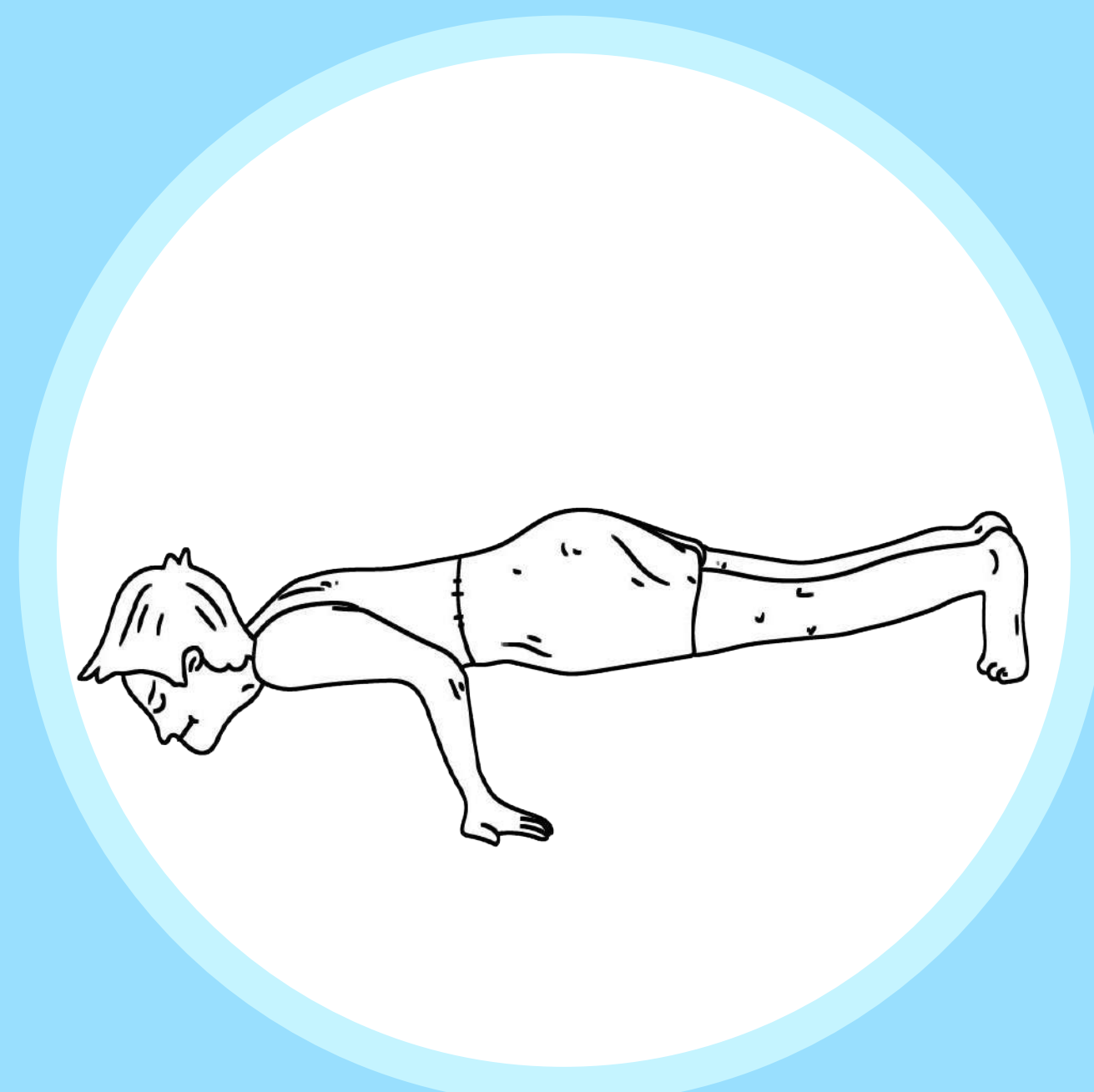
Any Standing Posture#



Core Strengthening#



Paṛivṛtta Paschimottānāsana  
(revolved seated forward bend)#



Mayūrāsana  
(peacock)



Utkatasana  
(chair)

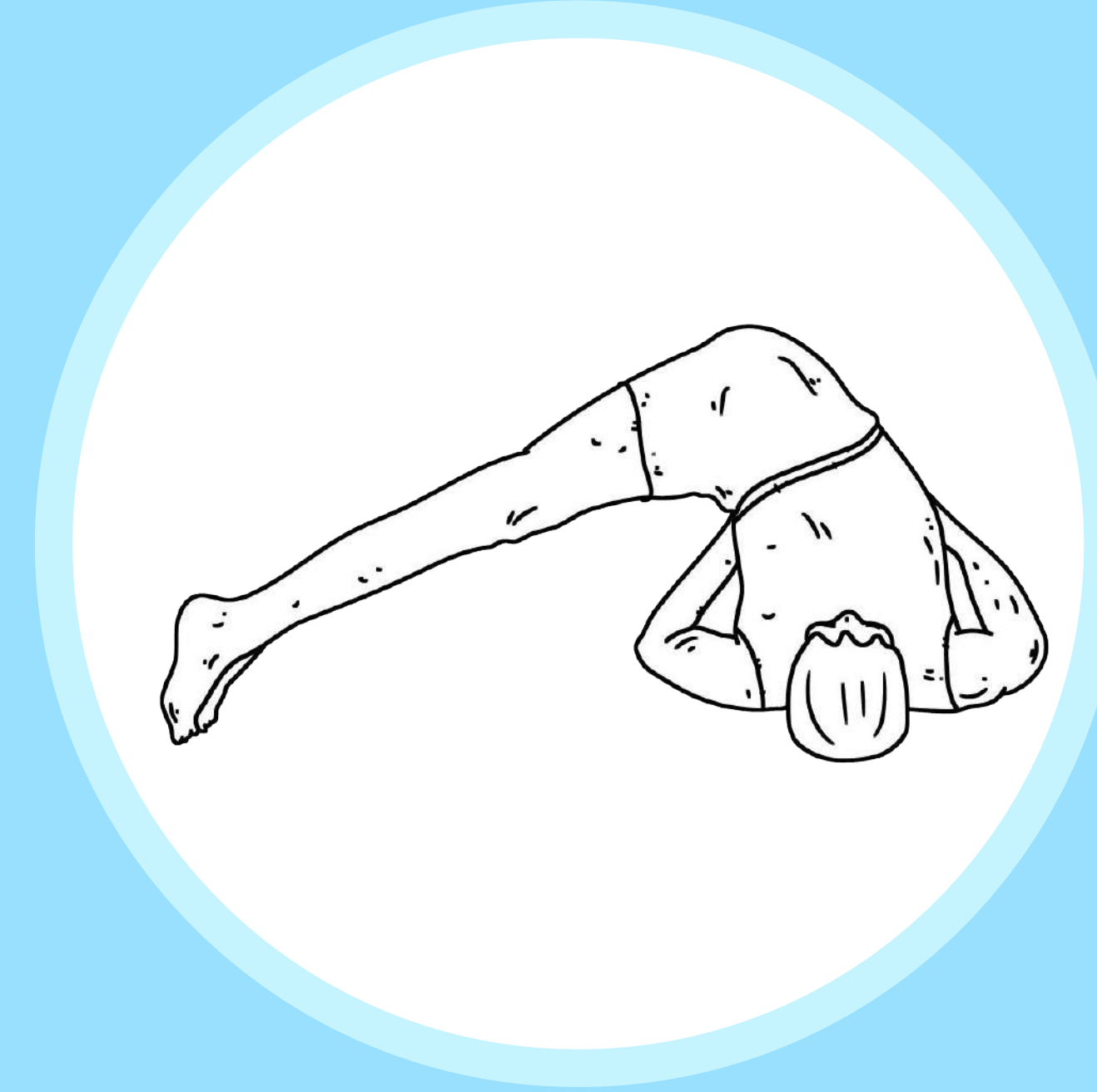
# especially good for displaced spinal discs.



## Back Pain\* (p. 13 of 18)



Viparīta Chakrāsana  
(inverted wheel)



Pārśva Halāsana  
(side plow)



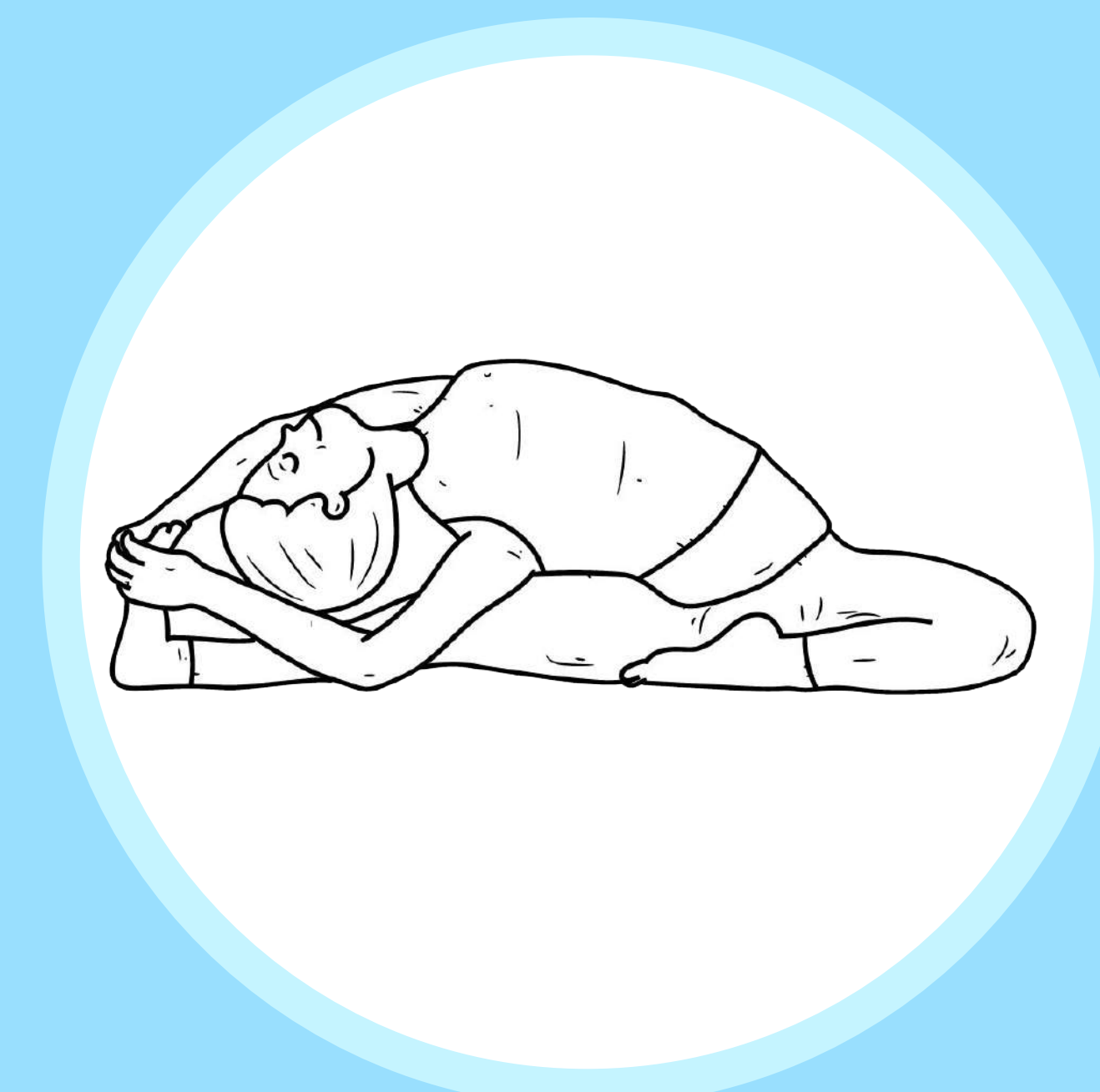
Supta Pādānguṣṭhāsana  
(reclined big toe)



Maṇḍalāsana  
(circle)



Jānu-Śīrṣāsanaa  
(head to knee)



Paṛivṛtta Jānu-Śīrṣāsanaa  
(revolved head to knee)

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## Back Pain\* (p. 14 of 18)



Mālāsana  
(garland) II



Baddha Konasana  
(bound angle)



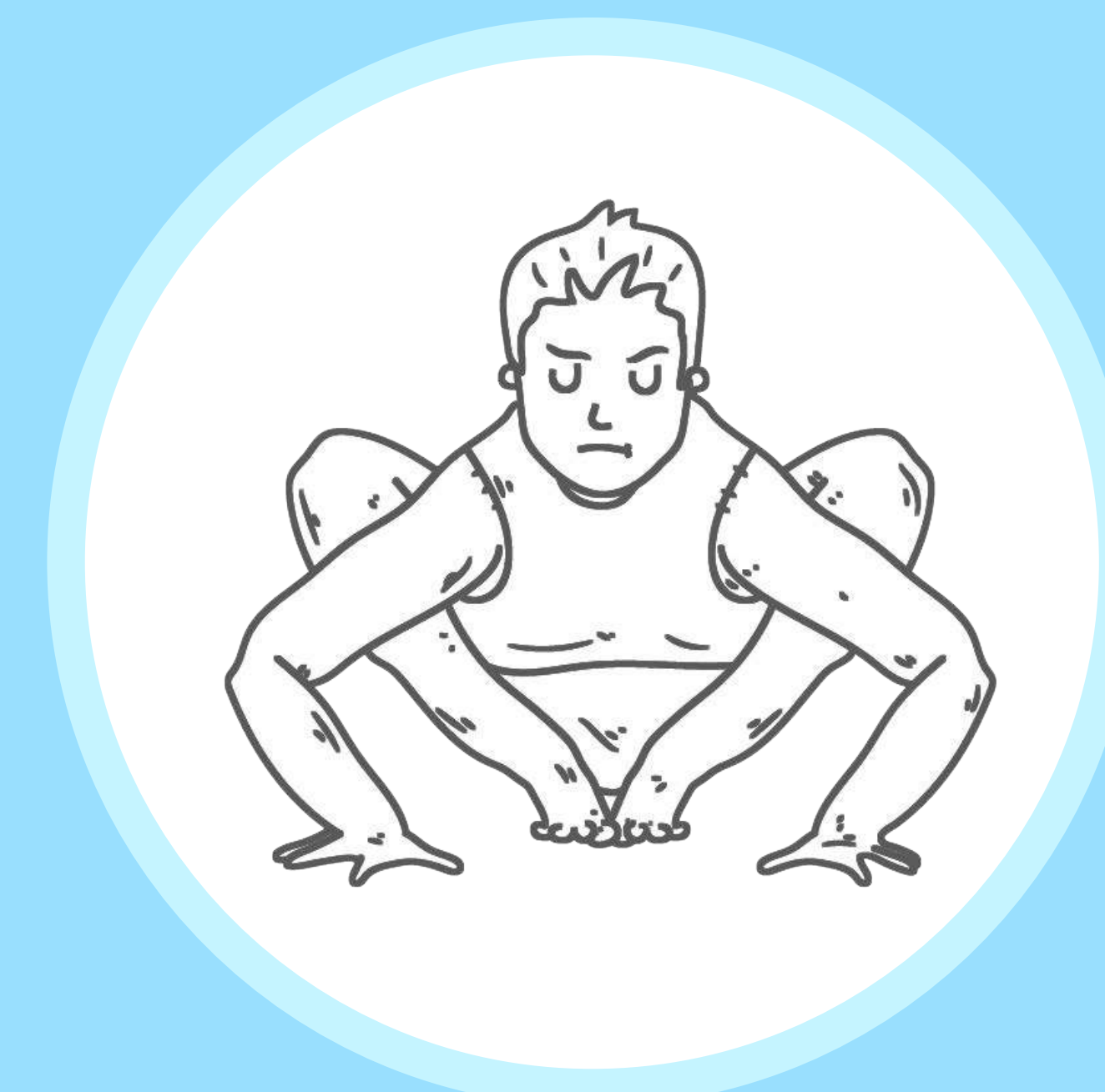
Vīrāsana  
(hero)



Daṇḍāsana  
(staff)



Eka Pada Rajakapotasana  
(one legged king pigeon prep)



Mālāsana  
(garland) I

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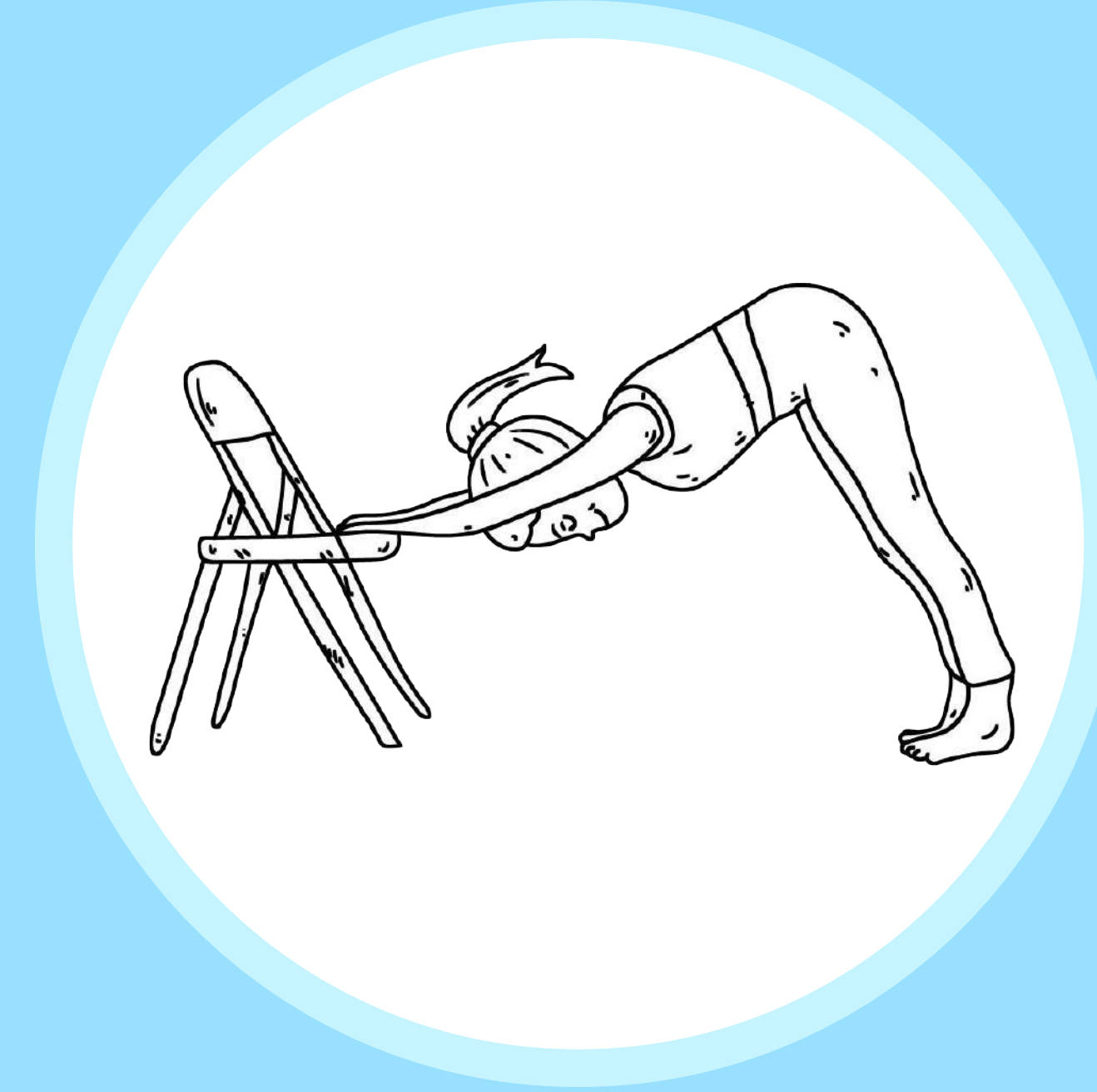
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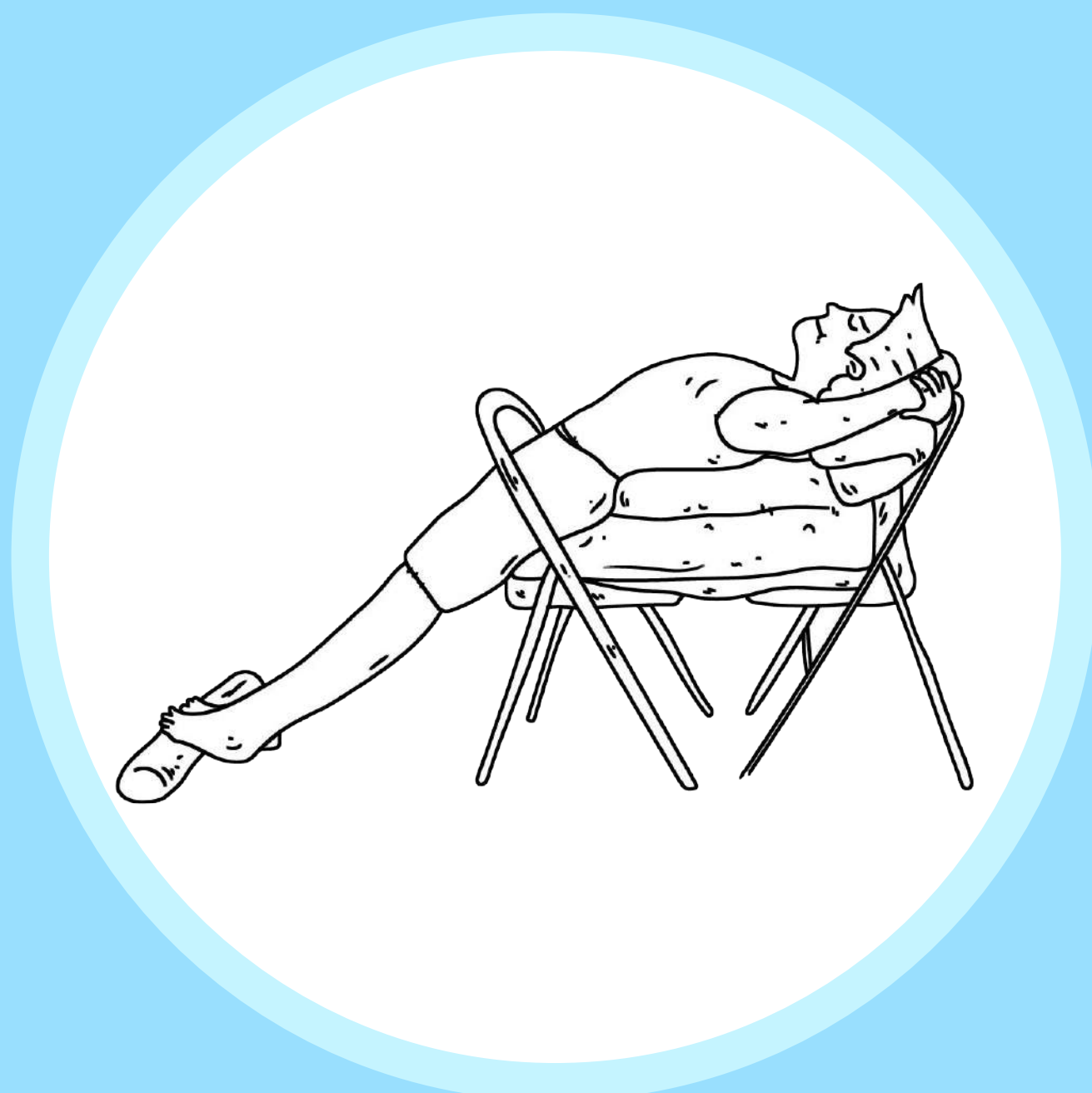
## Back Pain\* (p. 15 of 18)



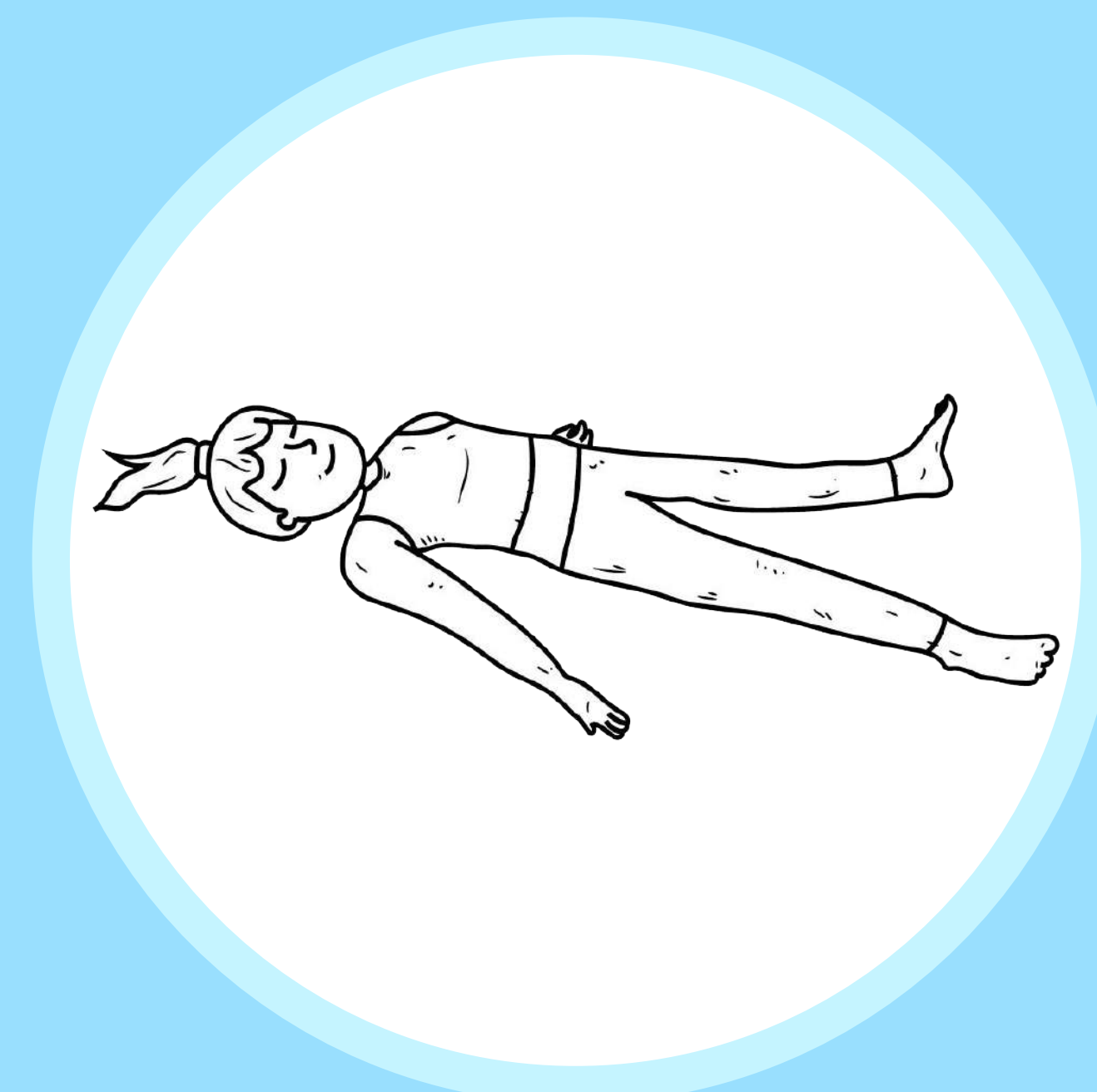
Salamba Balasana  
(supported child's)



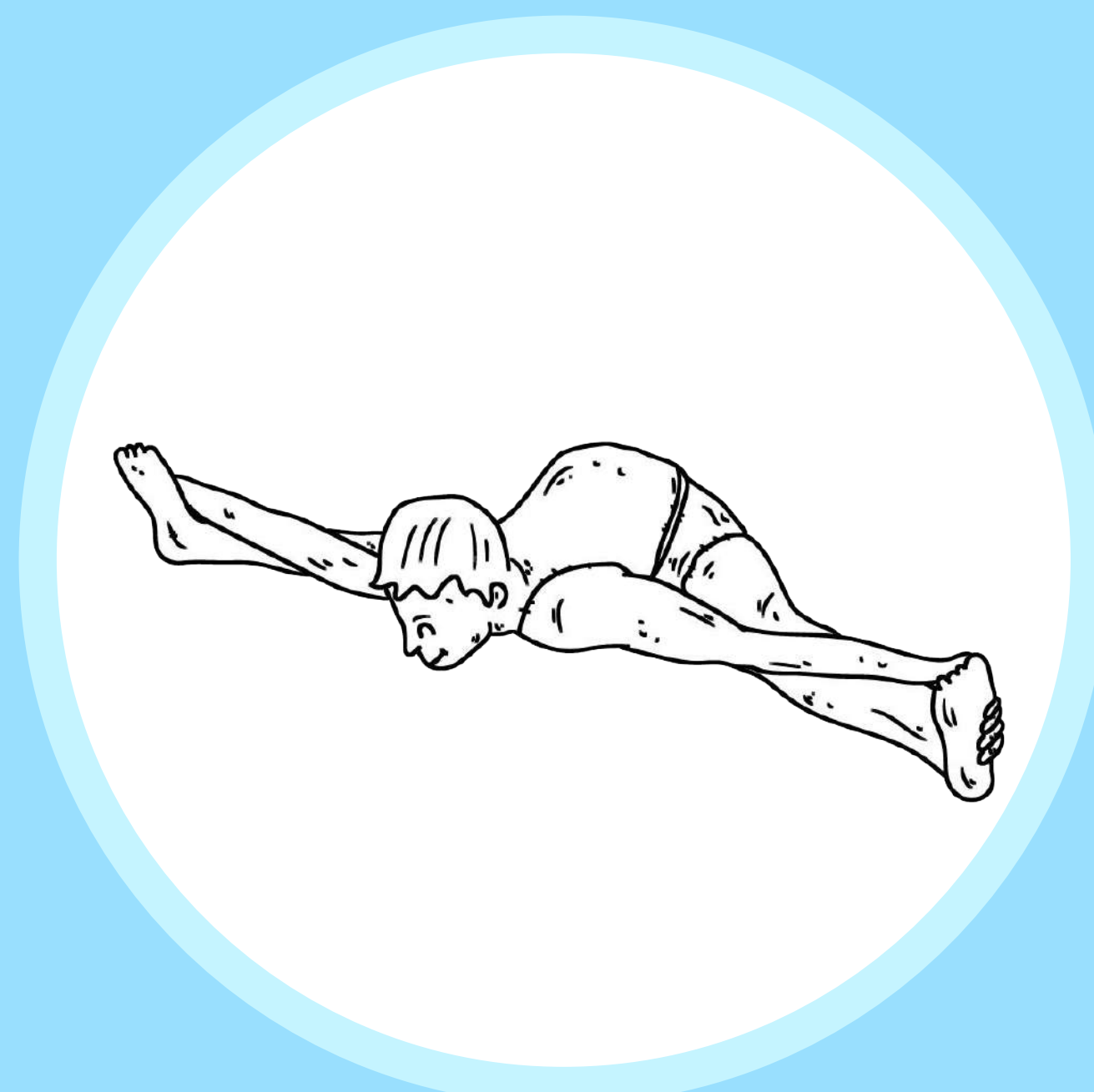
Salamba Adho Mukha Svanasana  
(supported downward dog)



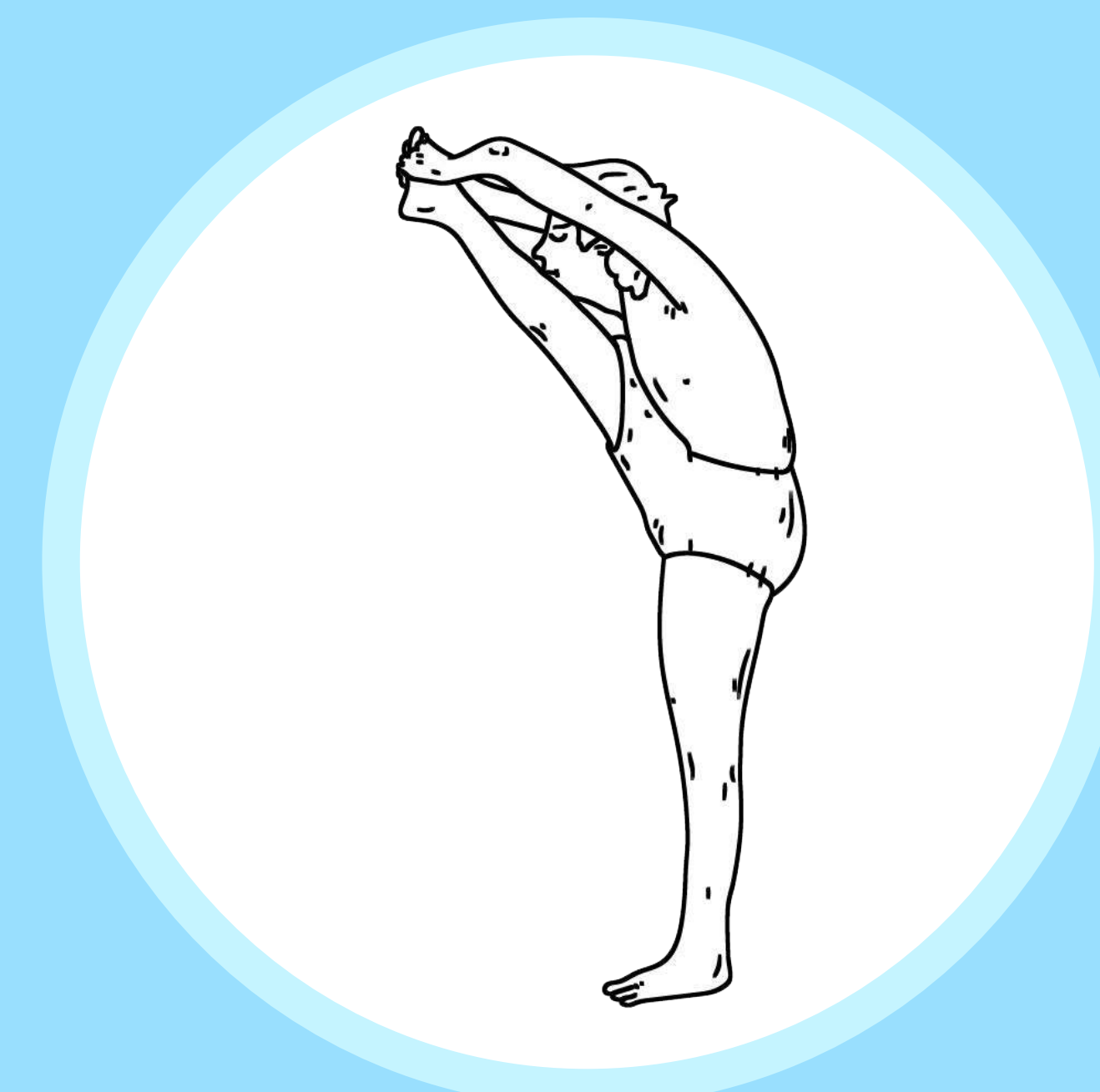
Salamba Ūrdhva Dhanurāsana  
(supported wheel)



Śavāsana  
(corpse)



Upaviṣṭha Koṇāsana  
(seated angle)



Utthita Hasta Pādānguṣṭhāsana  
(extended hand to big toe)

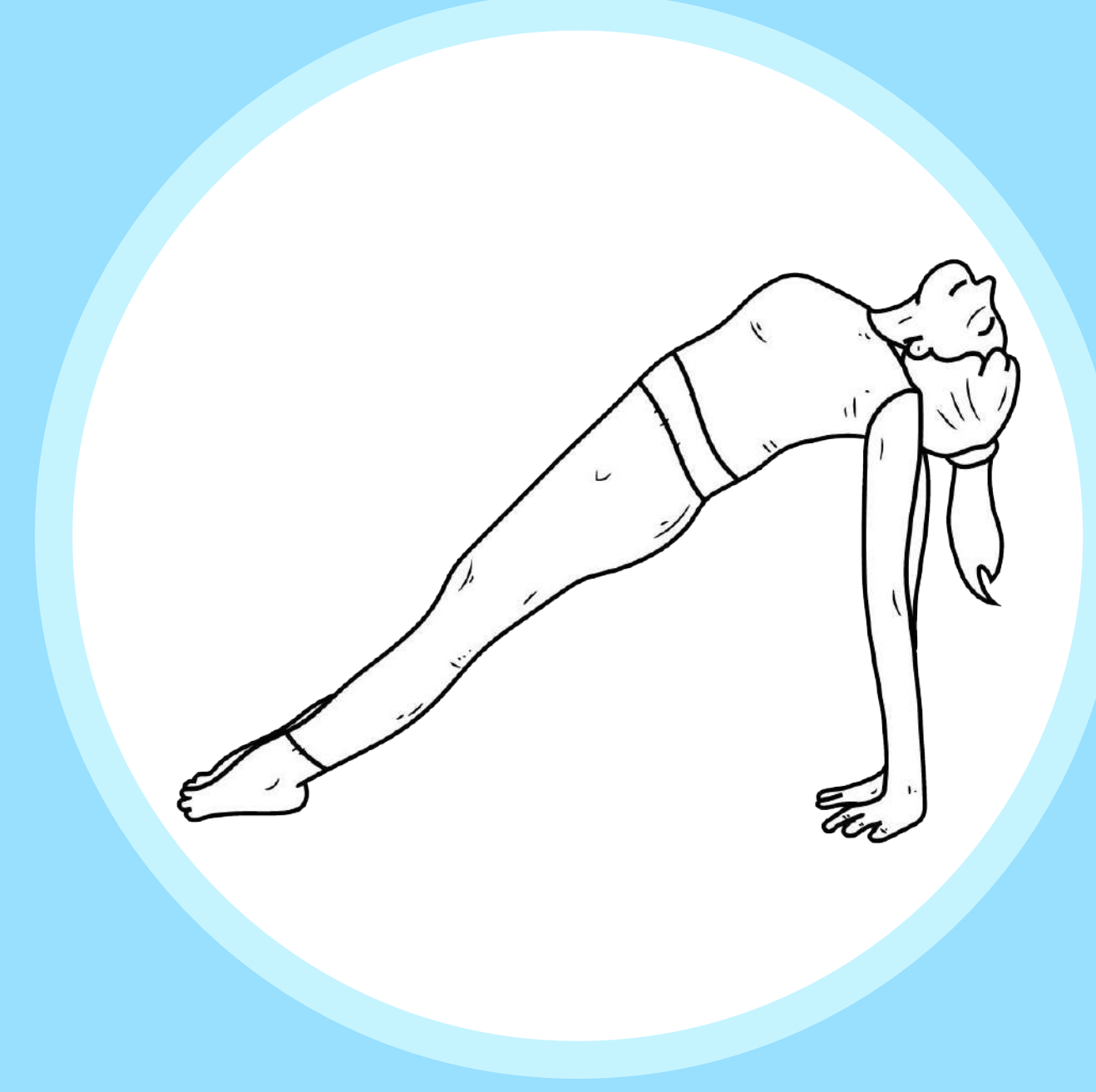
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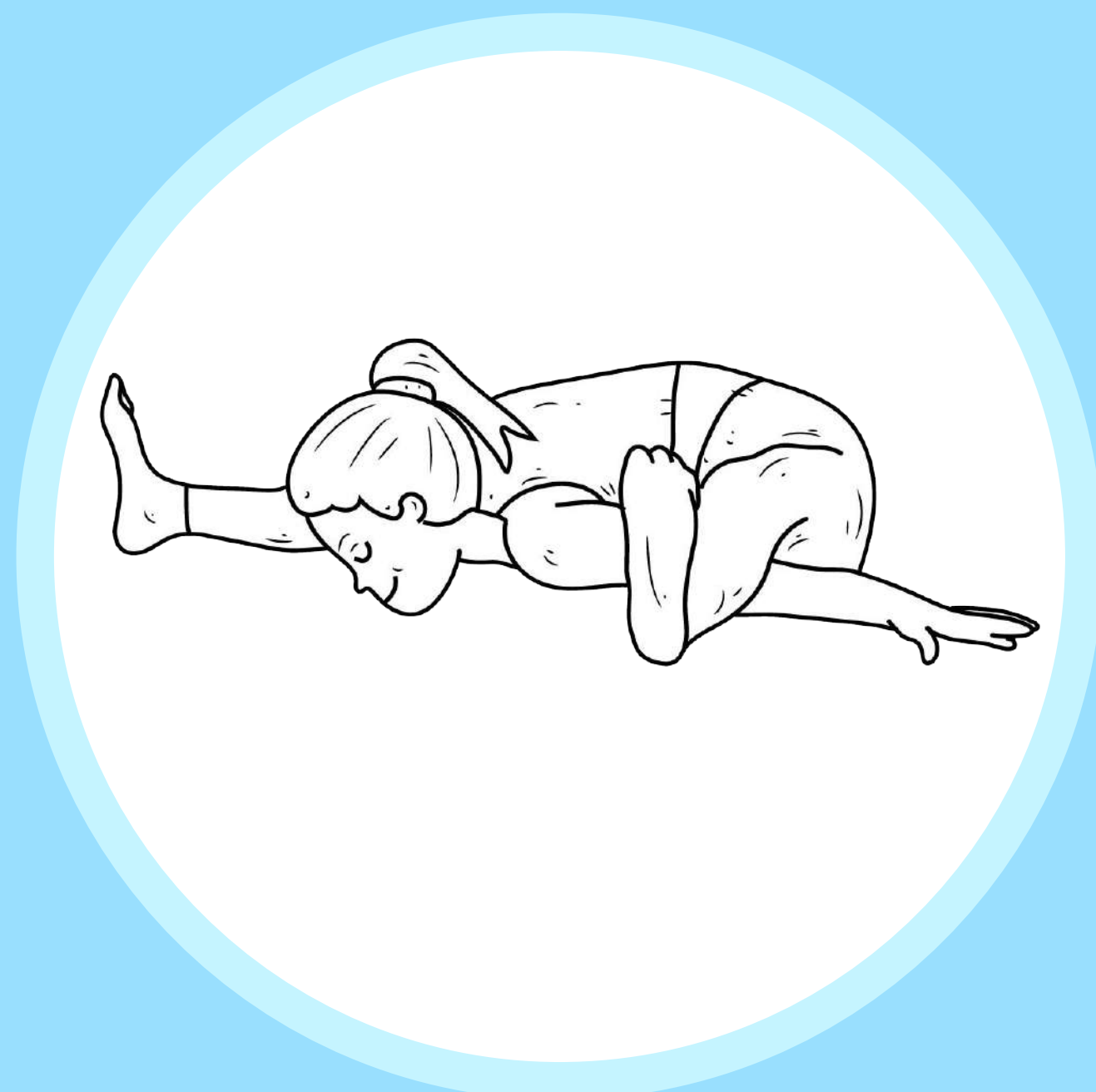
## Back Pain\* (p. 16 of 18)



Urdhva Mukha Paschimottanasana



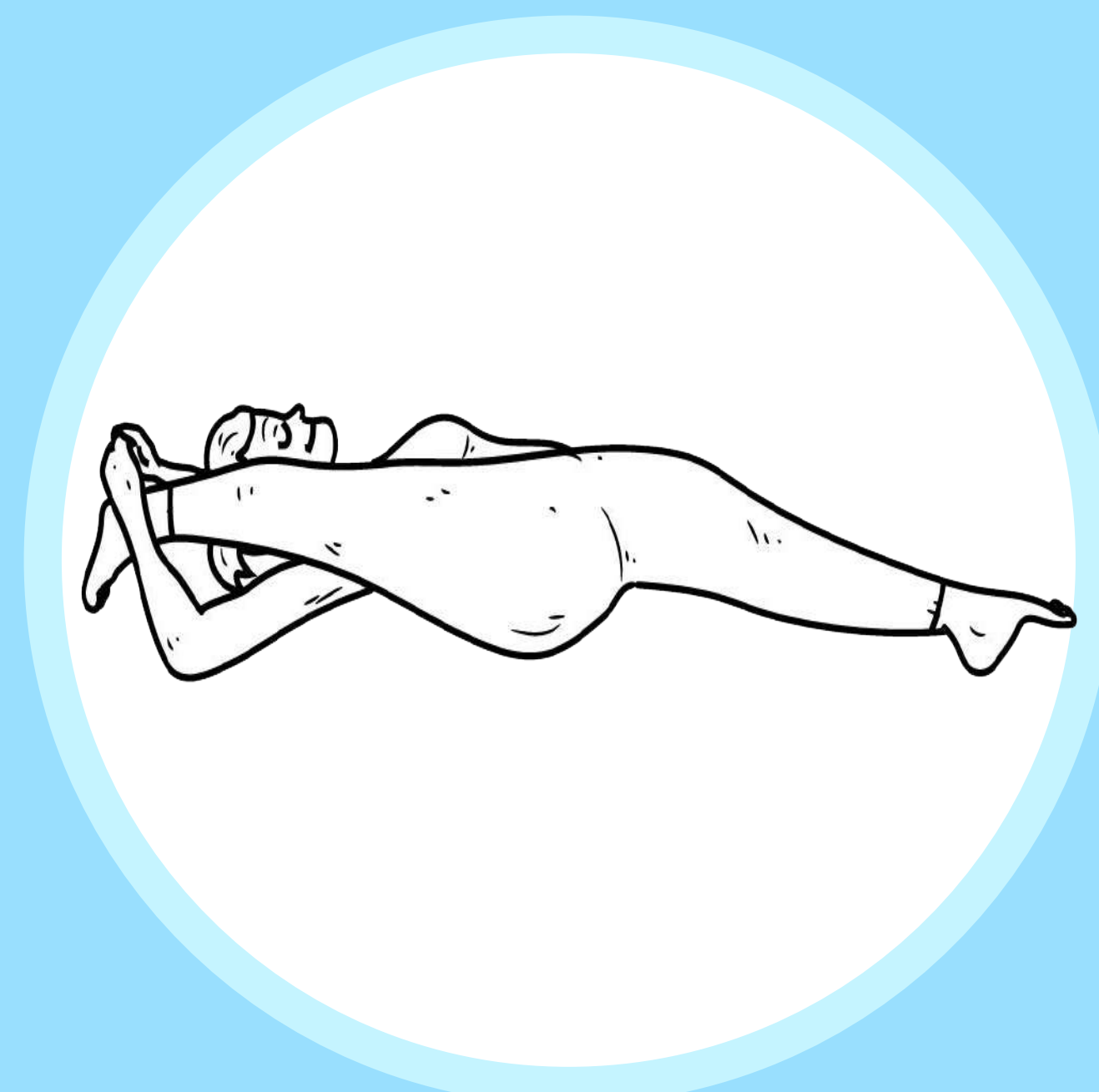
Pūrvottānāsana  
(inverted plank)



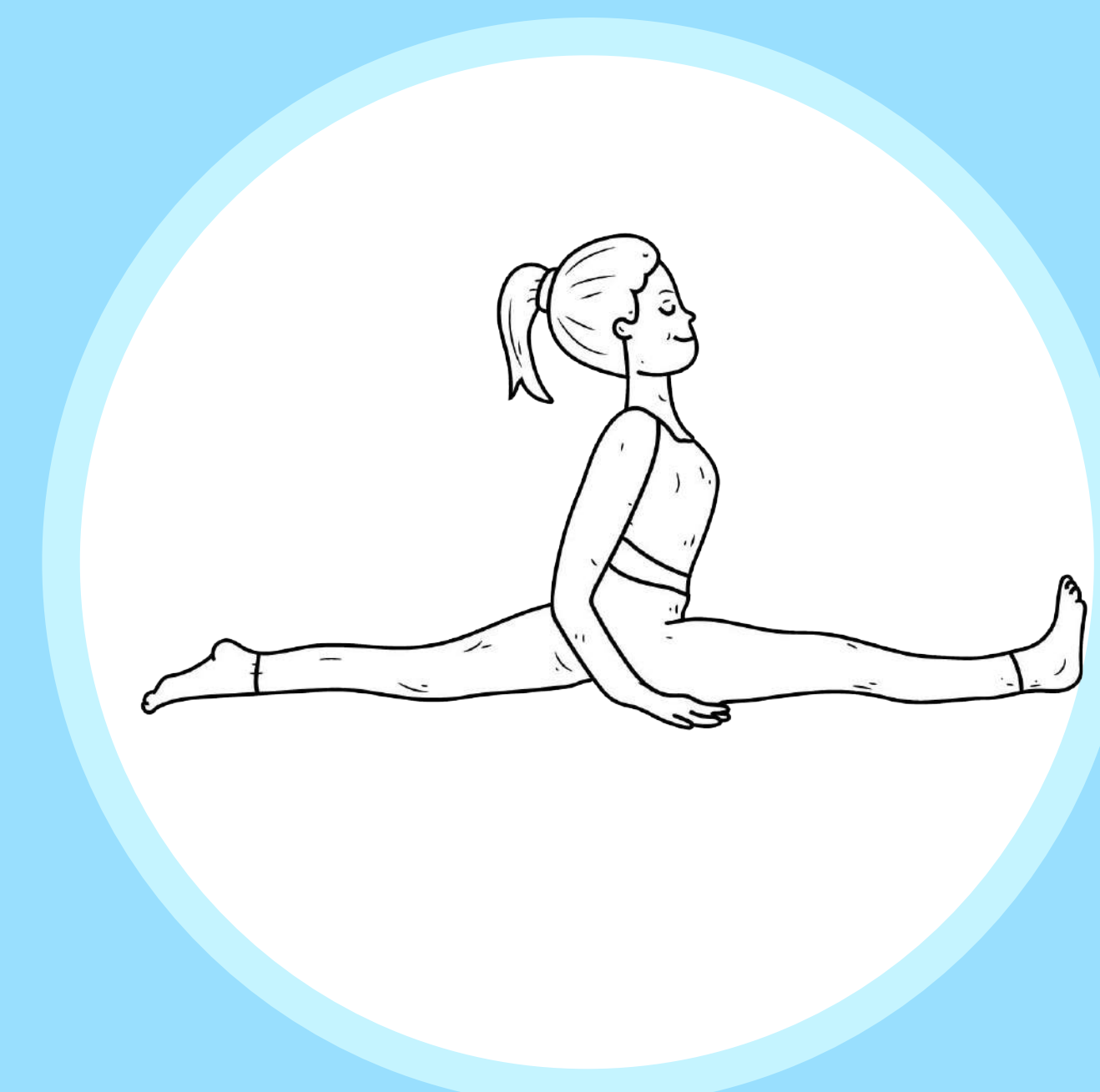
Kūrmāsana  
(turtle)



Mūlabandhāsana  
(root lock)



Supta Trivikramāsana  
(reclining three step)



Hanumānāsana  
(splits)

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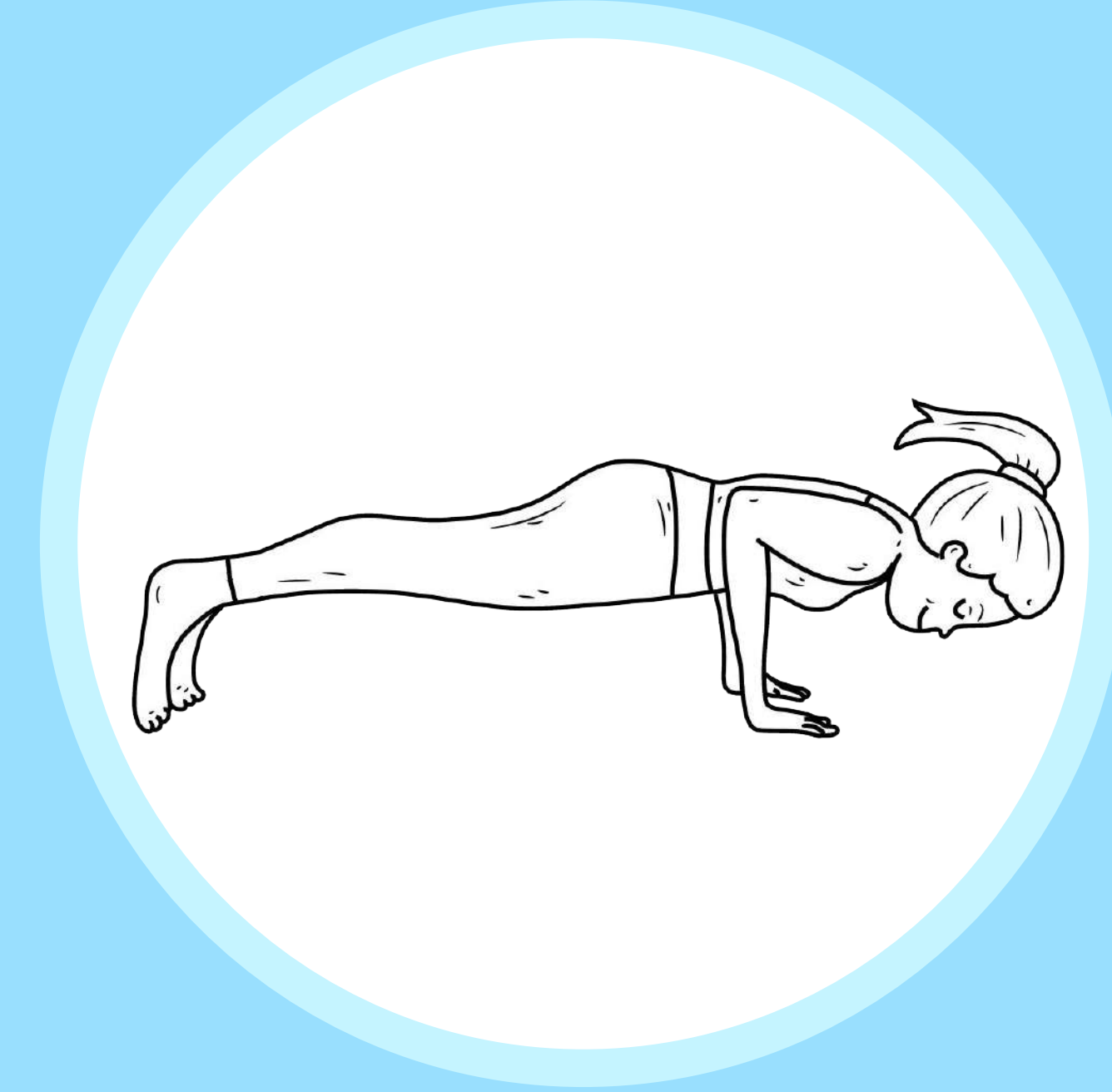
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## Back Pain\* (p. 17 of 18)



**Baddha Padmāsana**  
(bound lotus)



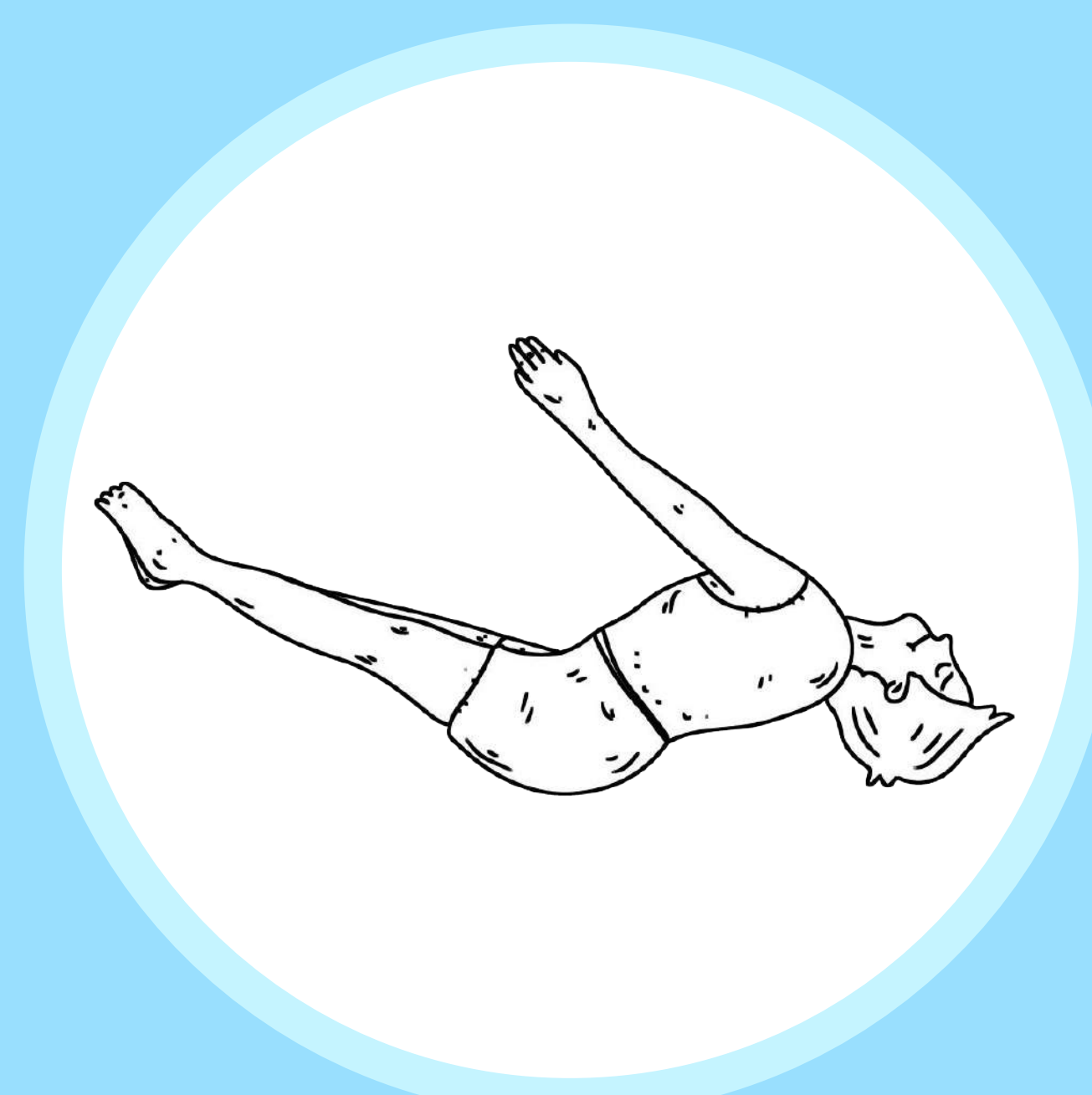
**Chaturanga Daṇḍāsana**  
(low plank)



**Mahanarayan Oil**  
(massaged into body)



**Anantāsana**  
(side reclining)



**Uttāna Pādāsana**  
(supine leg)



**Large Bottle of Water**

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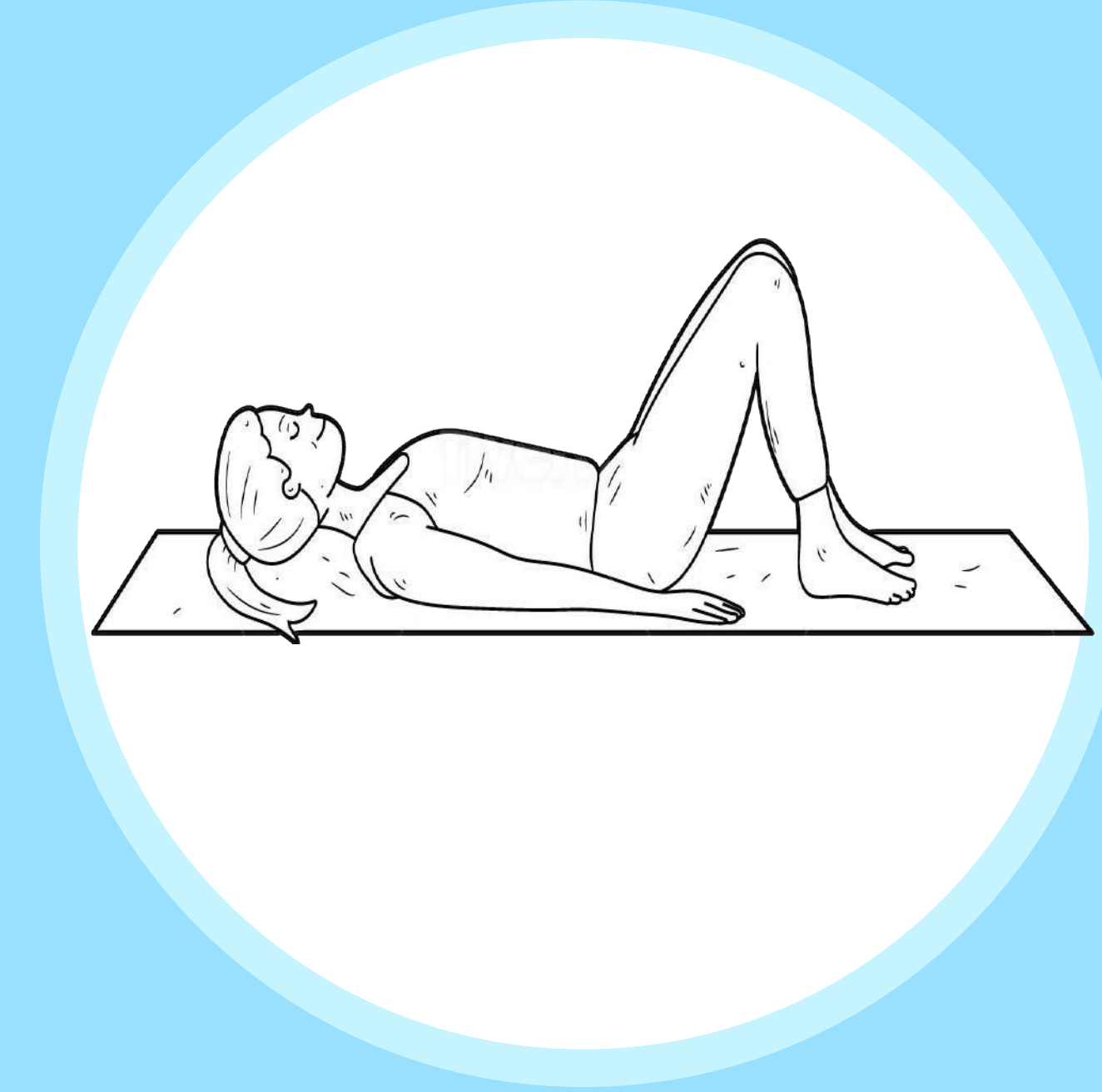


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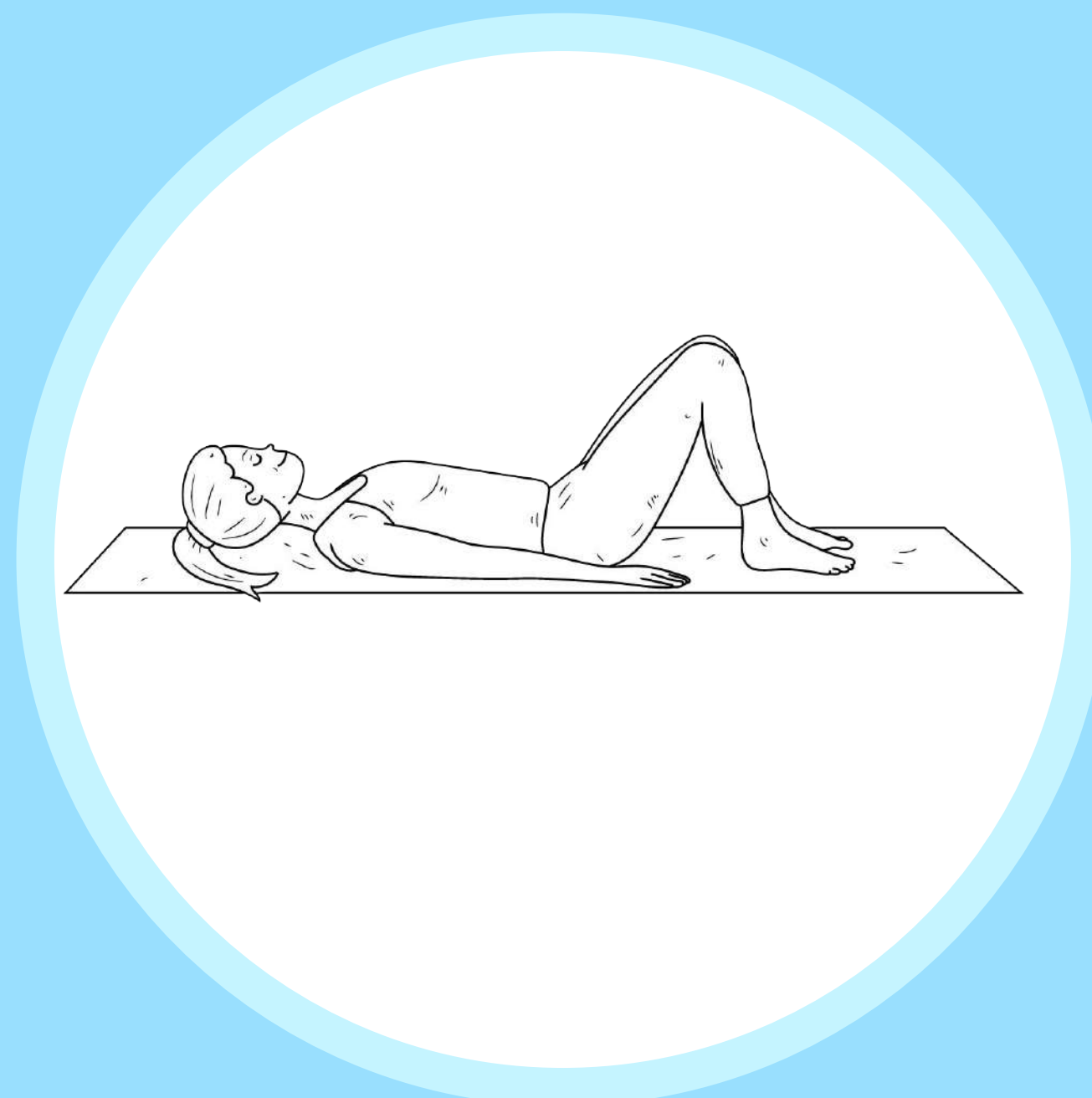
## Back Pain\* (p. 18 of 18)



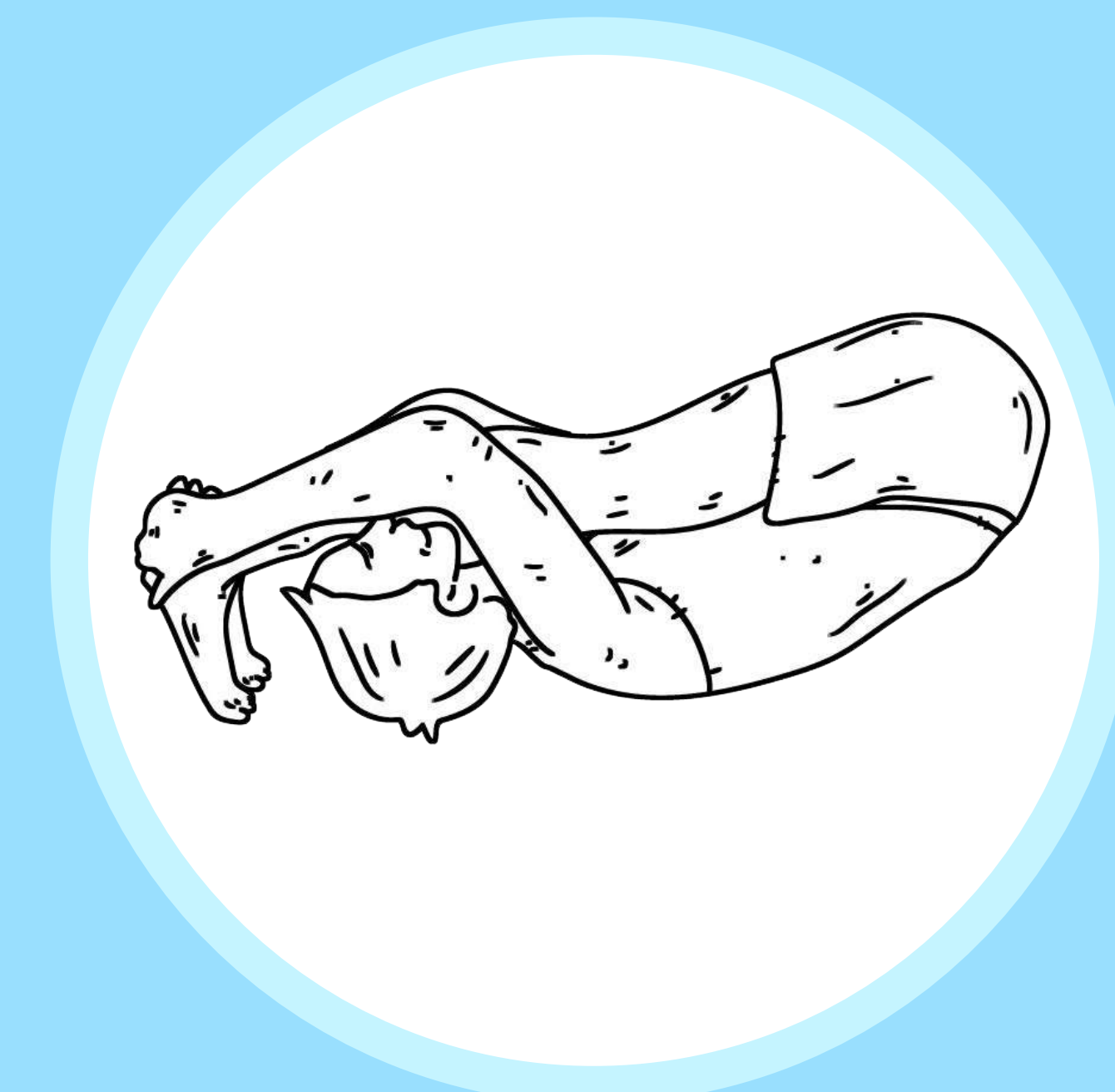
Supine Bent Knee to Chest



70% Practice (not 100%)



Supine Pelvic Tilts



Ūrdhva Mukha Paschimottānāsana II  
(upside down staff)

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