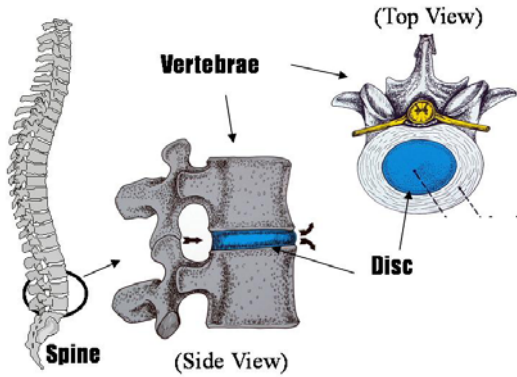


# "Dr. Alex's Low Back Remobilization/ReHydration Routine"

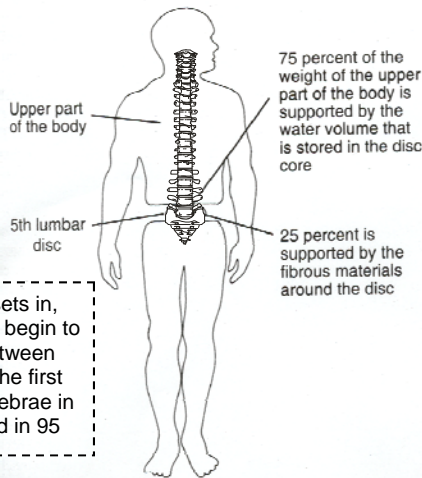


In spinal vertebral joints, water is a **lubricant** for the contact surfaces and it is held in the disc core where it supports the compression weight of the upper part of the body.

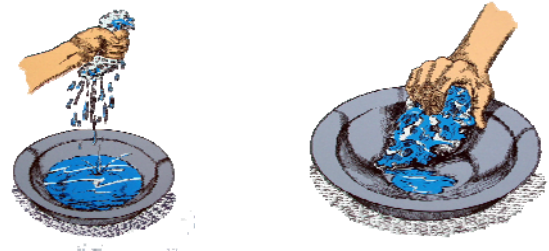
**Fully 75 percent of the weight of the upper part of the body is supported by the water volume that is stored in the disc core; 25 percent is supported by the fibrous materials around the disc.**

The principle in the design of all joints is for water to act as lubricating agent, as well as bearing the force produced by weight, or tension produced by muscle action on the joint. It is the same type of force.

The discs between the vertebrae of your spine do not have a direct blood supply. In order for nutrients and water to get in and out of the joint the joint has **move**. The water and nutrients get squished and sucked in and out of the joint.

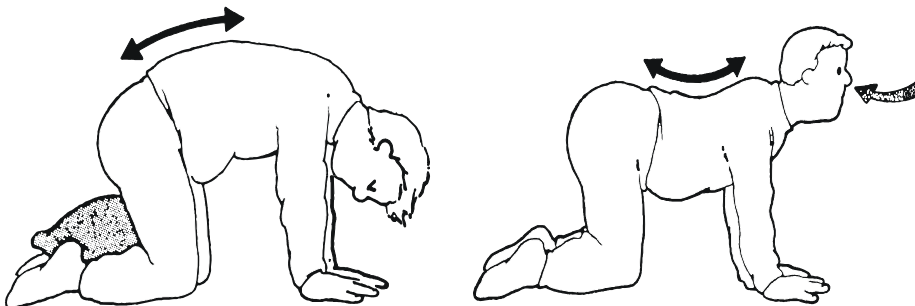


Once Dehydration sets in, all parts of the body begin to suffer. The discs between your vertebrae are the first in line. The last vertebrae in your back is affected in 95



## the "Kitty Cat"

- Position yourself on hands and knees
- Allow your low back to drop downward (this is a forward tilt) and hold for 2-5 seconds.
- Now round your low back upward "like an angry cat" by tightening your buttock and abdominal muscles (this is a backward tilt). Hold for 2-5 seconds.
- Practice by alternating between the forward and backward tilt



### Directions

>Drink 1 quart of bottled or filtered Water

> Do the "Kitty Cat" Low back Remobilization for \_\_\_\_\_ minutes

Do this \_\_\_\_\_ times a day

Once at least in the morning when you wake up ( most important time)

For : \_\_\_\_\_

Date: \_\_\_\_\_

Sign: \_\_\_\_\_