



IMG PHYSICAL THERAPY

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DEADLIFT FOR BEGINNERS PROGRAM

These programs are designed to teach movements and progressively apply forces to the healing structures and are intended to begin resistance training as QUICKLY and SAFELY as possible while minimizing the chance of re-injury.

****Warm-up and Stretching are crucial before exercise.****

****There is no set timetable for completion for the program.****

During the Home Program, you may experience soreness and a dull, diffuse, aching sensation in the muscles and tendons (this is normal).

****If sharp pain is experienced, particularly in the joint or point of injury, you should stop all sport activities until the pain ceases. ****

-If pain persists, you should contact your therapist or doctor immediately.

-These exercises should be supplemented with the other exercises that your therapist issued to you; it is not a replacement for exercises.

-These exercises should be done 2 days per week, along with your exercise program.

-Warm-up will vary from person to person. You should jog or bike until developing a light sweat, then progress to stretching exercises.

Why should I deadlift?

- Increase strength
 - Strength is the biggest predictor for mortality
 - Stronger, more active people tend to live longer
 - Weakness of back musculature is linked to LBP
 - Deadlifting has greatest activity in back muscles vs. other exercises
- Exercise is helpful for decreasing pain

Can I deadlift with back pain?

- Deadlifting is appropriate when you have **mechanical** back pain
 - NO radicular symptoms
 - (numbness/ tingling in the leg, pain down the back of your leg)
- Low pain levels (less than 4/10)
- Good if you are already active

How do I deadlift?

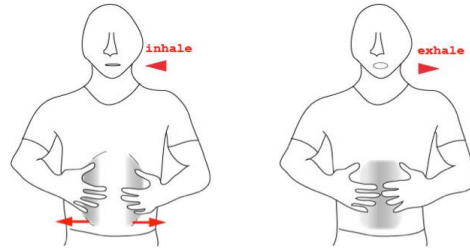
- It depends...
- Modify based on body type, size, ability, and symptoms
 - Hurts to flex (bend forward) → teach neutral spine
 - Spinal stenosis → avoid extension (leaning backwards)
 - Hip pain with bending forward → try a wider stance/ toes pointed out
 - Knee pain → straight leg deadlift (less knee bend)
 - Lung and heart issues → regular deadlift

11 AWESOME DEADLIFT VARIATIONS



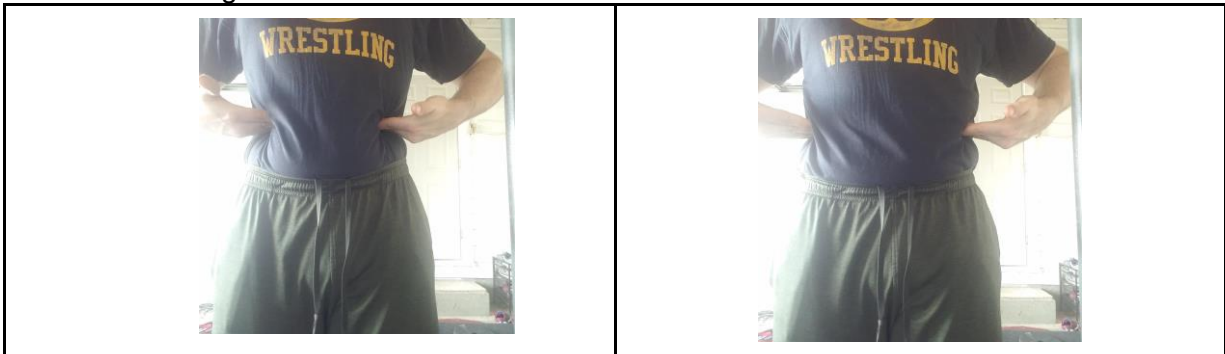
Control your breathing and abdominal muscles

- Lay on your back, put your hands on your sides just below your ribs, and above your hip bones
 - Breathe in through your nose, and out through your mouth
 - Focus on breathing into your hands, think about expanding sideways.
 - Your belly should move more and before than your chest



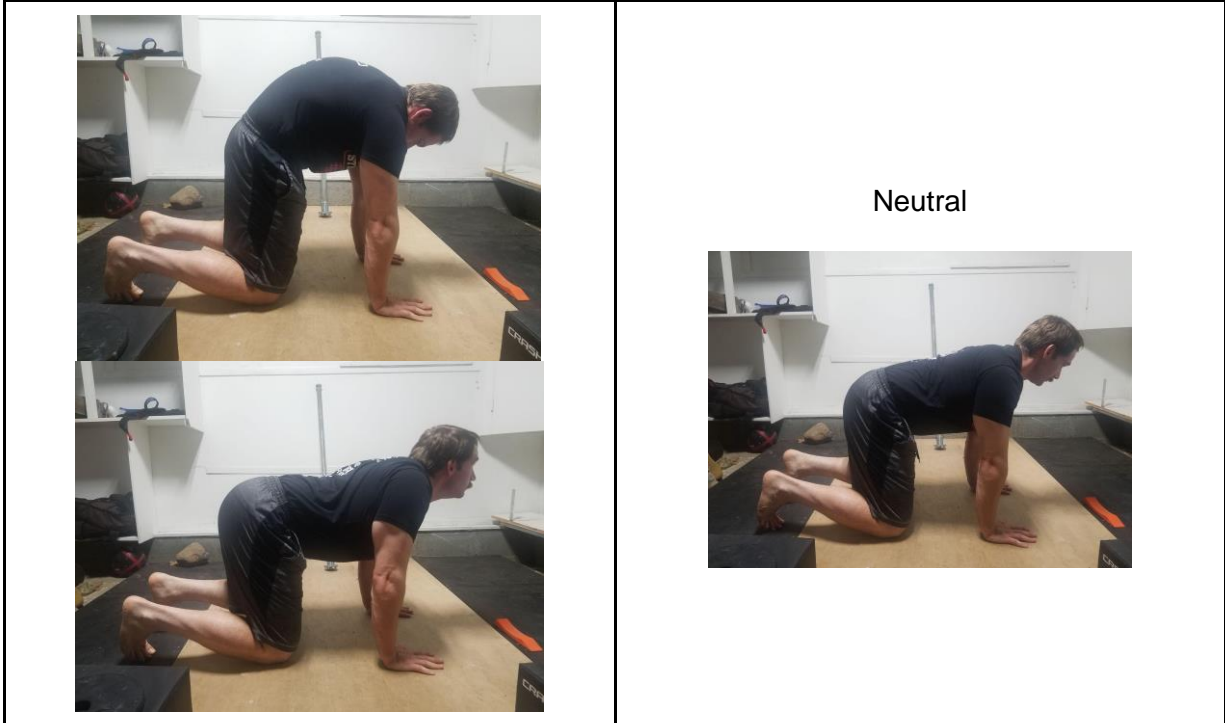
Abdominal bracing

- Laying on your back with your hands on your sides
 - try to push your fingers towards the middle of your body
- Use your stomach muscles to push them out (think about protecting your stomach from a punch) you should feel some tension below your fingers, and fingers should move out.
- Try and hold that muscle tension and do the breathing drill above one more time.
- You should be able to hold the muscle and breathe at the SAME TIME.
- Keeping your abdominal muscles tight through the movement will help improve control and strength.



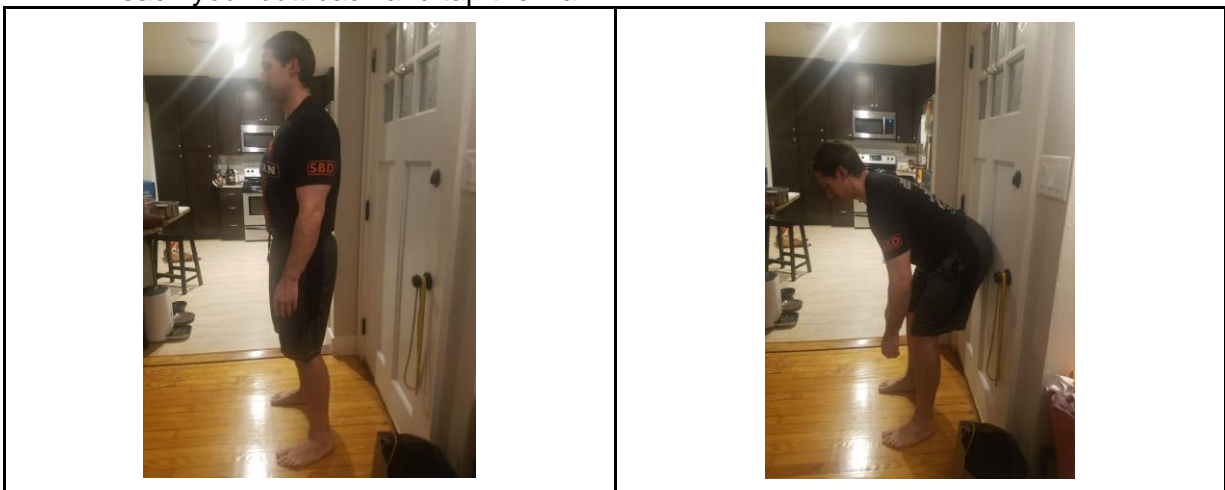
Control your back

- Learn how to move your back in space and find what each position feels like
- Find a “neutral position”
- This can help you start and stay in a good position through the exercise



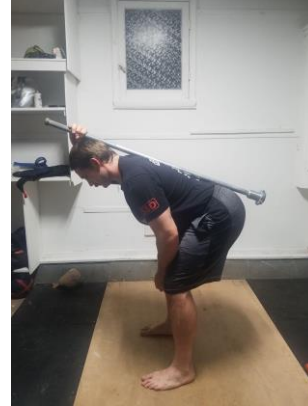
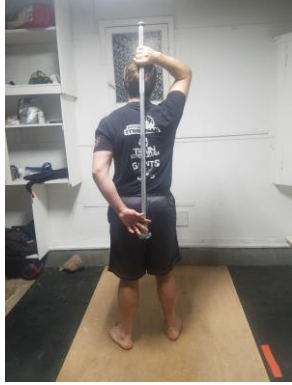
Weight shift and move with your hips

- Stand near a wall and face away
- Rock your weight backwards and feel the pressure increase in your heels
 - (keep your whole foot on the ground)
- Slowly bend forward
- Reach your butt back and tap the wall



Put it all together

- Get a broomstick, PVC pipe, mop, curtain rod, piece of wood
- Hold it against your back
 - Make the stick touch your bottom, upper back, and back of your head
- Lean forward, push your hips back



Deadlift!

- Stand over a weight, keeping it between your feet
- Grab the weight
 - Push your hips back and grab the weight
- Flatten your back
 - Push your chest forward, flatten your back
- Tighten your back muscles
 - Squeeze upper arm into your sides
- Lift
 - Push your legs through the ground and stand tall

