

Exercise and The Spine

Spine Exercise - The Progressive Program

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The Progressive Exercise Program

An exercise program should be progressive meaning that a gradual increase in demand should be placed on the body (spine) to condition the tissues over time. Tissues adapt and remodel based upon the stresses placed upon them. This includes the stresses of exercise. A progressive program can be accomplished by adding resistance, repetitions or complexity to the exercises. It can also be accomplished by increasing the duration and intensity of the exercise sessions. Each of the tissues of the spine will respond to exercise differently and will require a different consideration during the recovery phase of exercise. Overtraining can lead to injury. The program of progression should be slower paced for individuals of advanced age.