

VinYoga – L4–L5 Pain Relief Protocol

Patient Name: _____

Condition: Lumbar Spine Pain (L4–L5 Region)

Purpose of This Plan

This VinYoga protocol is designed to reduce pain, decompress the lumbar spine, and gently strengthen core muscles supporting the L4–L5 region. All practices should remain strictly pain-free.

1. Pain Relief & Decompression (Daily)

- 1 **Makarasana (Crocodile Pose)** – 3 to 5 minutes
Allows deep relaxation and reduces lumbar compression.
- 2 **Supta Padangusthasana (One leg raise on back)** – 5–8 breaths each side
Improves hamstring flexibility without spinal strain.
- 3 **Supported Setu Bandhasana (Bridge with bolster/block)** – 30–45 seconds x 2
Gentle spinal extension and disc nourishment.
- 4 **Balasana (Child’s Pose)** – 1–2 minutes
Relieves muscle spasm and calms the nervous system.

2. Stability & Strength (Only After Pain Reduces)

- 1 **Bird Dog (Opposite arm–leg lift)** – 10 slow repetitions
Strengthens deep spinal stabilizers.
- 2 **Gentle Bhujangasana (Low Cobra)** – 5 breaths
Perform only within pain-free range.
- 3 **Ardha Shalabhasana (One leg lift)** – 5 repetitions each side
Improves posterior chain support.

3. Pranayama (Essential)

- 1 **Diaphragmatic Breathing** – 5 minutes
- 2 **Anulom Vilom** – 7 rounds
- 3 **Bhramari** – 5 rounds (excellent for chronic pain control)

Practices to Avoid

Paschimottanasana, seated forward bends, deep twists, fast Surya Namaskar, jumping movements, and prolonged sitting without lumbar support.

Lifestyle Advice (For Dentists)

- Use lumbar support while sitting
- Take micro-breaks every 30–40 minutes
- Avoid bending from the waist; hinge from hips