

# 5MinuteBack Pregnancy

## Physician Overview

The 5MinuteBack Pregnancy Program is a safe and effective, back and movement stabilization and strengthening program for all trimesters of pregnancy. It is designed to prevent, minimize or stop most neuromusculoskeletal complaints associated with general physical deconditioning or certain poor lifestyle factors. With over 100 research articles substantiating the underlying science supporting 5MinuteBack Pregnancy, specific concepts are addressed to include spinal biomechanics, deep spine muscle activation, motor facilitation sequencing, extraocular muscle initiation and Brocca center neuro-entrainment procedures.

The 5MinuteBack Pregnancy Program is the product of over 15 years of development, and over 10 years of clinical application. It is based on the highly effective 5MinuteBack™ and TrueCore™ Spinal Stabilization Programs as well as the revolutionary Spondylogenic Reflex Analysis Protocol. To learn more about these programs and the Spondylogenic Reflex Analysis (SRA) Protocol, visit <http://www.sricert.org>. There, you will also find information about our professional education programs including the SRA Diagnostic & Treatment Protocol for Physicians and Mid-Level providers which is an evidence based protocol designed to rapidly identify one of the most prevalent causes of neuromusculoskeletal pain and dysfunction.

All exercises in the 5MinuteBack Pregnancy Program are limited in their rotation and ranges of motion so as not to unduly stretch or stress the soft tissue structures associated with pregnancy. Additionally, every user is encouraged to visit their physician before starting this program if they have specific concerns or have a known health history that may put them at risk from non-impact activities or movements that are equivalent to low grade exercise routines.

Visit <https://www.5minutebackpregnancy.com/research-press/> for a full list of references.

- Loyd F. Jarrell, D.C.



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