

CLINICAL SUGGESTION**ALTERNATIVE POP-UP FOR SURFERS WITH LOW BACK PAIN****Roger L. Hammer, PhD^a****Peter V. Loubert, PhD, PT^a****ABSTRACT**

Surfing is enjoyed by many people around the world. A common problem in surfers is back pain during the “take-off,” specifically the “pop-up.” This article describes each part of the “take-off, and introduces an alternative to the “prone pop up” - called the “knee pop-up.” This alternative is a suggested technique to alleviate the stress in the lumbar spine during surfing.

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