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## My back injury and P90X

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I've been asked about my P90X experience and how it has been effected by my back injury. I'm glad that the question was raised, because this is a topic that I have wanted to address.

I broke my L-4 vertebrate and shifted the disc below it in toward the spine. My legs go numb quite often, my recovery time has become ridiculous, and my core strength has gone down significantly. Not that I was ever a huge muscle type guy- but I really have an issue with core strength now because of the back. This is actually one area that I've wanted to seek help with through the P90X system. Another key area that was completely sacrificed is flexibility. I can easily touch my left foot to the top of my head, but my right foot won't come closer than 6 inches away. That's the side that is usually in the most pain and the numbest, so that side has also suffered the most in terms of flexibility.

The P90X system has so far been an interesting mix of a new routine, an exciting workout program, and a last stitch effort to get myself back in some kind of shape for training purposes. So far, I'm not disappointed. While the ab ripper routine is absolutely devastating, I have found that it is also quite trying on my lower back. I have an inversion table set up in my house, and that has been UNBELIEVABLE for rehab time. Furthermore- the Yoga routine of P90X seems like it is going to be trying as well. Though I guess that's the point- to push myself. I have been more than pleased with the workouts in all of the other routines, and can truly understand why it is that people have experienced such great results through it.

I am trying to force myself to advance in the Yoga section more than the ab section. I think that my back will naturally get stronger as I do the ab and core routine more and more- but the Yoga is going to challenge me in ways that I've never really been pushed before.

All in all- the result of mixing my back injury with the P90X system has been exactly as I expected-- sore and slow. While I am just getting started- I have HIGH hopes for what this workout program will do for my abilities on the mat. Stay tuned for more!

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