

# Low Back Pain Follow Along Guide

*Mobile-friendly exercise guide based on the full video*

**Quick note:** Move slowly, breathe normally, and stop any exercise that causes sharp pain, worsening leg symptoms, numbness, or dizziness.

## 1. Transverse Abdominis Bracing



**Why this helps:** Helps turn on the deep abdominal muscles that support the low back and give the spine a more stable foundation.

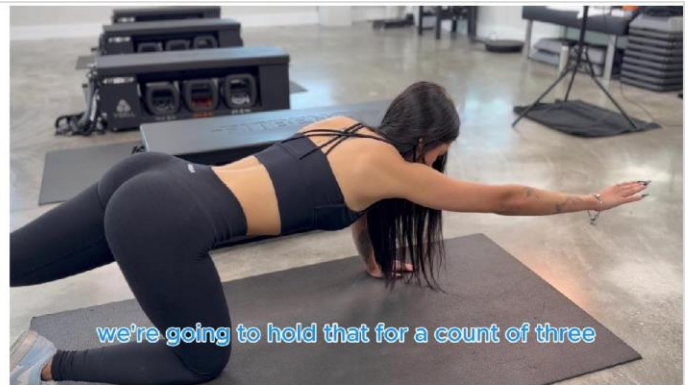
### How to do it:

- Stand tall or lie on your back with your knees bent.
- Place your hands around the lower abdomen and sides of the waist.
- Gently tighten the abdominal wall as if you are preparing for a cough, while keeping your breathing calm.
- Think about drawing the abdomen in and giving the low back gentle support without sucking in hard.
- Hold briefly, then relax and repeat.

**Suggested starting dose:** Hold 3–5 seconds, 10–15 repetitions.

**Use caution:** Do not hold your breath or push your stomach out hard. This should feel like a gentle brace, not a strain.

## 2. Bird Dog Reach



**Why this helps:** Builds trunk control and teaches the spine to stay steady while the arms move.

**How to do it:**

- Start on hands and knees with your back flat and core lightly engaged.
- Reach one arm straight forward without letting the trunk twist or sag.
- Hold the reach briefly with slow, controlled movement.
- Return to the start and repeat on the other side.

**Suggested starting dose:** Hold about 3 seconds each side, 5–8 repetitions per side.

**Use caution:** Keep the low back quiet and stable. Avoid arching, rotating, or rushing the movement.

## 3. Modified Plank



**Why this helps:** Improves core endurance and helps the front of the body support the spine during daily activity.

**How to do it:**

- Begin on your forearms and knees.
- Lift your body so you form a straight line from your head through your trunk.
- Keep the belly gently braced and the ribs from flaring up.
- Hold with steady breathing, then lower with control.

**Suggested starting dose:** Hold 10–20 seconds, 2–3 rounds.

**Use caution:** Stop before the low back starts to sag. Keep the neck long and the body in one straight line.

## 4. Hip Hinge



**Why this helps:** Teaches you to bend from the hips instead of rounding through the low back, which can reduce strain during daily movement.

**How to do it:**

- Stand tall with a soft bend in the knees.
- Push the hips backward as your chest leans forward slightly.
- Keep the low back curve and spine long as you hinge.
- Return to standing by driving the hips forward.

**Suggested starting dose:** 10–15 repetitions.

**Use caution:** Do not round the back to reach lower. The movement should come from the hips.

## 5. Side Plank



**Why this helps:** Targets the side abdominal muscles and helps build support for the low back and pelvis.

**How to do it:**

- Lie on your side supported on your forearm.
- Start with the knees bent if needed.
- Lift the hips away from the floor and keep your body long and steady.
- Hold briefly, then lower slowly and repeat before switching sides.

**Suggested starting dose:** Hold 5–30 seconds each side, 2 rounds.

**Use caution:** Keep the shoulder stacked over the elbow and avoid letting the hips roll backward.

## 6. 90/90 Hip Mobility Switch



**Why this helps:** Improves hip rotation mobility, which can reduce compensation and stiffness through the lower back.

**How to do it:**

- Sit in a 90/90 position with one leg in front and one leg out to the side.
- Stay tall through the spine.
- Press the hip gently toward the floor as tolerated with a tall and vertical spine.
- Slowly rotate and switch to the other side with control.

**Suggested starting dose:** 5–8 slow switches total, or hold each side 20–30 seconds.

**Use caution:** Do not force the range. Stay tall and move within a comfortable stretch.

## 7. Foam Roller Thoracic to Lumbar Mobilization



**Why this helps:** Helps reduce tension through the mid-back to upper low back and can improve extension and rotation comfort.

**How to do it:**

- Lie on your back with the foam roller placed across the spine around the thoracic to upper lumbar region.
- Support your head or keep your arms comfortably in front of you or out wide
- Allow your body weight to settle onto the roller.
- Perform small, gentle rolls and pause on tight areas as tolerated.
- Move slowly rather than aggressively pushing into pain.

**Suggested starting dose:** 30–60 seconds of gentle rolling, with brief pauses on tight spots.

**Use caution:** This is for gentle release, not for creating sharp pain. Avoid rolling aggressively over very painful areas.