



5 Low Back Exercises

Welcome!



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<https://youtu.be/esysJdrhAok>

My Story

The first time I **hurt my low back** I was in my early twenties just out of the Army. I was active, strong and was suddenly unable to even put my socks on due to the **immense pain** when bending forward!

I struggled with **low back pain** on and off for **YEARS!** It wasn't until I followed my own **4 part framework** that I was able to get **long term relief!**

What is this 4 part framework?...

My 4 Part Framework for Getting Out of Low Back Pain

- 1) **Reduce pain** (sometimes not very easy): Before we can build a strong foundation you have to stop kicking over the bricks!
- 2) **Improve Mobility**: Improving the mobility above and below the low back. If your hips don't move because they're tight, your low back will likely move too much.
- 3) **Improve Strength**: Increasing the strength and endurance of the low back and core so it can handle the demand of life without getting injured.
- 4) **Commit**: Far too often I work with people who get out of pain and they start slowing down. They stop coming in for treatment, they stop doing their exercises, and guess what happens... pain comes back! For long term relief we often need to commit to keep working on our health... whatever that may be. For me, it's routinely foam rolling, stretching, exercising and seeing a chiropractor.

More on this later... onto the exercises (framework pt 3)!

Why These Exercises?

Our **low backs** are constantly being challenged in each and every direction throughout the day. We need to build a **strong back and core** that represents that. So I've added exercises that cover the **3 different planes of motion**:

- **Front to Back- McGill Curl Up Exercise**
- **Side to Side- Side Bridge Exercise**
- **Rotation- Low Bear Exercise**

Since low back health also includes your hips I've included a couple exercises for them as well:

- **Glute Bridges**: to build stronger glutes/hips
- **Quadruped Hip Extension**: to help differentiate using your hip vs your low back

How To Use This Guide

Select 3 exercises, 3-4 days per week

Week 1 perform 2 sets of 12 reps

Week 2: 3x12

Week 3: 3x15

OR

You could also use RPE (rate of perceived exertion) meaning, you can perform 2-3 sets of the exercise and don't worry about being too exact about the reps. Go until you are feeling moderately fatigued and stop with a couple reps left in the gas tank.

Because the wide range of fitness levels using this, I'm leaving this fairly vague for right now but feel free to reach out if you need help!

A few words before we begin...

While this material is meant to help you out. It's not designed to replace you seeking medical attention. Here are some rules to follow before trying any advice or exercises in this handout:

Rule 1: If you have pain, get it examined by a healthcare professional.

Rule 2: No movement or exercise should be painful or make any existing pain worse.

Rule 3: Try the exercises out and have FUN with it!!!

5 low Back Exercises



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Need Help?

I'll customize my 4 part framework for you so you can get out of low back pain without having to worry about things getting worse and needing drugs or surgery.

Don't take my word for it, sign up for a **free consultation** and stop by the office to learn how I can help make your low back pain a thing of the past.

Click the URL below or copy and paste it into your browser and sign up for a free consultation

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