



LBPfix

Bend, Lift, and Live Again

Low Back Pain Routine – Free Template

www.lowerbackpainfix.com

This resource is for educational purposes and is not meant to replace an assessment, diagnosis, or treatment from a qualified professional. Please seek professional help if you have had a traumatic injury.

Relief

Supine 90/90 Position – Lie on your back with hips and knees at 90°, feet supported. Focus on slow breathing, in through the nose, out through the mouth to reduce muscle tone and relax.



Modified Movement

Hip Hinge Pattern – Practice lifting by pushing the hips back while keeping a neutral spine. This reduces stress on the low back while maintaining function.



Strength & Stability

Side Plank – Lie on one side and lift your hips up and forward supported by lower elbow and knees or feet for more challenge. Make a straight line from shoulders to knees or feet.



Long-Term Progression

Deadlift – Gradually load the hinge pattern over time. Strength training builds long-term tolerance and confidence for real-life lifting.



Want More?

Get a full program tailored to your pain pattern at www.lowerbackpainfix.com

Take the quiz to see if you qualify!
<https://tally.so/r/mKOk68>

