

# Back Management Strategies

## Stop Hurting Yourself

Understand how you re-injure yourself and stop picking the scab!  
The pain teacher invites us to change movements provoking pain.

Sleeping – Getting Out of Bed – Standing - Morning Routine – Toilet Habits – Brushing Teeth  
– Dressing – Tying Shoes – Driving – Getting Out of Car – Sitting – Getting Out of Chair –  
Walking – Lifting – Carrying – Purse – Backpack – Toolbox – Picking Things Up – Work Tasks

Practice & Awareness – Keep a Journal – Reduce Pain – Promote Healing – Get Out of Pain!

## Learn & Practice Improved Spine Hygiene

Learn techniques & best practices to avoid provoking pain!  
We want a stable (not rigid) spine with mobile hips & shoulders!

Abdominal Bracing – Hip Hinge – Double Leg Swing out of Bed – Potty Squat – Standing  
(Short Stop Posture) – How to Tie a Shoe – Double Leg Swing Out of Car – Sitting and Getting  
Up – Picking Up Things ( Supported Single Leg Hinge) – Waking Warm-Up – Daily Movement  
– Bed Time Cool Down – Lifestyle Factors (Hydration, Nutrition, Breathing, Thoughts, etc.)

Practice & Awareness – Stay Out of Pain!

## Basic Movement Training

Train for a More Stable Spine with More Mobile Hips & Shoulders!

Move Head with Stable Spine (Modified Curl-Up) – Move Limbs with Stable Spine (Dead Bug,  
Bird Dog) – Stabilize Spine Side-to-Side (Side Plank) – Put it Together (Walking, 3 x 20 min  
Daily) – Pulse Movements (Dead Bug, Bird Dog) – Balance Work

Practice & Awareness – Practice Strength – Gain Endurance – Gain Confidence!

## Improve Endurance

More of the same with increasing challenge to support your daily life.

Same goals, new challenges based on your progression

Practice & Awareness – Explore Capabilities – Improve Endurance!

## Improve Strength, Speed, Power & Agility

Optional programs as required by your goals and situation.

New goals, new challenges specifically programmed for you

Practice & Awareness – Explore Possibilities!

Resources: **Back Mechanic** by Dr. Stuart McGill  
**8 Steps to a Pain Free Back** by Esther Gokhale and Susan Adams