



Back Pain Management Exercise Guide

Exercises:

The link below will redirect you to a youtube playlist that takes you through 4 different exercises I use as a starting point for addressing back pain. These exercises should be completed AT LEAST once daily - twice daily if you want pain to diminish at a faster rate. It should not require any more than 20 mins of time to complete this routine once you're familiar with how to successfully complete each exercise. These exercises are specifically sequenced to build upon one another. Please complete them in order every time without skipping any exercises.

CLICK HERE →→→→→ [Back Pain Management Series Playlist](#)

Purpose

The purpose of this exercise guide is to introduce you to a few simple exercises that can be very helpful as a starting place for the management and/or relief of back pain at or around the middle/low back. Understanding that there are many reasons one may experience back pain and that the severity of pain is different for each individual, these exercises are intended to be a gentle starting point. The approaches you will see are rooted in human biomechanics theory, which aims to appreciate the fact that no joint or muscular systems act in isolation. As such, the way in which one joint system (and associated muscular components) articulates impacts the way other surrounding joint and muscular systems function as well. I empathize with you in living with back pain (whether chronic or acute) and use these exercises as a starting point for both myself and clients when presenting with back pain. I do hope they can be of help to you!

The techniques demonstrated in the following videos aim to accomplish 3 primary things:

- 1) Improve both sensory awareness and motor control of the pelvis relative to the femurs (leg bone) and lumbar spine (low back).

- 2) Upregulate/increase sensory awareness, motor control and active tone of the hamstring, gluteal, abdominal and groin musculature. This will improve one's ability to perform hip extension without compensatory lumbar extension.
- 3) Downregulate/decrease active tone of the lumbar spinal erector musculature (paraspinals, quadratus lumborum, etc.) and hip flexor musculature (iliopsoas, rectus femoris, etc.).

BEFORE YOU GO...

So I can better help you and as a special thank you for downloading this guide, I'd like to offer you one free 30 minute back pain management session. These sessions can be completed either in-person at my studio in Clairemont, San Diego or virtually via Google Meet. Simply click the link below to schedule a time for us to chat and claim your free pain management session!

[Schedule Free Consultation and Claim Free Session](#)

Thank you again for downloading this guide and trying the exercises demonstrated. Please feel free to reach out to me if you have any questions regarding the exercises demonstrated in this guide. I wish you the best of success in managing low back pain via the biomechanical neuromuscular techniques detailed above.

Best of Health,

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