

PAIN RELIEF SERIES

LOW BACK PAIN RELIEF

Ease your low back.

Gentle moves and everyday habits to help you stay comfortable and moving when your low back is sore.

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And the stop rule

02 **Mobility**
Loosen up first

03 **Stability**
Wake up support muscles

04 **Movement**
Put it together

05 **At Home Beyond Stretching**
Everyday strategies

Start here → Read page 2, then work through the sections in order: mobility, stability, movement.

General education only. Not a diagnosis or a treatment plan for you.
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

ABOUT THIS GUIDE

Low Back pain: what to know

Many people have low back soreness or stiffness at some point. This guide shares simple, general ways to stay comfortable and moving. It doesn't replace an exam.

WHAT IT CAN FEEL LIKE

- Stiffness, especially after sitting or first thing in the morning
- A dull ache across the low back
- Tightness in the hips or back of the thighs

WHAT OFTEN HELPS

- Staying gently active instead of resting all day
- Changing position often
- Short walks on flat ground
- Gentle movement within a comfortable range

When to call us

- Pain that isn't easing after a week or two of gentle care
- Pain that keeps coming back
- Stiffness that gets in the way of work, sleep or daily life
- You're not sure which moves are right for you

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Get medical care right away for

- Pain after a fall, crash or injury
- Numbness or weakness in an arm or leg
- Loss of bladder or bowel control
- Pain with fever, or feeling unwell
- Pain that wakes you at night and won't ease
- Chest pain or shortness of breath

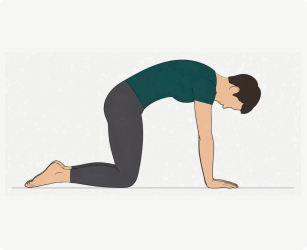
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SECTION 1 · MOBILITY

Loosen up first

Start with gentle mobility moves to ease stiffness. Go slowly, breathe, and stay in a comfortable range.

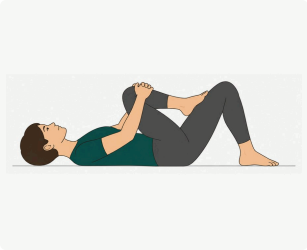
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01 Cat-Cow

MOBILITY · WHOLE SPINE · **8 SLOW REPS**

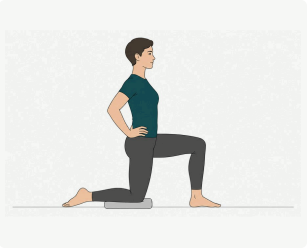
On hands and knees, gently round your back, then let it sag a little. Small, easy motion.



02 Knee to Chest

MOBILITY · LOW BACK + HIPS · **2 × 20 SEC EACH**

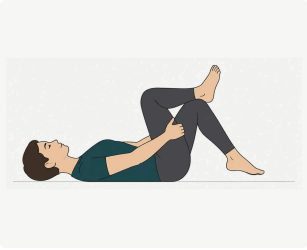
On your back, hug one knee in gently. Keep the other foot flat.



03 Kneeling Hip Opener

MOBILITY · FRONT OF HIP · **2 × 20 SEC EACH**

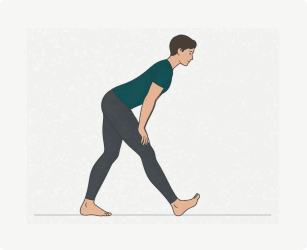
Half-kneel on a pad, tuck your tailbone and shift forward gently.



04 Figure-4 Stretch

MOBILITY · BACK OF HIP · **2 × 20 SEC EACH**

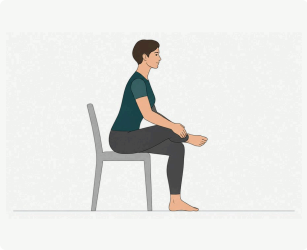
On your back, cross one ankle over the other knee and gently draw it in.



05 Gentle Hamstring Stretch

MOBILITY · BACK OF THIGH · **2 × 20 SEC EACH**

Heel forward, soft knee, hinge at your hips until you feel a light stretch.



06 Seated Figure-4

MOBILITY · BACK OF HIP · **2 × 20 SEC EACH**

Sit tall, rest one ankle on the other knee and lean forward a little.

SECTION 2 · STABILITY

Wake up your support muscles

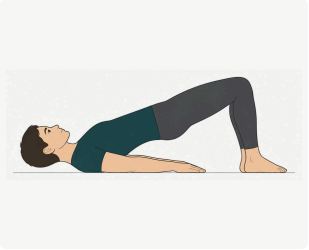
These moves gently switch on the muscles that help hold you steady. Small, controlled and easy.



01 Pelvic Tilt

STABILITY · DEEP CORE · **10 × 3-SEC HOLD**

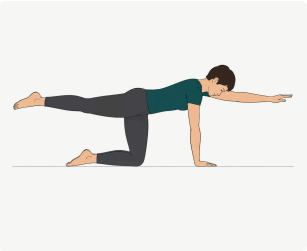
On your back, knees bent. Gently flatten your low back into the floor, breathe, relax.



02 Glute Bridge

STABILITY · GLUTES · **10 × 3-SEC HOLD**

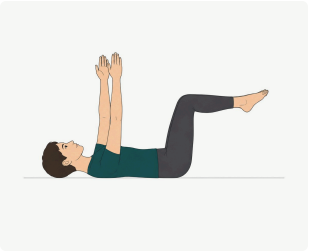
Knees bent, squeeze your glutes first, then lift your hips a few inches.



03 Bird Dog

STABILITY · CORE + BACK CONTROL · **6 EACH SIDE · 3-SEC HOLD**

On hands and knees, reach one arm forward and the opposite leg back. Keep your back flat and still.



04 Dead Bug

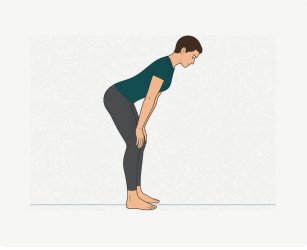
STABILITY · DEEP CORE · **6 EACH SIDE**

On your back, knees and arms up. Slowly lower one heel to tap the floor while your low back stays flat.

SECTION 3 · MOVEMENT

Put it together

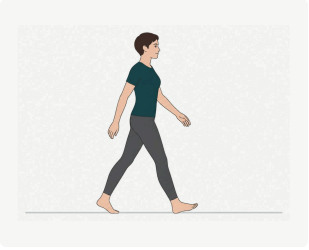
Now practice an everyday movement with good control. Quality over quantity.



05 Hip Hinge

MOVEMENT · HIPS + BACK WORKING TOGETHER · **10 REPS**

Soft knees, hands on thighs. Push your hips back with a flat back, then stand tall.



06 Easy Walk

MOVEMENT · WHOLE BODY · **5–10 MINUTES**

A relaxed walk on flat ground. Shorter and more often is fine.

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AT HOME BEYOND STRETCHING

Everyday ways to feel better

Simple, practical things you can do at home for your low back, beyond the exercises.

HEAT OR COLD

Some people find a warm pack eases stiffness; others prefer a cool pack after activity. Use either for 15–20 minutes with a cloth between it and your skin, and check your skin often. Skip it if the area has reduced feeling.

SLEEP SETUP

On your side, a pillow between your knees. On your back, a pillow under your knees. Roll onto your side to get out of bed.

LIFTING AND CARRYING

Bend your knees, keep the load close and avoid twisting. Split heavy loads and make two trips.

BREAK UP SITTING

Stand up every 30 minutes. Use a small pillow or rolled towel behind your low back in chairs and the car.

Everyday habits

- Get up and move every 30 minutes when sitting
- Keep things you lift close to your body and bend your knees
- Take wallet and phone out of your back pocket before sitting
- Use a small pillow or rolled towel behind your low back in the car
- Wear comfortable, supportive shoes for walking

Your quick plan

When	What to do
Morning	Get up and move for a few minutes. A few pelvic tilts in bed are a gentle start.
Through the day	Change position every 30 minutes. Take a short walk if you can.
Evening	Do the moves on pages 3 and 4 at an easy effort.
Bedtime	Set up your pillows for a comfortable position.
Each week	Notice what helps and what doesn't. Call us if things aren't easing.

QUESTIONS? CALL US

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