



Back Protocol

The following exercises are common for treatment of back pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Pelvic Tilts** – Lie on your back, tilt pelvis forward and backward. (3 sets of 10 reps)
2. **Knee-to-Chest Stretch** – Pull one knee to your chest. Hold for 20-30 seconds. (3 sets per side)
3. **Cat-Cow Stretch** – On all fours, arch and round your back. (3 sets of 10 reps)
4. **Child's Pose** – Sit back onto your heels, reaching arms forward. Hold for 20-30 seconds. (3 sets)
5. **Side-Lying Lumbar Rotations** – Lie on your side, twist your upper body. Hold for 20-30 seconds. (3 sets per side)
6. **Dead Bugs** – Lie on your back, extend opposite arm and leg. (3 sets of 10 reps per side)
7. **Glute Bridges** – Lie on your back, lift your hips. (3 sets of 10 reps)
8. **Bird Dogs** – On all fours, extend the opposite arm and leg. (3 sets of 10 reps per side)
9. **Seated Forward Fold** – Sit and reach for your toes. Hold for 20-30 seconds. (3 sets)
10. **Standing Back Extensions** – Place hands on lower back, lean backward. Hold for 5 seconds. (3 sets of 10 reps)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.