



How to Conquer Back Pain

Your guide to 12 Physio-approved
exercises & stretches



Welcome to your journey towards a healthier back!

Congratulations on taking the first step towards relieving your back pain and achieving a pain-free, active life. I'm Aba, a physiotherapist with over 10 years of experience, and I've designed this program to address your back pain to help you move better and feel stronger.

Inside this guide, you will find a curated selection of exercises carefully designed based on 10 years of experience as a Physiotherapist to improve your range of motion, strengthen and alleviate discomfort in your back. Whether you are dealing with chronic pain or looking to prevent it, these exercises will help you regain control over your back health and overall well-being.

What's Inside:

- 12 exercises to target different aspects of your back muscles and core strength.
- Accessible routines suitable for all fitness levels, from beginners to fitness enthusiasts.
- A well-rounded approach to relief and prevention, promoting a pain-free, active lifestyle.

You've already taken the important step of obtaining this guide. Now, it's time to put it to use and experience the benefits of a stronger, healthier back. Say goodbye to back pain and hello to a life with more freedom and comfort.

By committing to the exercise shared in this guide, you're taking a proactive step towards a pain-free back.



A Gradual approach to success

Although it may be tempting to want to complete all these exercises at once, especially if you're eager to find relief, it's important to listen to your body and take a gradual approach. If you're just starting out on your exercise journey, we recommend the following approach:

1. **Start small:** Choose 2 or 3 exercises that you find easy and manageable to begin with.
2. **Take rest days:** Allow your body to rest for a day after completing your initial exercises.
3. **Incremental progress:** Add a couple of exercises at a time to your routine as your body adapts.

By following this gradual approach, you will reduce the risk of overexertion and injury. After 4-6 weeks, you should find that you are able to complete all these exercises comfortably.

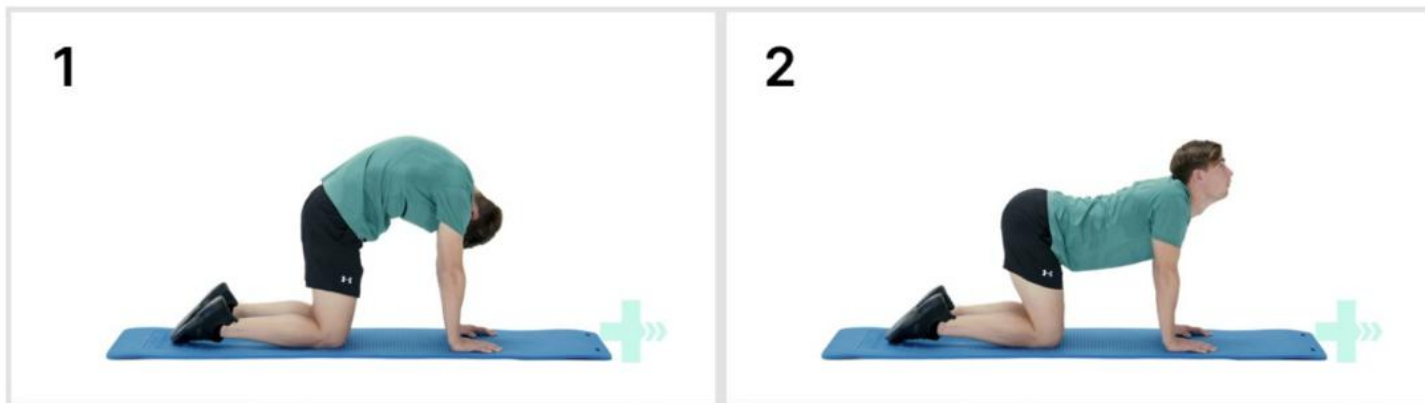
It's completely normal to experience some muscle soreness a day or two after exercising. This is a sign that your muscles are adapting and getting stronger. However, if you ever experience a sharp increase in pain that doesn't subside or any discomfort that concerns you, we recommend reaching out to a professional for guidance.

The team at FlexGun is here to support you on your journey, and it's also important to consult with your trusted healthcare professionals for personalised advice.

Your health and well-being are our top priorities. Take it one step at a time, and you'll be well on your way to a pain-free and healthier back. Remember, consistency and patience are the keys to success. Keep up the great work!

1. Cat camel pose

3 sets / 10 reps / 10 second hold



Start on your hands and knees with your hands under your shoulders and knees under your hips.

Your back should be level with your neck and head in line.

Start by arching your back up towards the ceiling.

Tuck your tail bone down, round your shoulders and drop your head down. Next, reverse the movement.

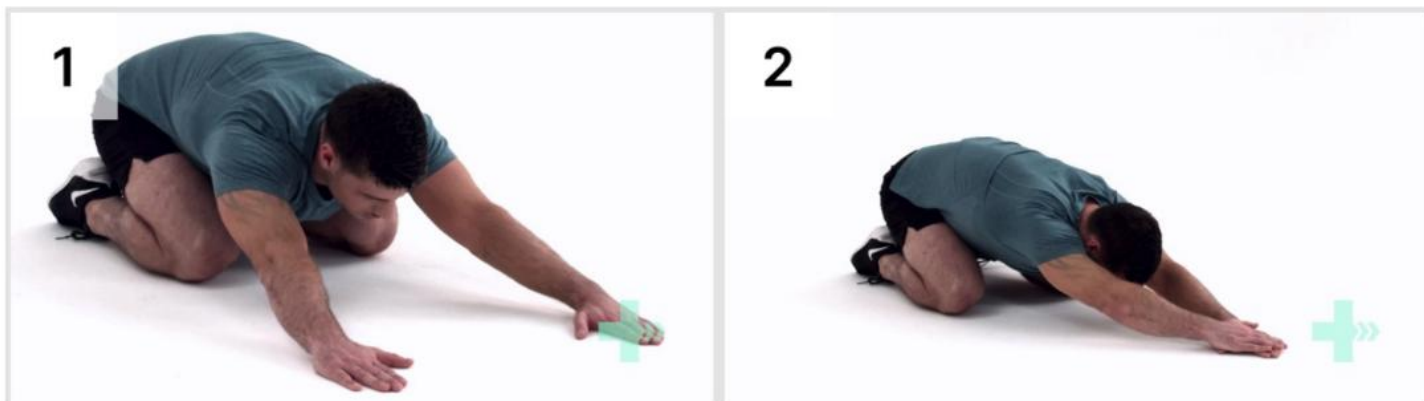
Lift your head up to look ahead of you.

Dish your back, and push your tail bone up towards the ceiling. Repeat the movement.

Keep your arms straight throughout this exercise.

2. Prayer stretch

2 sets / 10 reps / 1 second hold



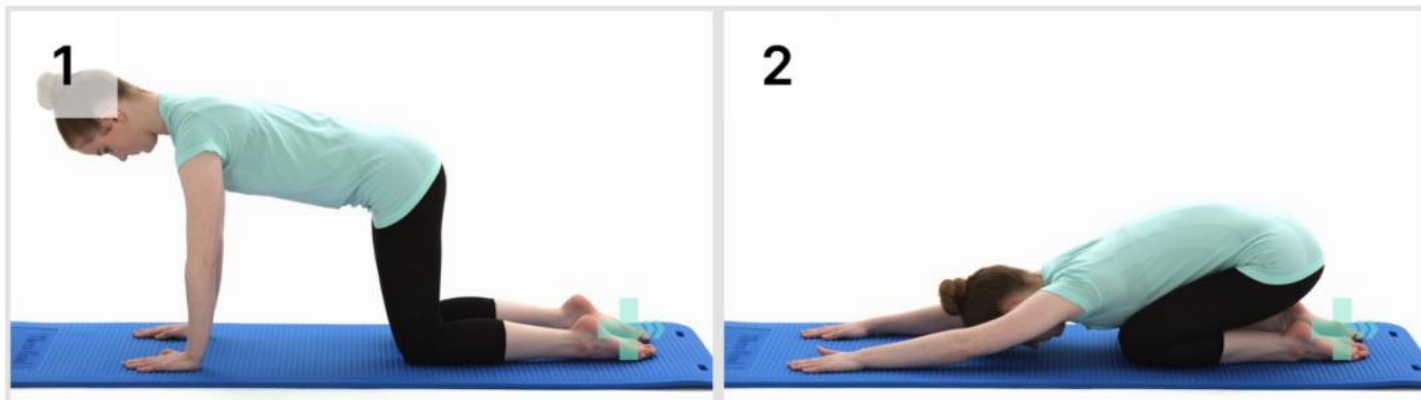
Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should in contact with the heels.

Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold.

Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.

3. Lower back stretch (child's pose)

1 set / 10 reps / 10 second hold



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

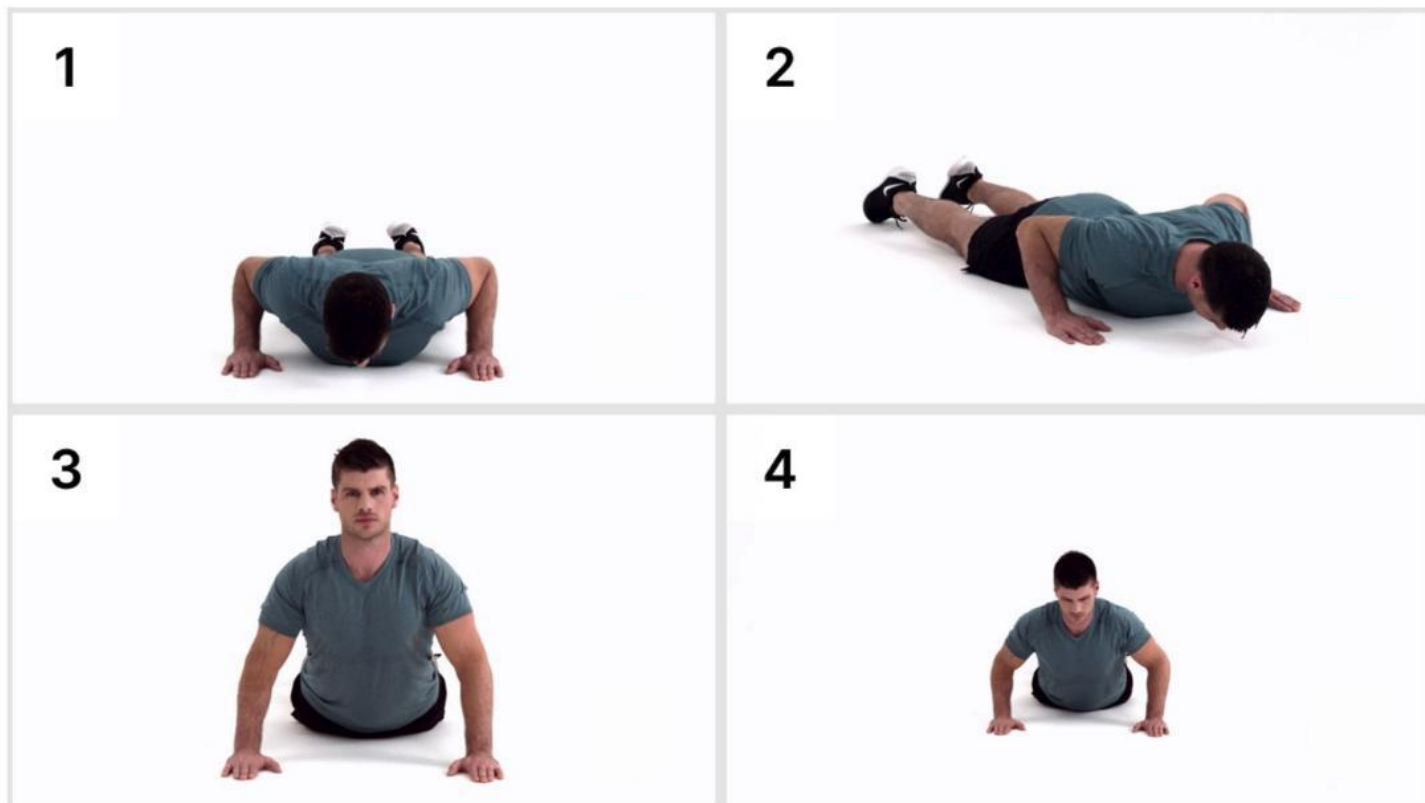
Lower your buttocks back onto your heels. whilst keeping your hands on the floor.

Stretch your hands forwards as far as you can go.

Hold this position.

4. Cobra

1 set / 1 rep / 1 second hold



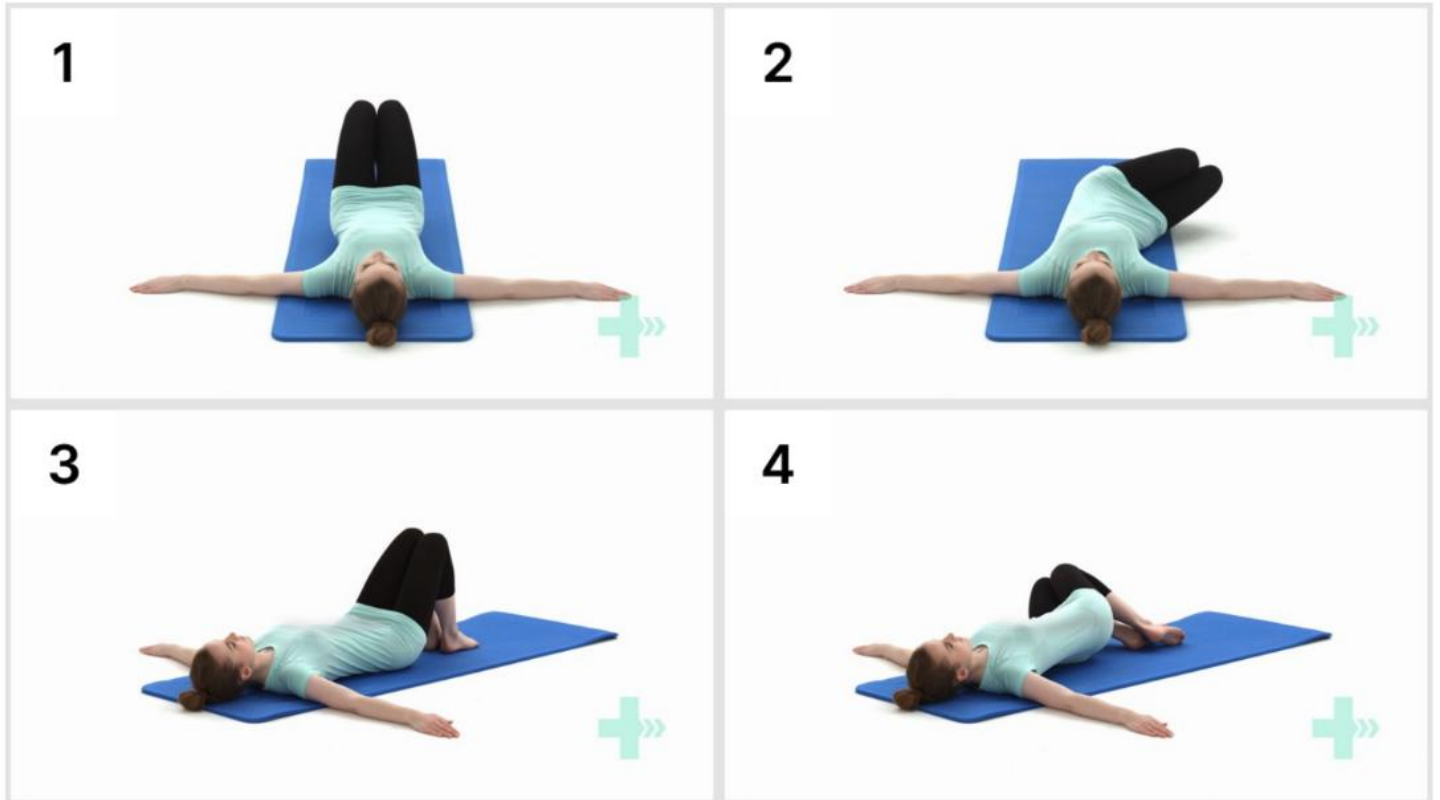
Start position is lying face down on the floor in the prone position as if ready to start a push up but keeping the hip and legs in contact with the floor.

From the prone position, gently press up using the arms and shoulders keeping the legs, pelvis, and lower abdomen in contact with the floor.

Perform the exercise in a slowly to the end of the movement range and then pause briefly, rather than holding as if performing a traditional static stretch.

5. Supine spinal rotation

2 sets / 2 reps / 1 second hold



Lie on your back with your knees bent and your feet flat on the floor.

Stretch your arms out to the sides and keep your shoulders on the mat at all times.

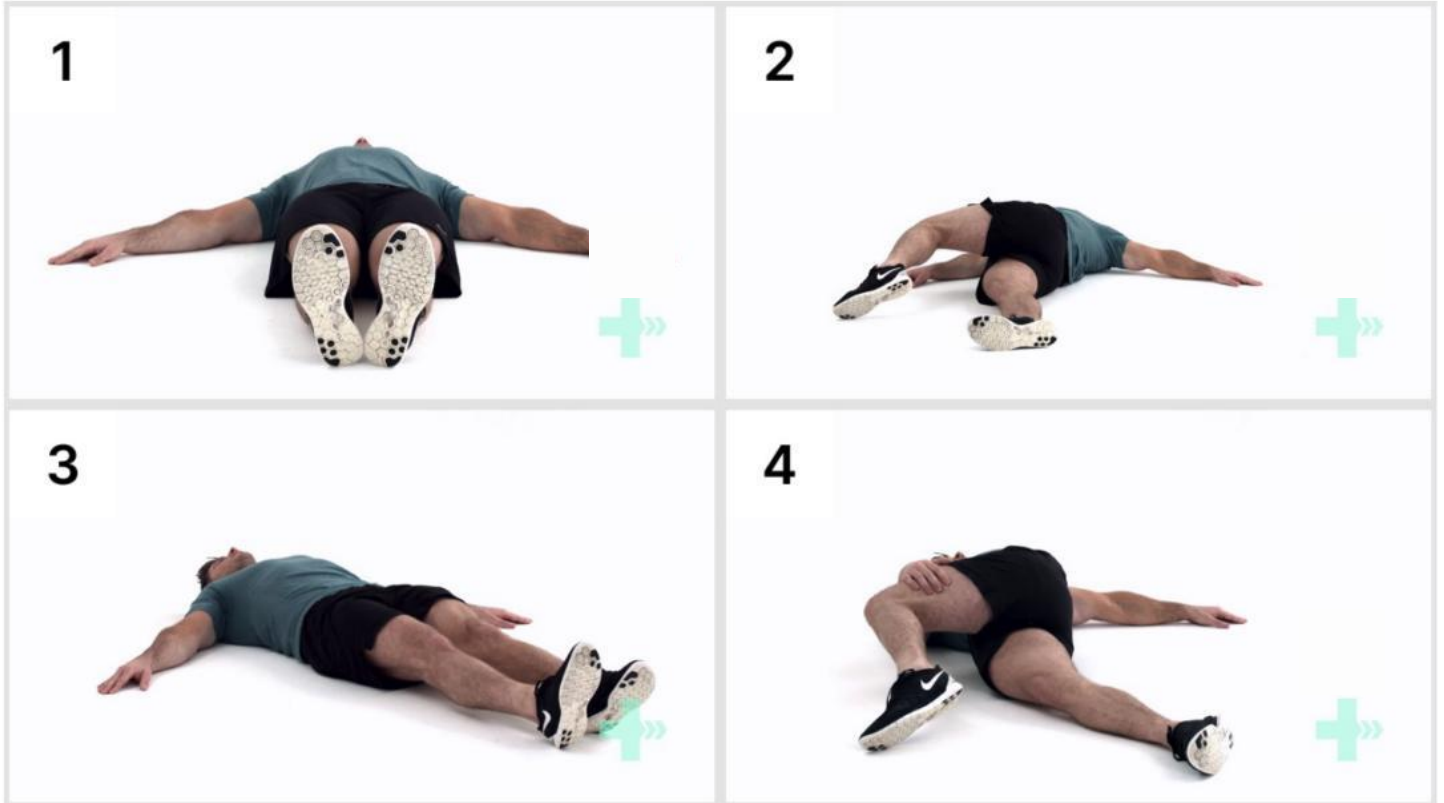
Keeping your knees together, drop them down to one side.

Return to the starting position, and take your knees across to the opposite side.

Only drop your knees as far as you go comfortably.

6. Lower trunk rotation

1 set / 1 rep / 1 second hold



Start position is lying on the back with the arms outstretched in a “T” position.

Keeping the upper back and the arms in contact with the floor, roll from the hips and legs to one side, slowly crossing one leg over the top of the other.

Perform slow movements from side to side. Pause only briefly at the end of the movement rather than holding as if performing a static stretch.

For this exercise the hand can be used to gently pull the crossed leg slightly farther over if desired.

7. Supine abdominals crunch

3 sets / 25 reps / 1 second hold



Lie on your back with your legs straight.

Lift your arms off the floor and tuck your chin to your chest.

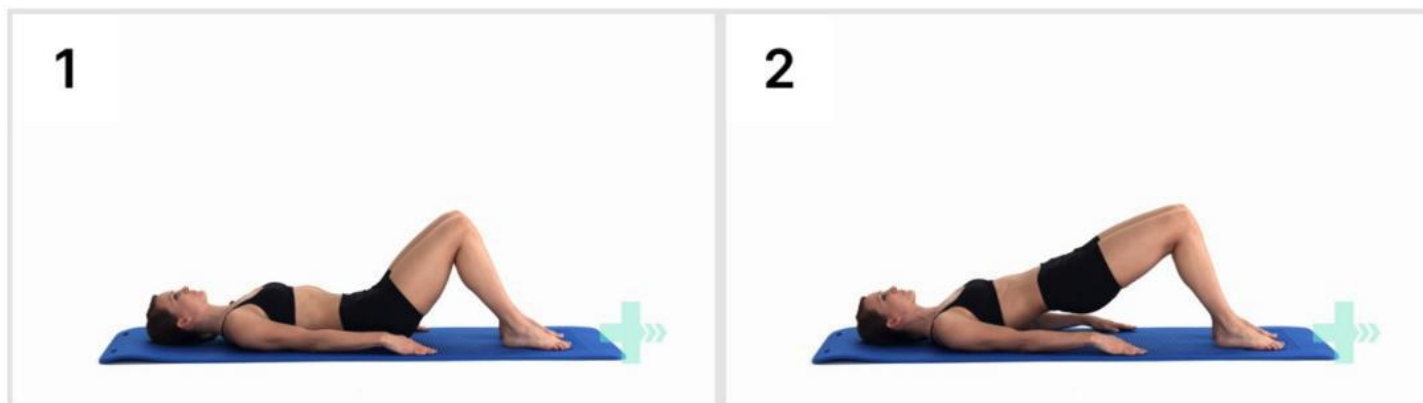
Reach your hands towards your feet, curling your upper body off the floor.

Control the movement back down, keeping your chin tucked in.

You may find it helps to push your tongue into the roof of your mouth.

8. Bridge on the floor

3 sets / 10 reps / 3 second hold



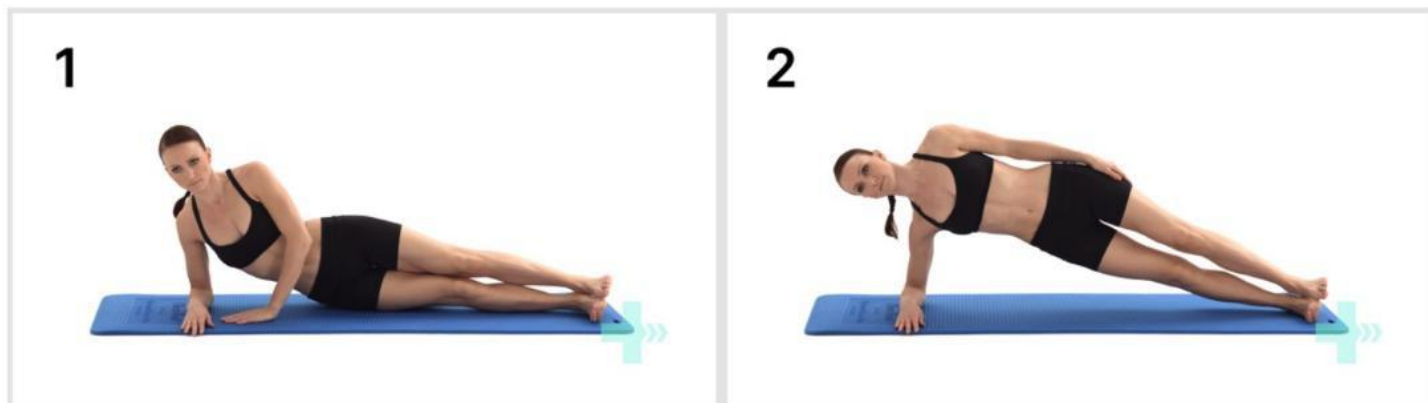
Lie on your back with your knees bent and your feet flat on the floor.

Tighten your buttock muscles and lift your hips up into the bridge position.

Make sure you keep your hips up and level throughout the movement.

9. Side plank, feet stacked

1 set / 1 rep / 1 second hold



Lie on your side with your forearm on the floor and elbow under your shoulder.

Keep your legs straight and stack your feet one onto of the other.

Lift yourself up into a plank on your elbow, with a straight line from your head to your feet.

Look straight ahead, making sure your body does not roll and hips do not sag.

10. Plank

2 sets / 1 rep / 30 second hold



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

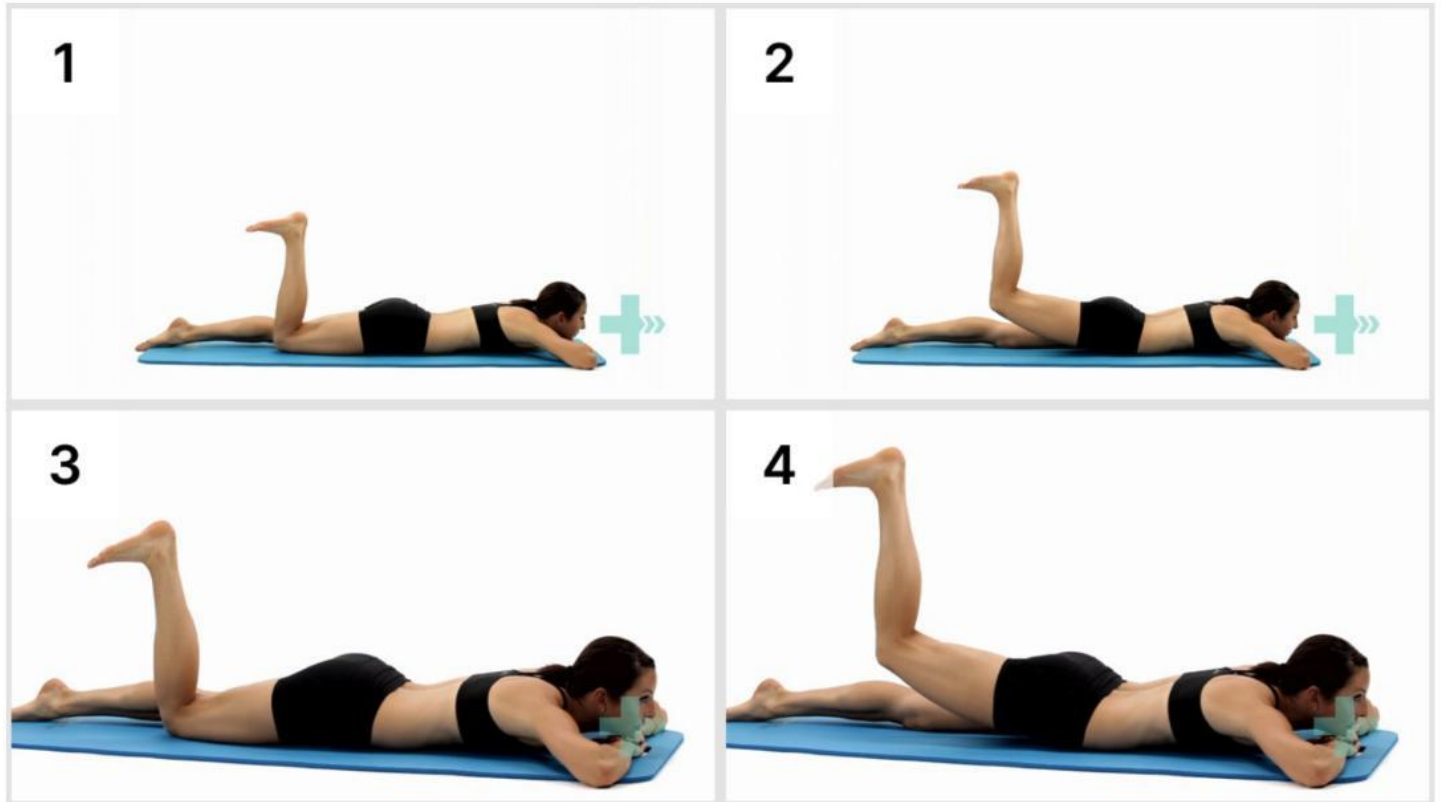
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

11. Prone hip extension with knee bent

2 sets / 25 reps / 1 second hold



Lie on your tummy with your hands folded under your chin.

Bend the knee of your affected leg to a 90 degree angle, with your toes pulled up.

Push the heel towards the ceiling, squeezing your buttock muscles at all times.

Keep your hips flat on the floor.

Lower your leg back to the starting position and repeat.

12. Bird dog

3 sets / 10 reps



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Repeat on the other side.

Bonus tip: Percussive therapy

5 minutes



Sometimes, you might need a bit of extra help to get rid of pesky back pain. Using a percussive therapy gun after completing a series of stretches can give you an extra bit of relief and feels great too!

If you have access to one, follow these steps as the final exercise after completing the stretches:

1. Position the massage gun where you feel the most discomfort.
2. Start on a low percussive speed setting and gently move the massage gun around the muscle area.
3. Continue this for 5 minutes.
4. Where you feel the most discomfort, hold the massage gun in that area for 2 minutes.
5. Be sure not to hold the gun over bony areas

If you would like to know where you can purchase a Massage gun check out our website by clicking the button below.

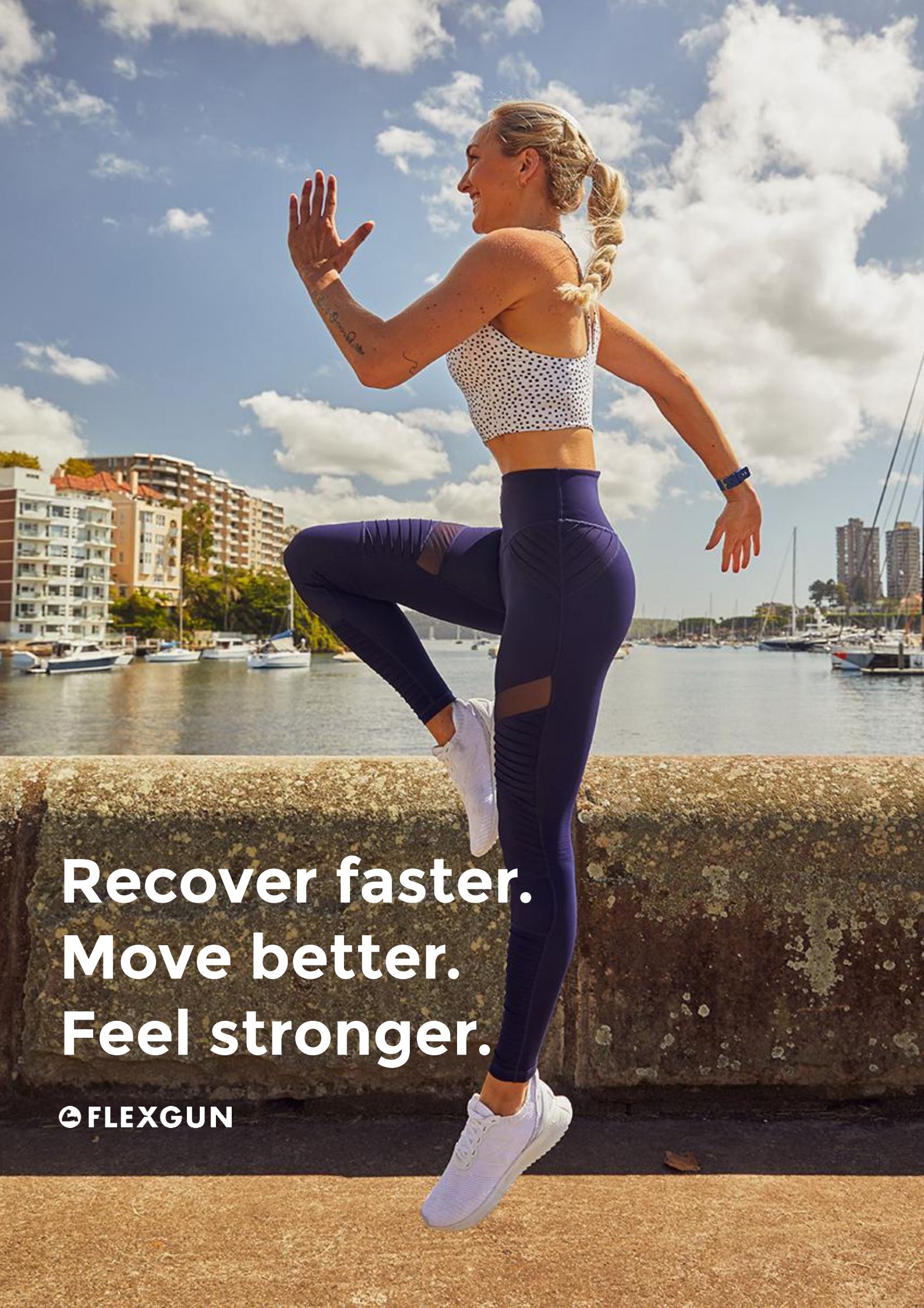
Flexgun Mini



Congratulations on taking your first step to becoming pain free. By incorporating these carefully selected exercises into your routine, you've taken a significant step towards a healthier, pain-free back. Remember, progress is a journey, not a destination.

Begin with a few exercises, gradually increasing as your strength builds. Should you encounter any persistent discomfort or have questions, don't hesitate to reach out to the FlexGun team or consult your healthcare professionals. Embrace the journey, stay consistent, and enjoy the newfound freedom and comfort that a strengthened back brings to your life.

Here's to a future of well-being and vitality!



**Recover faster.
Move better.
Feel stronger.**

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