

IF YOUR LOW BACK JUST LOCKED UP

Do This First

3 Positions. Immediate Relief Protocol.



**PAIN CARE
SUPPLY**

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Why Your Back Just Locked Up

Understanding the reflex — so you can work with it.

MEDICAL DISCLAIMER:

This content is for educational purposes only and is not medical advice. It does not replace the guidance of a licensed healthcare provider. If symptoms are severe, persistent, or worsening — consult a qualified medical professional immediately. Do not use this content to diagnose or treat any condition. Individual results will vary.

THIS IS FOR YOU IF:

Your back locked up at home • At work • In your vehicle • In the middle of your day

One moment you were moving normally.

The next — something grabbed. Tight. Sharp. Every movement feels guarded.

You are afraid to move. Afraid staying still will make it worse.

This is not weakness. This is your body doing its job.

When your low back locks up — muscles tighten to protect the area.

Movement shuts down. Your nervous system goes into a defensive pattern.

The more you fight it — force it, stretch aggressively, twist through it — the more your body pushes back.

That is the cycle. This guide is your interruption.

WHAT HELPS

- Controlled gentle movement
- Breathing slowly and deliberately
- Reducing load on the spine first
- Reactivating stabilizers gently
- Moving with intention — not force

WHAT MAKES IT WORSE

- ! Forcing range of motion
- ! Aggressive stretching
- ! Twisting or reaching under load
- ! Standing completely frozen
- ! Pushing through sharp pain

Reduce load first. Reactivate stabilizers second. Restore controlled movement third.

This works whether you are at home, at work, or in your vehicle.

Do This First — Wherever You Are

Same protocol. Three environments. Use what fits your situation right now.

FIND YOUR ENVIRONMENT — THEN FOLLOW THAT COLUMN:

AT HOME — FLOOR

AT WORK — STANDING

IN YOUR VEHICLE

POSITION 1 — Reduce the Load

AT HOME

Lie on your back.
Pull both knees gently to chest.
Clasp hands around shins.
Hold. Breathe slowly. Do not rock.
20–30 seconds.

YOU SHOULD FEEL

Gentle decompression

STOP IF YOU FEEL

Sharp leg pain

AT WORK

Find a desk or counter.
Place both hands on surface.
Shift hips back. Soft knees.
Let spine decompress with gravity.
20–30 seconds. Breathe.

YOU SHOULD FEEL

Spine lengthening

STOP IF YOU FEEL

Increased pain

IN VEHICLE

Do not jump out of vehicle.
Sit 30 seconds first.
Rotate whole body to door.
Use door frame to push to standing.
Both hands supported throughout.

YOU SHOULD FEEL

Controlled exit

STOP IF YOU FEEL

Catching or grabbing

POSITION 2 — Reactivate the Stabilizers

AT HOME

Lie on back. Knees bent. Feet flat.
Gently press low back to floor.
Hold 5 seconds. Release.
Repeat 8–10 times slowly.
This is movement — not rest.

YOU SHOULD FEEL

Deep muscle activation

STOP IF YOU FEEL

Sharp pain

AT WORK

Stand with back against wall.
Feet 6 inches from wall.
Gently press low back to wall.
Hold 5 seconds. Release.
Repeat 8–10 times.

YOU SHOULD FEEL

Low back engaging gently

STOP IF YOU FEEL

Shooting pain

IN VEHICLE

Stand beside your vehicle.
Back against door or truck side.
Feet 6 inches out.
Press low back toward vehicle.
Hold 5 sec. Release. 8–10 times.

YOU SHOULD FEEL

Stabilizers waking up

STOP IF YOU FEEL

Any leg symptoms

POSITION 3 — Restore Controlled Movement

AT HOME

Roll to your side using your arms.
Push up to seated — no jerking.
Sit for 30 seconds before standing.
Stand using armrest or furniture.
Take 10 slow controlled steps.

YOU SHOULD FEEL

Controlled movement

STOP IF YOU FEEL

Catching or sharp pain

AT WORK

Push off the wall to upright.
Stand tall. Do not lean forward.
Take 10 slow controlled steps.
Slow is controlled.
Controlled reduces strain.

YOU SHOULD FEEL

Movement feels more controlled

STOP IF YOU FEEL

Increased guarding

IN VEHICLE

Take 10 slow steps from vehicle.
Do not stand frozen.
Movement signals safety to the nervous system.
Slow and deliberate every step.

YOU SHOULD FEEL

Less guarding with each step

STOP IF YOU FEEL

Weakness or numbness

What To Avoid + Red Flags

Know when to stop. Know when to get help. No guessing.

AVOID IN THE FIRST 24–48 HOURS — IN ANY ENVIRONMENT

- >> Forcing range of motion or stretching aggressively through the pain
- >> Twisting, bending forward, or reaching while under load
- >> Sitting or standing in one position for longer than 20–30 minutes without a gentle movement break
- >> Any repeated activity that consistently increases your symptoms

STOP IMMEDIATELY — Seek emergency care if you experience:

- ! Loss of bladder or bowel control
- ! Numbness or tingling in the groin or inner thigh
- ! Sudden severe weakness in both legs
- ! Chest pain, dizziness, or difficulty breathing
- ! Symptoms that are rapidly worsening

PAUSE — Consult a licensed provider before continuing if you notice:

- >> New or increasing numbness or tingling down the leg or into the foot
- >> Sharp shooting pain that worsens with every attempt at movement
- >> Significant increase in symptoms after two or more sessions
- >> Fever, unexplained weight loss, or night pain that wakes you from sleep

FEEL CHECK — Every Position in Every Environment

Expected: mild tension releasing, gentle activation, controlled movement. Tolerable discomfort is acceptable.
Not acceptable: sharp pain, shooting pain down the leg, numbness, tingling, or loss of control.

If symptoms increase in any environment — stop, reduce load, and consult a licensed provider.

Once the acute phase passes — build your daily system.

The Low Back Pain Relief Guide gives you the full morning reset, tracker, and symptom log.

paincaresupply.com/free

Free resource. Download adds you to our email list. Unsubscribe anytime.

FTC Disclosure: Educational product only. Results vary. Does not diagnose, treat, or replace licensed care.