

LOW BACK PAIN

— Relief Guide —

A simple daily system — built for people who are tired of guessing.



Understand
Your Pain



Move
Better



Lift & Carry
Safely



Build Daily
Resilience



Create Lasting
Habits



Pain Care Supply
paincaresupply.com



For educational purposes only

Not medical advice

Your Morning Reset

5 steps. Every morning. Before your day starts.

START HERE IF:

You wake up stiff • Getting out of bed triggers your low back • Mornings are your worst time of day

1 Knees to Chest — Release the Compression

Lie on your back. Pull both knees gently toward your chest.
Hold for 20–30 seconds. Breathe slowly.
You are releasing the compression built up overnight.

2 Pelvic Tilt — Wake the Deep Muscles

Still on your back, knees bent, feet flat.
Gently flatten your low back into the floor. Hold 5 sec.
Release.
Repeat 10 times. Activates the muscles that support your spine.

3 Cat-Cow — Restore Range of Motion

Move to hands and knees on a firm surface.
Slowly round your back up, then let it gently sag. 8–10 cycles.
Move only in a range that feels controlled. Never push into pain.

4 Supported Standing — Take Your Time

Do not jump out of bed. Roll to your side first.
Push up slowly with your arms. Sit before standing.
Hold a counter or wall and shift weight side to side 5 times.

5 2-Minute Walk — Prime the Spine

Walk slowly for 2 minutes before sitting down.
This is not exercise. This is priming your spine for the day.
Gentle movement early reduces the chance of a flare later.

YOU SHOULD FEEL

Mild stiffness releasing
Gentle tension — not pain
Slow controlled movement

STOP IF YOU FEEL

Sharp or shooting pain
Pain down your leg
Numbness or tingling

PROGRESSION:

Start with Steps 1 and 2 only. Once those feel controlled, add Steps 3–5. Build gradually over 5–7 days.

7-Day Habit Tracker

Track what you do. See what works.

HABIT / ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
Morning Reset Complete							
Step 1 – Knees to Chest							
Step 2 – Pelvic Tilt							
Step 3 – Cat-Cow							
Step 4 – Supported Stand							
Step 5 – 2-Min Walk							
Water (8+ glasses)							
Avoided prolonged sitting							
Took a movement break							
Evening stretch done							
Pain stayed manageable							

WEEKLY REFLECTION — What helped most this week?

Daily Symptom Log

One week of daily check-ins. Watch your own progress.

HOW TO USE:

Fill this in each evening. Rate your pain 1-10. Note what made it better or worse. You are looking for patterns.

DAY 1

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

DAY 2

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

DAY 3

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

DAY 4

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

DAY 5

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

DAY 6

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

DAY 7

Date: _____

Pain Level (circle):

1 2 3 4 5 6 7 8 9 10

Morning Reset done? Y / N

Worst time of day: _____

What helped / what made it worse: _____

Red Flag Quick Guide

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

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 during movement
- ! 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 Session

Expected: mild stretch, light tension, controlled movement. Tolerable discomfort is okay.
Not acceptable: sharp pain, increased symptoms, numbness, tingling, or loss of control.

If symptoms increase — reduce range, slow down, or stop and consult a provider.

If your low back pain keeps returning — start here:
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.