



RELIEF MOTION
PHYSIOTHERAPY

LOW BACK PAIN RELIEF AT HOME

A Physiotherapist's Step-by-Step Exercise Guide

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Introduction

Introduction



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About Author

As the co-founder of Relief Motion, a digital health brand, I am a licensed physiotherapist specializing in musculoskeletal rehabilitation, movement therapy, and evidence-based treatment of low back pain.

With experience helping individuals recover from pain, restore mobility, and regain confident movement, my approach focuses on practical rehabilitation strategies that patients can safely perform at home.

His clinical approach emphasizes:

- Movement as medicine
- Progressive strengthening
- Patient education and independence
- Long-term injury prevention

Professional Focus

- Low Back Pain Rehabilitation
- Postural Correction & Ergonomics
- Core Stability Training
- Functional Movement Recovery



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Relief Motion

Clinical Philosophy

“The body is designed to move.

Recovery begins when movement is restored with confidence

Introduction

Low back pain is one of the most common musculoskeletal complaints worldwide. In most cases, it is mechanical; meaning it responds very well to the right movements performed consistently.

The goal of this guide is simple:

- Reduce pain
- Restore movement
- Rebuild confidence
- Strengthen your back safely

You will focus more on doing than reading.



Before starting:

- Movements should feel relieving or mildly stretching — not sharp or worsening.
- Mild discomfort is acceptable; increasing pain that lingers is not.
- Breathe normally throughout each exercise.
- Perform exercises slowly and with control.



Introduction

Chapter One

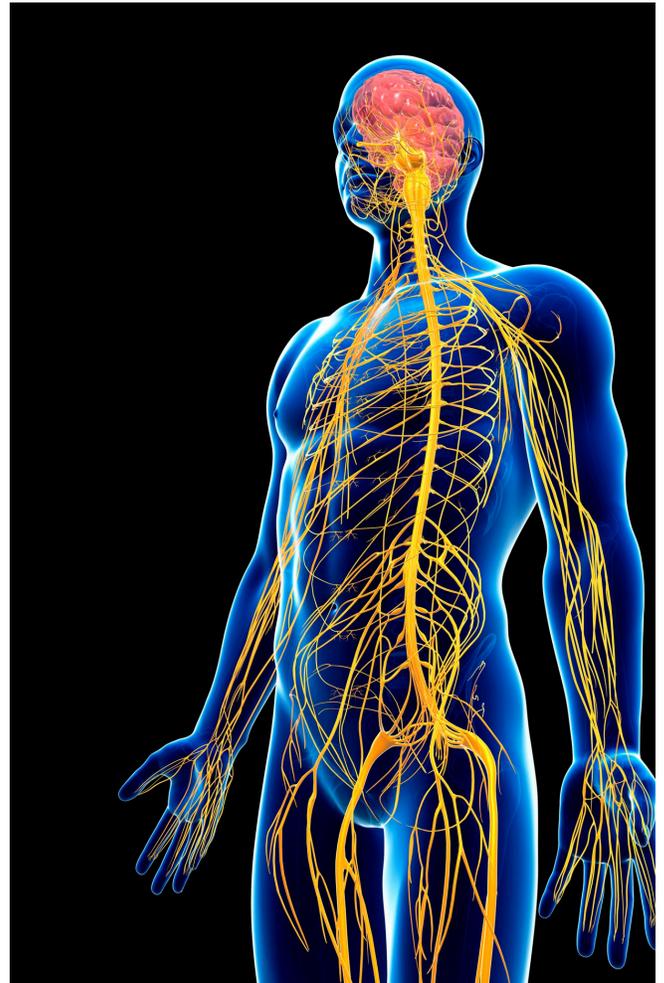
First Principle: Keep Moving



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FIRST PRINCIPLE: KEEP MOVING

Complete bed rest slows recovery. Gentle movement stimulates circulation, reduces stiffness, and tells your nervous system that your back is safe.



If pain is severe, begin with the gentle mobility exercises below.



Relief

Chapter Two

Gentle Relief Exercises

Perform these 1-2 times daily



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PRONE PRESS-UPS (Extension Relief)

Best for: Pain that worsens with prolonged sitting or bending forward.

How to perform:

1. Lie on your stomach.
2. Place your hands under your shoulders.
3. Slowly press your upper body upward like a push-up.
4. Keep your hips and pelvis relaxed on the floor.
5. Lift only as far as comfortable.
6. Hold for 5–10 seconds.
7. Lower slowly.

Repetitions: 8–10 reps

Frequency: Morning and evening

Tip: Exhale as you press upward.



CHILD'S REST POSITION

Best for: General stiffness or muscle tightness.

1. Kneel on hands and knees.
2. Slowly sit your hips back toward your heels.
3. Stretch arms forward.
4. Relax your head down.
5. Breathe deeply.

Hold: 15–20 seconds

Repeat: 5 times



SUPINE KNEE ROCKS

Best for: Morning stiffness.

1. Lie on your back.
2. Bend knees, feet flat.
3. Gently move both knees side to side.
4. Keep movement slow and controlled.

Repetitions: 20 gentle rocks

Supine knees side to side



PELVIC TILTS (Deep Core Activation)

1. Lie on your back with knees bent.
2. Gently tighten your abdominal muscles.
3. Flatten your lower back into the floor.
4. Hold 5 seconds.
5. Relax.

Repetitions: 10–15

Focus: Small, controlled movement.



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Strengthening

Chapter Three

Strengthening For Lasting Relief



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STRENGTHENING FOR LASTING RELIEF

Once pain reduces, begin strengthening. Strength is your long-term protection.

Perform 3–4 times per week.

GLUTE BRIDGE

1. Lie on your back.
2. Bend knees, feet hip-width apart.
3. Tighten core.
4. Lift hips upward.
5. Squeeze glutes at the top.
6. Lower slowly.

Reps: 12 Sets: 3

Progression: Hold 10 seconds at the top.



BIRD DOG

1. Start on hands and knees.
2. Extend right arm forward.
3. Extend left leg backward.
4. Keep hips level.
5. Hold 5 seconds.
6. Switch sides.

Reps: 10 per side

Key cue: Do not arch your lower back.



Side plank

MODIFIED SIDE PLANK



1. Lie on your side.
2. Bend knees.
3. Lift hips upward.
4. Keep body straight from shoulders to knees.
5. Hold 10–20 seconds.

Repeat: 3 times each side



Dead bug

DEAD BUG (Core Stability)

1. Lie on your back.
2. Lift both arms toward ceiling.
3. Raise knees to 90 degrees.
4. Slowly lower opposite arm and leg.
5. Return to start.
6. Alternate sides.

Reps: 10 per side



Posture

Chapter Four

Posture Reset



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Posture Reset

POSTURE RESET DRILLS

Poor posture alone does not cause back pain — but prolonged static posture increases strain.

Every 30–45 minutes:

Standing Reset

1. Stand tall.
2. Gently pull shoulder blades back and down.
3. Slightly tuck chin.
4. Take 3 deep breaths.



Seated Reset

POSTURE RESET DRILLS

Seated Reset

1. Sit back fully in chair.
2. Support lower back (rolled towel if needed).
3. Feet flat on floor.
4. Knees slightly lower than hips.
5. Gently arch backward for 3 seconds.

Repeat frequently throughout the day.

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Lifting

Chapter Five

Daily Activity Modifications



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When Lifting

- Stand close to the object.
- Bend at hips and knees.
- Keep chest upright.
- Lift using legs.
- Avoid twisting – turn with your feet.



When Standing Long Periods

- Rest one foot on a low stool.
- Switch sides every few minutes.





Daily activities

Chapter Six

10-Minute Daily Back Routine



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How to do your daily activities

Morning:

1. Knee Rocks – 20 reps
2. Press-Ups – 10 reps
3. Pelvic Tilts – 10 reps

Evening:

1. Child's Pose – 5 holds
2. Glute Bridges – 3 × 12
3. Bird Dog – 10 each side

Consistency is more important than intensity.





Help for back pain

WHEN TO SEEK PROFESSIONAL HELP

Seek medical evaluation if you experience:

- Progressive leg weakness
- Numbness in saddle region
- Loss of bowel or bladder control
- Severe trauma

Most low back pain improves within weeks when movement is restored progressively.

A close-up photograph of a person's back being massaged. Two hands are visible, applying pressure to the muscles. The person is lying on a blue towel. The text is overlaid on a dark blue rectangular background.

Your back is strong.

Movement is medicine

The Role of Physio Professionals

Low back pain varies greatly among individuals in terms of its causes, symptoms, and treatments. It is essential to approach your low back pain with an open mindset and a strong motivation to seek improvement, rather than simply managing the symptoms.

The latest research and insights indicate that adopting a multidisciplinary approach is more advantageous, prioritizing movement and strengthening rather than solely focusing on pain relief and surgical interventions.

At Physio Professionals, we recognize each person as a unique individual. Our team includes physiotherapists, exercise physiologists, massage therapists, and specialists in Pilates and hydrotherapy. Together, we tailor our approach to assist patients in overcoming injuries, maintaining their physical health, and enhancing their body's performance, all to ensure they enjoy the highest quality of life possible.



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Book a Physiotherapy Consultation

Get a professional assessment and a personalized recovery plan tailored to your condition.

Consultation includes:

- Postural and movement assessment
- Pain source identification
- Customized exercise program
- Guidance for long-term prevention



Contact / Booking

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