



Low Back Pain – A Structured Rehab Guide (PDF)

This PDF guide is designed to help you better understand low back pain and follow a clear, physiotherapy-based rehabilitation approach. Scroll the preview below to see how the guide works and decide if it's right for you.

A clear physiotherapy-based guide

LOW BACK PAIN

Guided physiotherapy assessment and exercise protocols

Introduction

If you are reading this PDF, you are probably living with low back pain that limits you, bothers you, or worries you. The first thing we want to tell you is this: **you are not alone and you are alone.**

Low back pain is a very common condition and, in the vast majority of cases, it is not dangerous, even though it can be persistent and affect daily life.

Simple guided assessment

Questions and simple tests to choose the right approach

Before starting the exercises, the guide asks you a series of clear questions and simple physical tests. These help understand your specific situation and guide the choice of the most appropriate rehabilitation approach.

You will be guided to ask yourself:

- When does your pain usually appear?
- How has your pain changed over time?
- What does your posture look like from the side?
- Which simple movements increase or reduce your pain?

(These questions and tests are used to guide the choice of the protocol, not to make a diagnosis.)

Protocol selection

Based on your specific presentation, you are assigned one of three tailored rehabilitation protocols:

A	B	C (MIXED)
For hyperlordosis or excessive lower back curvature	For postural rectification or flattened lower back	For combined postural issues
Targeted exercises for reducing excessive arching of the lower back.	Specific exercises to correct flattened or overly straightened lower back.	A combination of exercises for addressing mixed postural issues with your spine or back.

(Each protocol includes specific exercises and guidance to address your condition.)

A B C (MIXED)

Protocols are designed solely based on your presentation and not for diagnostic purposes.

Specific exercises for hyperlordosis

Tailored exercises to reduce excessive lower back curvature

This protocol includes specific exercises designed to correct hyperlordosis, which is characterized by an exaggerated inward curve of the lower back.

Focus: reducing over-arching and relieving associated pain.

Get the complete PDF guide

This preview shows only a small part of the process.
The full guide walks you step by step through assessment,
protocol selection, and a complete rehabilitation plan with exercises and videos.

Inside the full PDF you'll find:

- ✓ The complete guided assessment
- ✓ Clear criteria to choose the right protocol
- ✓ Full exercise progressions for your condition
- ✓ Photos, videos, and practical guidance
- ✓ A structured plan to follow over time

*If you want a clear, physiotherapy-based approach —
not random exercises — the full guide is for you.*



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