

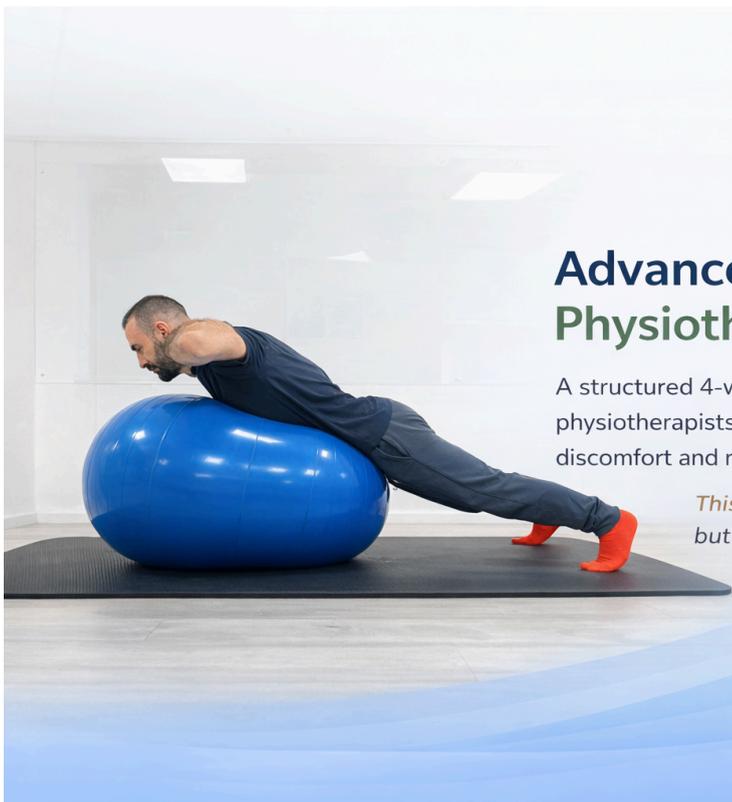


This page is a **quick overview of the protocol**, giving you a short preview of what you will find inside the full PDF.

This physiotherapy protocol was created to offer a **structured and practical pathway** for people dealing with low back discomfort.

Instead of random exercises, you will follow a **clear progression designed by physiotherapists**, focused on improving movement control and spinal function.

The program is **simple to follow at home**, with clear explanations and guided progression.

A man in a dark blue t-shirt and grey pants is performing a core exercise on a large blue exercise ball. He is in a plank-like position, with his forearms resting on the ball and his feet on the floor. The background is a bright, modern gym or studio with large windows and a light-colored floor.

Advanced Low Back Pain Physiotherapy Protocol

A structured 4-week program designed by physiotherapists to improve spinal control, reduce discomfort and restore movement.

*This is not a generic **exercise sheet**,
but a guided physiotherapy pathway.*

[Start the Protocol >](#)

Inside the protocol you will find:

- ✓ a structured 4-week progression
- ✓ clearly explained exercises with images
- ✓ guidance on sets and repetitions
- ✓ focus on spinal stability and movement control
- ✓ exercises designed to be performed at home

Most online programs provide random exercises.

Our goal is different.

This protocol is built using **physiotherapy** reasoning, focusing on how the spine moves and adapts during rehabilitation.

Pathway A

Exercises if you have increased lumbar curve

- ✓ Exercises if you have increased lumbar curve



Pathway B

Exercises if you have reduced lumbar curve

- ✓ Exercises if you have reduced lumbar curve

The exercises are organized in a progressive pathway, helping you build control step by step.

Who Can Use It

This protocol may be useful if you:

- ✓ experience **recurrent** low back discomfort
- ✓ spend many hours sitting
- ✓ want to improve spinal stability
- ✓ want a **structured** rehabilitation program



Start Your Physiotherapy Pathway

Download the **Advanced Low Back Pain Protocol**



Download the Protocol

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