



A Complete Physiotherapy Pathway

This bundle combines the **Low Back Pain Self-Assessment Protocol** and the **Advanced 4-Week Physiotherapy Program** to guide you through a structured rehabilitation pathway.

Start by understanding how your back responds to movement, then follow a progressive exercise program designed to improve **lumbar stability, movement control and spinal function**.

All exercises are designed to be performed **at home with clear guidance from physiotherapists**.

Step 1 — Understand Your Back

Before starting a rehabilitation program, it is important to understand how your back responds to movement. The **Self-Assessment Protocol** helps you evaluate spinal mobility and identify how your lumbar spine reacts during simple movements.

Test 1 – Lumbar Flexion



– Evaluate how your lumbar spine reacts during forward bending.

Active Extension Test



– Evaluate how your lumbar spine reacts during back extension.

Step 2 — Follow a Structured Rehabilitation Program

Once you understand your back response, you can follow the **Advanced 4-Week** Low Back Pain Program.

This program includes **progressive exercises** designed to improve:

- **lumbar stability**
- movement control
- spinal load tolerance



Back Extensions: Improve lumbar stability and movement control.



Reverse Crunch: Build core strength and spinal load tolerance.

✓ Progressive Exercises

Exercises increase in difficulty each week to ensure safe and gradual improvement.

✓ Back Stability

Strengthening exercises stabilize the lumbar region and activate the core muscles.

✓ At-Home Convenience

All exercises are illustrated, explained and can be performed at home, requiring minimal equipment.

Bundle Advantage

Self-Assessment Protocol – €25

Advanced Program – €35

Get both with the

Complete Bundle for €39

Start Your Complete Physiotherapy Pathway

Get the complete program designed to help you understand your back and improve spinal control.



Get the Complete Low Back Pain Bundle

DOWNLOAD THE FULL BUNDLE FOR LOW BACK PAIN:

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