

5

Steps To A **PAIN FREE** Lower Back!



**5 EASY TO IMPLEMENT STEPS
TO HELP ELIMINATE YOUR
LOWER BACK PAIN, NOW!**

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5 Steps to a Pain Free Lower Back

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Welcome to our Free Report: 5 Steps to a PAIN FREE lower Back!

In this free report I'm going to explain to you the 5 most important steps you must take if you truly want to take control and eliminate your Low Back Pain for good.

You likely realise this already, but knowing the following information without taking action on it is pretty pointless and will not do anything to help improve your Lower Back pain.

Therefore, I encourage you to focus on trying to implement each of the following steps into your daily lifestyle over the coming days, weeks or months (depending how quickly you work).

That way, you will have the best chance of eliminating your Lower Back Pain once and for all.

Like with any programme, you get back exactly what you put in.

If you only commit 60%, you only get 60% back in return. If you commit 100%, then of course, you will get back 100% - It's that simple.

At the end of this report I have included a simple exercise programme you can use to help address one of the most common causes of Lower Back pain.

If you commit to the following advice and you do not feel any improvements in your pain and discomfort within 14 days, I encourage you to contact us (on either 07835 777 853 or info@tytonhealth.com) so that we can fully assess your body and its current level of function and design you a specific programme to address your individual needs.

If you're not local to us, I would recommend you find another practitioner skilled in the art of Othopedic Assessment and Exercise & Lifestyle Programming to find your specific dysfunctions/problems and then design you a programme specific to your needs.

OK, so on with the show. The first of our 5 Steps is Mindset. As you move through the Steps you'll notice that there are several words or phrases in blue. If you click on the blue text, you'll be taken to our [website](http://www.tytonhealth.com) where you'll be given more information about that particular topic or one that's closely related.



Step 1: Mindset

The first of the five steps is to get your mindset in alignment with the reality of achieving your goal. Why? Because the body follows the mind.

Just because you want to be pain free, it doesn't mean that you will do all that is necessary to be pain-free – you have to make a conscious decision in your mind to [follow through](#).

To keep you on track, what you'll want to do is find a reason to be pain-free that is stronger than your biggest excuse to remain in pain.

For example, if you have a habit of saying "I can't be bothered", "I don't have time", "it's too much effort", etc... Then you have to dig deep and find a reason, a WHY that is so strong that you will do pretty much anything you have to do in order to get out of pain.

This may be something as simple as you being sick and tired of aches and pains whilst sat at your work desk all day, or it could be the fact that you want to be able to have fun and play with your kids more but your pain is holding you back and preventing you from having fun with them.

Whatever it is, no matter how big or small, constantly remind yourself of this "why" each and every time those bad thoughts of "I can't be bothered", etc... Creep in and try to sabotage your progress.

When you have done the above and found your reason why, the next step is to commit to change.

You have to realise that whatever you are doing now is of no use if you ever want to get out of pain. Simply put, more of the same equals more of the same!

At this point, you may not know exactly what things you have to focus on changing - aside from mindset of course – in order to get results. Just know that certain changes will be necessary and you will learn more about those later in this report.

The final part of 'Step 1: Mindset' is to be Proactive, not Reactive.

I'm sure you've all heard the saying "prevention is better than cure"? Well although deep down we all know this, very few of us actually take much notice until it's too late.

Us humans have a bad habit of leading very poor, unhealthy lifestyles and waiting for something to *break* before seeking help, guidance and support in order to get healthy.



In my own clinical experience and that of my colleagues, most back pain these days is from poor lifestyle habits and old injuries that weren't fully addressed or correctly treated during the post-recovery period.

If this sounds like you, rather than take the "prevention is better than cure" approach (because it's too late and you're already or still in pain), I would recommend you adopt a mindset of "cure is better than management".

By this I simply mean it is better to address the causative factors behind your back pain rather than treat it at a symptomatic level with the likes of anti-inflammatories, pain medicine's and constant Spinal manipulations.

That's not to say that these interventions don't have a place, but they very rarely get to the root cause of the problem so therefore it never goes away, instead it is just "managed".

With that in mind it means that your ultimate goal should be to be 100% pain-free or as close to it as is possible with your particular condition.

Your goal should not be to just manage the pain enough for you to get by or to keep the pain at bay until your next adjustment. This approach leaves you at an increased risk of further injury and will also cost you a lot of money and possibly even your health in the long run.

Not ideal!

So to wrap up step one, your first tasks are to:

1. Find your "Why" (your personal reason for wanting to eliminate your pain)
2. Commit to change (more of the same equals more of the same!)
3. Be proactive, not reactive (cure is better than management)

Step 2: Mobility and Flexibility

More often than not, chronic low back pain is caused by a combination of muscular imbalances and muscular dysfunctions.

Both of these conditions can occur independently, together, or as a result of one another.

Muscular imbalances occur when the tension between two opposing muscles is no longer balanced (often from overuse of one or the other or from injury). This results in the joints those muscles control being pulled out of ideal alignment, which causes



excessive shear and instability in and around that joint. This in turn then leads to pain and inflammation.

For example, this is often witnessed by people with desk jobs because they spend way too many hours each day in a seated position.

Over time the body adapts to this position and develops muscular imbalances.

The most common muscular imbalance we see from the seated work place in relation to lower back pain is a condition known as Lower Cross Syndrome.

With Lower Cross Syndrome, the muscles which stabilise and control the position of the Pelvis become imbalanced, resulting in the following muscles becoming shortened and tight; the front of the hip (Hip Flexors – Iliopsoas), The front of the thigh (Rectus Femoris – Middle Quadriceps muscle) and your Lower Back muscles (Lumbar Erectors – Quadratus Lumborum, Lower Erector Spinae, etc).

Don't worry about the fancy names, it basically means the muscles at the front of your hips and thigh and the muscles of your lower back.

These muscles absolutely **MUST** be stretched off before balance can once again be achieved in and around the Pelvic area.

NOTE: When the muscles that attach to the front of the Pelvis and Thigh become shortened and tight, they pull on and rotate in the pelvis forwards. Because the spine sits directly on top of the pelvis, the amount of pelvic tilt you have will directly affect the curvature and efficiency of your spine.

Once the tension is reduced or removed, you can then focus on strengthening their opposing muscles (more on this in step 3).

If you try to strengthen the opposing muscles without first releasing the short, tight ones you'll not be able to establish balance throughout the joints or activate the necessary muscles correctly so you'll be pretty much wasting your time.

As mentioned above, the other frequent cause of low back pain is muscular dysfunction.

Muscular dysfunctions can present in many different ways but the most frequent we see tend to be either inhibition (an inability to activate a particular muscle) or faulty recruitment patterns (the order which the muscles activate is incorrect, or the wrong muscles are used to perform a particular movement).

We will discuss muscular dysfunctions in a little more detail in step 3.



Step 3: Stability and Strength

Regardless of the trainee, an effective training programme should be based on the following model:

Mobility-->Stability-->Strength

When it comes to getting out of pain and building a body that's able to stand up to the stresses of your daily life, this model is no different except for the fact that we are going to both stabilise and strengthen at the same time.

Ideally, once you have stretched off any tight muscles your next job is to activate and strengthen any lengthened or weak muscles in order to bring about balance in and around the joints.

Continuing with the above example of Lower Cross Syndrome, the muscles which tend to be long and weak are the Lower Rectus Abdominis (Abs – below the navel), the Glutes (your Bum and Outer Hip muscles) and sometimes the Hamstrings (backs of your thighs).

These muscles must be correctly activated and strengthened so that they function correctly and in harmony with the muscles that we stretched off in step two.

Most people I see with lower back pain tend to have very little strength and tone in their Lower Abdominals.

Without adequate strength in your lower abdominals, you will not be able to effectively stabilise the position of your pelvis against the weight of your legs and/or the strength of your Hip Flexor muscles. This results in abnormal shear forces and excessive wear in the joints of your lower back which of course is not ideal if you want to be pain-free.

Another problem is that more often than not, their Gluteus Maximus (the big Bum muscle) fails to activate when necessary during general movement or exercise.

This results in the Hamstrings (back of Thighs) and the lower back (Lumbar Erectors) becoming overworked - they are having to fight the tight Hip Flexors (front of Hip) and Rectus Femoris (middle quadriceps muscle) constantly, in order to keep the pelvis in place and they are also having to do the brunt of the work for the Glutes because they are either very weak or not activating as they should be during movement.

As you can likely appreciate, as long as these imbalances and dysfunctions exist in the body there is little chance of achieving lasting pain relief.

Instead, what you will likely have is a constant need for pain medications, anti-inflammatories and treatment of your symptoms.



Or if your pain isn't crippling, you'll just have to "learn to live with it" as many of my clients have previously been told!

Hopefully now that you've been through 'Step 1: Mindset', this isn't an option for you.

Step 4: Nutrition

You've heard it a million times before, "you are what you eat".

If we wanted to get technical, we could go into the fact that you're actually what you manage to digest, absorb, assimilate and metabolise but I'll save that for another e-book! ☺

All you really need to focus on is the fact that your body builds its integrity from the quality of the raw materials that you put into your mouth.

Simply put, if you eat crappy, poor quality, lifeless foods your body has no choice but to rebuild and repair itself using those same crappy, poor quality, lifeless foods - Not exactly an ideal recipe for optimal health.

With pretty much any health related goal, I always seem to notice that people tend to think about the quality of their nutritional intake last, if at all. People tend to think that as long as they are exercising, all will be well and they will achieve all of their goals.

This unfortunately is rarely the case for most as their dietary habits have played a huge role in getting them to where they are now with their regards to their state of health.

Now for many of you, just completing steps 1 to 3 will reap huge rewards with regards to either reducing or eliminating your back pain but for others you will may find that without addressing your nutritional status, your body will remain in pain due to the lack of resources needed to repair any damage caused by the muscular imbalances and/or dysfunctions that you may have.

Of course, this step also applies to you if the cause of your back pain was traumatic in nature.

By providing your body with the best possible nutrition, you'll enable it to build the best quality tissues possible. This will not only help repair any current damage you may have, but the increased quality of your tissues in general will help to prevent any further injury throughout the body later on down the line.



The most significant nutritional defects I see are 1) too many processed foods consumed on a regular basis, and 2) way too little Protein and healthy Fats in the diet.

With regards to number 1, there isn't really much for me to say. 99.9% of people these days know that processed foods aren't healthy so I shan't bother ranting on about why you shouldn't eat them. All I will say is that you should either completely eliminate them or significantly reduce them as they are giving your body no benefits at all.

Number 2 on the other hand, I will go into a little bit more detail with.

Firstly, we have protein. Most of us know that we need protein in the diet in order to be healthy but most people think that you only need to eat *plenty* of protein when you are trying to build muscle.

This couldn't be further from the truth.

Protein is the second most abundant substance in the body and provides the building blocks for many vital structures and substances in the body such as muscles, skin, hair, eyes, enzymes and antibodies. As you can see, [protein is pretty important](#).

Where it becomes increasingly important for someone that is in pain, such as yourself, is in the fact that whenever stress in the body is increased or a tissue gets damaged the bodies protein requirement increases.

This doesn't mean you need to eat a whole cow every day, but it does mean you will have to be mindful of your increased [protein requirement](#).

The other dietary deficiency that I often see with my clients is a lack of healthy fats in their daily nutritional intake.

Because of the general *fear* of fats amongst the population these days, many people make a conscious decision to limit fat intake in their diet or they have adopted a diet low in healthy fats. Often, without even realising it.

For the vast majority of us, this isn't a healthy dietary habit to maintain in the long run and it certainly isn't ideal for optimal cellular function and repair.

Every cell in the body contains some fat so overly limiting it in your dietary intake begins to compromise optimal cellular function and repair as well as affect your body's ability to adequately absorb certain vitamins such as A, D, E and K.

Healthy fats are also needed for efficient production of your Steroid Hormones such as Testosterone, Estrogen, Progesterone, etc...



Inadequate supply of these hormones will impair your body's ability to repair any damage in the injured areas of your body or even carry out the normal repair and regenerative processes that need to take place in order to maintain optimal levels of health.

Ideal sources of Protein include Meats, Fish, Eggs, Dairy, Nuts, Seeds, Legumes and High Quality Protein Supplements.

Sources of healthy fats include Avocados, Extra Virgin Coconut Oil, Extra Virgin Olive Oil, Olives, Organic Meat, Eggs and Wild/Line Caught Oily Fish.

Wherever possible, opt for the best quality produce you can afford. The better the quality of the food you put in, the better the function and quality of your body.

Step 5: Desk Ergonomics and Your Posture

You likely realise that anything you do frequently, you get very good at doing.

For example, let's say you've not exercised since you left school and you decide you want to get fit, so you start jogging in the evenings after work.

The first few times you go out, you feel like you're almost dying from somebody strangling your lungs and starving you of oxygen. But if you stick to it, literally within the first few weeks and gets easier and easier and you can run further for longer.

This is the beauty of the body's ability to adapt. If you do something frequently, the body adapts and gets better and better at doing it.

Most of the time, this is a good thing but there are times where it isn't...

Like the body adapts to running, it also adapts to your seated posture at work.

Because many of us spend at least 7 to 8 hours a day sat in an office chair, then we often go home to sit some more in front of the TV, our bodies become very adapt to the seated position.

For example, this is the reason the hip flexors become so tight. We are sat with our hips flexed for so many hours each day. Over time the Hip Flexors shorten themselves due to the body's perceived lack of need for them to remain long – you've likely heard the phrase "Use it or Lose it" before. This is one of those occasions – if you do not use the full range of motion of any muscle, over time it will shorten to accommodate the *lack of need* to be long.



Tips for the Seated Workplace

Seat and Keyboard Height: For most of us, the keyboard height at our desks is fixed. Therefore, you will need to adjust your seat height and body position to match the position of the keyboard.

When you are sat with your hands on the keyboard in a typing position with good upright posture, adjust the height of your seat until your elbows are bent at 90°. Ideally at this point your feet will also be resting on the floor and you will have an angle of 90° at the knee also.

If the angle at the knee is greater than 90° and/or your feet are not resting on the floor, you will likely experience a lot of pressure in the backs of your thighs so it would be ideal for you to use a foot rest to raise your feet to the point that your knees are at 90°.

Computer Monitor Height and Distance: Once you have set up your chair based around the height of your keyboard, the next step is to adjust the height and distance of your monitor.

In terms of height, when looking directly at your monitor (with good upright posture) your eyes should be directly in line with the center of it - both top to bottom and left to right.

As far as distance is concerned, your monitor should be no less than 35cm away from away from your eyes and no more than 76cm. This will likely depend on the type of desk you have and how good your eyesight is.

The Programme

On the following pages you will find a basic Stretching and Strengthening Programme you can use to help fix your Lower Back pain, particularly if you suffer from Lower Cross Syndrome.

In order to get the greatest benefit possible from the programme you will need a Swiss Ball and a Bio-Feedback Unit – neither are essential but both are highly recommended for maximum results in minimal time.

There are 2 Strengthening Programmes. Start with programme 1 and progress to programme 2 once no. 1 becomes too easy.

Remember, these are Remedial Exercises designed to create balance – it's not a workout where you're looking to work up a major sweat and burn fat so the aim is not to "smash it up"! Instead focus on perfect form and control with each movement.



Stretching Programme

Name _____ Phase _____ Mobs & Stretches _____ Date _____

CORRECTIVE MOBILISATIONS				
Mob/Stretch	Duration	Reps	Tempo	Notes
1 Swiss Ball Quad Stretch	60 seconds each side	-	5/5 Breathing tempo	Begin in a sprinter's start position, with the foot and ankle of the leg to be stretched on the ball. Slowly rise upward. You may place one hand on the ball or on a chair for support. Draw your belly button in toward your spine and roll your pelvis under to flatten your spine to increase the stretch.
2 Lunge Stretch (Hip Flexors)	60 seconds each side	-	5/5 Breathing tempo	Assume a lunge position, making sure your front foot stays in front of the knee. Place a Swiss Ball next to your lead leg to your hand/arm on for support. Draw your belly button in towards your spine and tuck your tail under (this will flatten your low back). Begin to move your whole pelvis forward, keeping it square to the front. To increase the stretch, reach the arm on the trailing leg side over your head and bend your trunk to the side.
3 Waiter's Bow	60 seconds	-	5/5 Breathing tempo	Stand with your feet parallel and close together. Keep your legs straight and stick your bottom out until you have an arch in your low back. Bend forward from your hips while holding your low back arched until you feel a comfortable stretch on your hamstrings.
4 Swiss Ball Oblique Stretch	60 seconds on each side	-	5/5 Breathing tempo	Sit on a Swiss Ball and carefully roll down the ball and onto your side. You may use a wall to anchor your feet. Grasp the wrist of your top hand as your arms are extended over your head and lightly pull the arm until you feel a suitable stretch down the side of your body. The further over the ball you go, the greater the stretch you'll feel. Once in a comfortable stretch, begin to rock back and forth (front to back) over the ball, spend a little longer in any tight areas found throughout the movement.
5 Standing Latt. Stretch	60 seconds on each side	-	5/5 Breathing tempo	Maintain an upright posture, either sitting or standing, and raise your arms up directly overhead. Take hold of your left wrist with your right hand. Keep your legs and hips fixed. Take a deep diaphragmatic breath and slowly lean your torso to the right whilst pulling your left arm over in the same direction. You should feel a good stretch in your left latt. when performed correctly.



Strengthening Programme 1

Name _____ Block _____ N/A _____ Date _____
 Phase _____ Corrective/Remedial Strengthening _____ Sport/Activity _____

WARM UP

Flexibility:- If time permits, perform corrective Mobilisations and Stretches before starting workout.

MAIN SESSION

Exercise	Weight	Sets x Reps	Intensity	Tempo	Rest	Exercise Description
1a Supine Glute Bridge	Body Weight	2-3 x 12-15	-1 rep	2:2:3	-	Lie on your back with your knees bent and feet fairly close to your bum. Fully exhale and breathe in whilst raising your hips up until you have a straight line between your shoulders, hips and knees. Ensure the drive up comes from your heels. Squeeze your bum as hard as you can at the top. Pause briefly and then slowly begin lowering your hips as you breathe out. If you feel this in the front of your legs, place a step (or anything raised) under your heels to lift them 4-6 inches.
1b Horse Stance Vertical	Body Weight	2-3 x 6 each side	Form	30/30	45-60	Position yourself on your hands and knees with your hips at 90° and your hands directly under your shoulders. Maintain neutral spine alignment. It helps to place a dowel rod longitudinally across your back (ensuring it touches your sacrum, upper back and back of head). The dowel should be parallel to the floor. Lift one hand and the opposite knee just enough to unload the weight but do not take them off the floor. Hold for 30 seconds and then repeat on opposite side.
3 Lower Abdominal #1 (Pelvic Tilt)	Body Weight	2 x 4 -----> 2 x 2 -----> 2 x 1	Form	30:15 <----- 60:15 <----- 120:0	40-60	Lie on the floor with your knees bent and your feet flat on the floor. Place the Biofeedback unit underneath your low back and inflate it to 40mmHg whilst still relaxed. Exhale, draw your belly button in toward your spine and gently increase the pressure on the unit to 70mmHg by rotating your pelvis back and flattening the spine a little. Hold this position for as long as is comfortable, up to 120 seconds, then rest for 15 seconds.
4 4-Point Tummy Vacuum	Body Weight	2 x 10	Form	2:10:2:10	60	Get down on your hands and knees, with your hips over your knees and your shoulders over your hands. With your spine in neutral alignment, take a deep breath in and let your belly drop toward the floor. Exhale and draw your belly in toward your spine, while keeping your back in the start position. Hold (with your belly drawn in) for as long as you comfortably can. When you need to breathe in, relax your abdominal wall as you inhale and repeat the exercise for 10 repetitions.



Strengthening Programme 2

Name _____ Block _____ N/A _____ Date _____

Phase Corrective/Remedial Strengthening Sport/Activity _____

WARM UP

Flexibility:- If time permits, perform corrective Mobilisations and Stretches before starting workout.

MAIN SESSION

Exercise	Weight	Sets x Reps	Intensity	Tempo	Rest	Exercise Description
1 Swiss Ball Hip Raise (Back on Ball)	Body Weight	3 x 12-15	-1 reps	3:1:3:1	40-60	Sit on a Swiss Ball and walk yourself forwards until your head and shoulders are supported by the ball. Ensure your knee, hip and shoulder are in line with each other and that your shins are vertical. From here, force your knees out and slowly lower your hips towards the floor allowing the ball to roll forwards slightly and ensuring your shins remain vertical and knees forced out. Pause briefly and then slowly drive your hips straight up towards the ceiling ensuring you squeeze your glutes (bum) at the top and keep your knees wide. Pause briefly and then repeat.
2 Swiss Ball Lateral Ball Roll	Body Weight	3x6-10 each side	-2 reps	3:2:3	40-60	Lay back on a Swiss ball – head and shoulders supported on the apex of the ball to maintain a neutral alignment. Arms positioned out to the sides, palms up with a dowel rod across chest. Hold pelvis level, 90° angle at the knees with weight passing through your heels. Laterally shift over Swiss ball as far as you can (not allowing your knees to move backward or forward) without losing form. Pause briefly and then repeat on opposite side. Start small and increase range as you warm up.
3 Lower Abdominal #2a (Pelvic Tilt w/ Alt. Leg Raise)	Body Weight	2x12-15 each side	Form/ -2 reps	3:1:3:1	40-60	Lie on the floor with your knees bent and your feet flat on the floor. Place the biofeedback monitor under your lower back at your belly button level and inflate it to 40mmHg. Exhale, draw your belly button in toward your spine and gently increase the pressure on the monitor by rotating your pelvis back and flattening the spine a little until the monitor reads 70mmHg. Then, whilst maintaining this pressure slowly raise one leg until your thigh is vertical, pause, and then return to the floor before repeating on the opposite side. When you are able to do 30 repetitions (total) without losing form, the angle at the knee is slightly increased.
4 Short Stop Tummy Vacuum	Body Weight	2 x 10	Form	1 Breath/ Hold	40-60	Maintaining neutral Spinal alignment, tip forward from the hips, bend your knees slightly and place your hands on your knees. Take a deep diaphragmatic breath in and let your belly drop toward the floor. Exhale and draw your belly button in toward your spine, while keeping your back in the start position. Hold with your belly draw in for as long as you comfortably can. When you need to breathe in, relax your abdominal wall as you inhale and repeat the exercise.



PROGRAMME NOTES

- No Bio-feedback Unit for Lower Ab exercises? [Click here for Alternative version](#)
- If you are unsure of how to perform any of the above exercises, click on the blue link to be taken directly to a video of that exercise on our website.
- Ensure that you maintain as close to perfect postural alignment and form as possible throughout all the exercises in your programme for them to have the greatest positive effect. Ensure that your chest is kept held high, and your chin tucked, maintain a neutral lumbar curve.
- The corrective mobilisations and stretches (if included) can be done daily and always takes precedence over strengthening if time is limited.
- Take note of the numbers of each of the resistance exercises. If for instance there is a 1a and 1b this mean that they form a 'super set' which simply means they are performed one straight after the other without a rest in between. The prescribed rest is only taken once both exercises have been performed.
- Intensity – This column refers to how intensely you should be doing each exercise. For instance, '-2 reps' means that you perform the exercise for the prescribed rep range or until you feel as though you're only able to perform 2 more repetitions with Good Form, whichever occurs first. And 'Good Form' simply means, if form cannot be maintained then the exercise must be stopped even if the prescribed rep count or time has not been reached.
- Tempo – this is the tempo at which you perform that exercise. The first number represents the first movement in the exercise, the second is the pause and the third is the duration of the movement back to the start position. For instance, a Squat performed at a 3:1:2 tempo would be as follows:
 - 3 seconds down
 - 1 second pause
 - 2 seconds up

Good Luck!