

Phase 1

GOOD FOR:

- Alleviating low back pain
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tools: foam roller, peanut tool, massage ball, stretch strap, balance pad

Phase 1

Skip any exercises that cause more than mild pain (3/10) and add them to phase 2

Add phase 2 when you have no pain at rest and no more than mild pain with the exercises

Phase 1

SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

glute/piriformis mobilization

Sit on a foam roller and lean to one side, putting your weight over your glute muscles. Roll throughout the gluteal region: up, down, and side to side. To increase the pressure, stretch the muscles by crossing your leg over your opposite knee. For more precise pressure, use a large or small massage ball.

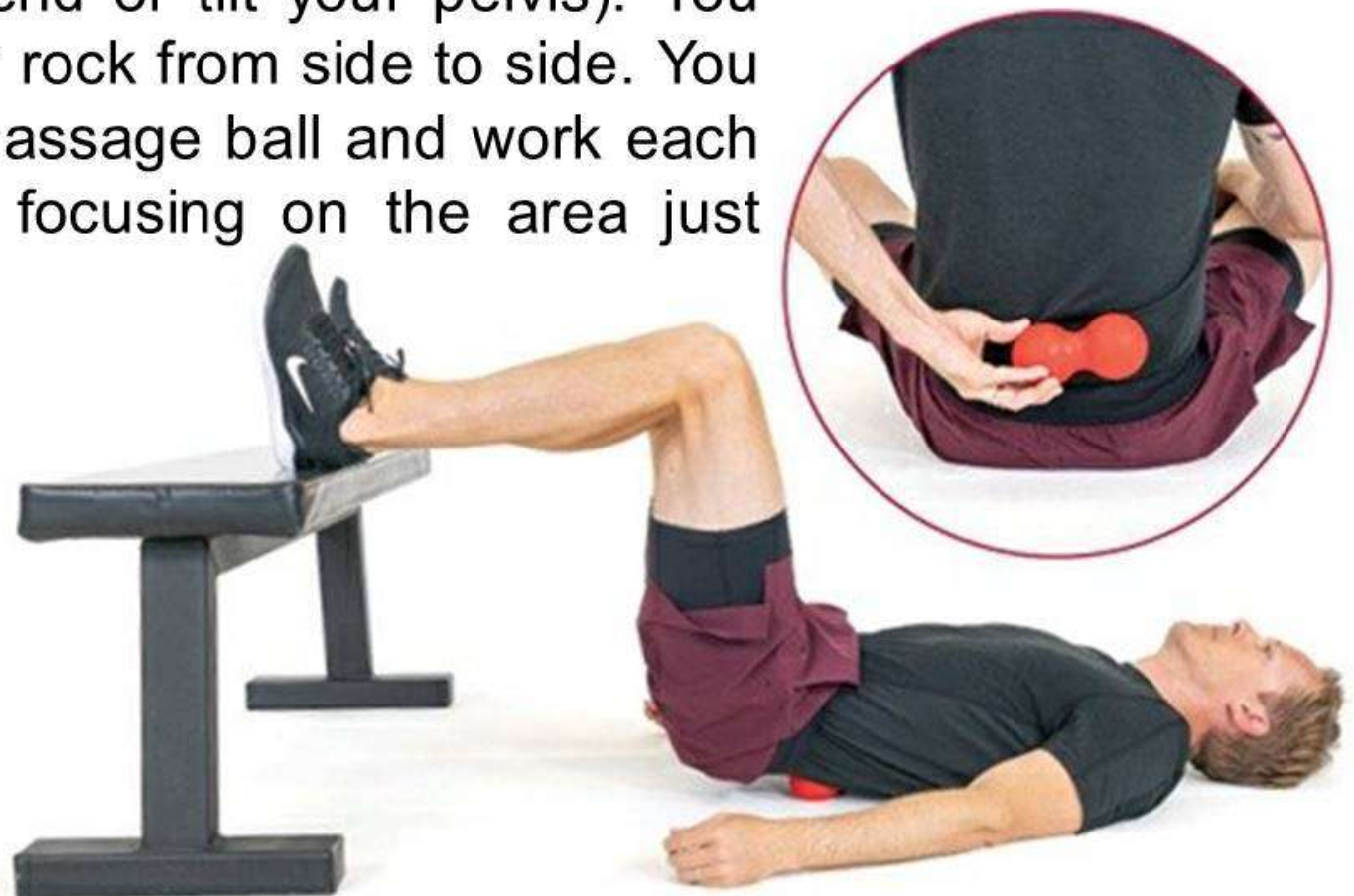


Amigo PT (Protocols)

Be careful with or skip this exercise if you have a lumbar muscle strain.

lumbar extensor mobilization

Lie on your back with your feet on a bench or chair. Position a peanut tool under your low back. Press your heels into the bench to control the pressure. Keep your low back neutral and your butt off the ground (don't hyperextend or tilt your pelvis). You can roll up and down or rock from side to side. You can also use a small massage ball and work each side of the extensors, focusing on the area just above your hip.



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ql mobilization

Lie on your side with the roller or a large massage ball positioned under the muscles along the side of your lower back. Roll from the top of your pelvis to your lower rib. You can also roll from side to side by rotating your chest toward the ground. Try to keep your spine neutral. If you're using a ball, you can do this mobilization standing against a wall.



hamstring mobilization

Sit on a bench or chair and place a large or small massage ball under your hamstring muscles. Roll up and down the entire length of your hamstring. Flex and extend your knee to dynamically mobilize the muscles.



Phase 1

SOFT TISSUE MOBILIZATIONS:

- Do 3 reps with 30- to 60-second holds
- Perform on both sides
- Don't stretch into pain

knee to opposite shoulder

Lie on your back and bring one knee toward your chest. Interlock your fingers over your lower knee and upper shin. Keeping your low back flush with the ground, use your arms to pull your knee across your body toward your opposite shoulder.



hamstring stretch with strap

Hook a strap around the arch of your foot. Keeping your leg completely relaxed, use your arms to pull your foot toward your head and hold it in place once you feel a moderate stretch.



hip flexor stretch

In a kneeling position, squeeze your abdominals and glutes to rotate your pelvis backward (posteriorly). If you are kneeling on a hard surface, use a balance pad to protect your knee.

Keeping your back neutral, shift your body forward slightly until you feel a stretch on the front of your hip and leg.

Bend your knee and grab your ankle to increase the intensity of the stretch. You can also prop your foot on a bench or chair or position your shin flush against a wall.

hip flexor stretch



quadruped lumbar flexion and extension mobility

In the quadruped position, round (flex) and arch (extend) through your low back. Move slowly and as far as you can without pain. Do 3 sets of 10–15 reps. Pause at end range for 2–3 seconds. Skip this exercise or save it for phase 2 if it flares up your symptoms.

