

# MOVEMENT GUIDE TO PAIN-FREE BACK

*6 MOVEMENT PRINCIPLES TO  
OUTSMART YOUR BACK PAIN*



*TIRED OF BACK PAIN?  
IT'S TIME TO RE-TRAIN YOUR BODY AND MOVEMENT!*

Many do stretching and strengthening exercises to help with their back pain, but they rarely work on improving their movement patterns. Stress to back often results from inefficient habitual movement patterns.

You can improve your movement skills and quality and outsmart your back pain immediately with these 6 movement principles!

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## Movement Principle 1:

### *Skeletal Support for Weight and Posture*

One of common misunderstanding about our body is that many people believe muscles should be used to support posture.

Muscle's job is movement. Skeleton's job is to support your weight and posture.

The more you use your skeleton properly for weight support and posture, the freer and easier your movement will be, and the less stress to your back.

In the video below you will learn how to use your skeleton to support your weight and posture properly.



Movement Principle 1:  
*Skeletal Support for Weight & Posture*

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## Movement Principle 2:

### *Initiate Movement from Hips*

How you initiate movement has a significant impact on your back. From my observation people with back pain often initiate movement from back, resulting in increased back stress.

Changing how you initiate movement, specifically learning to initiate movement from your hips (power source or engine) will reduce your back stress tremendously.

In the video below you will learn how to initiate movement from hips in bending, turning, reaching movements and feel significant change in your back.





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## Movement Principle 3:

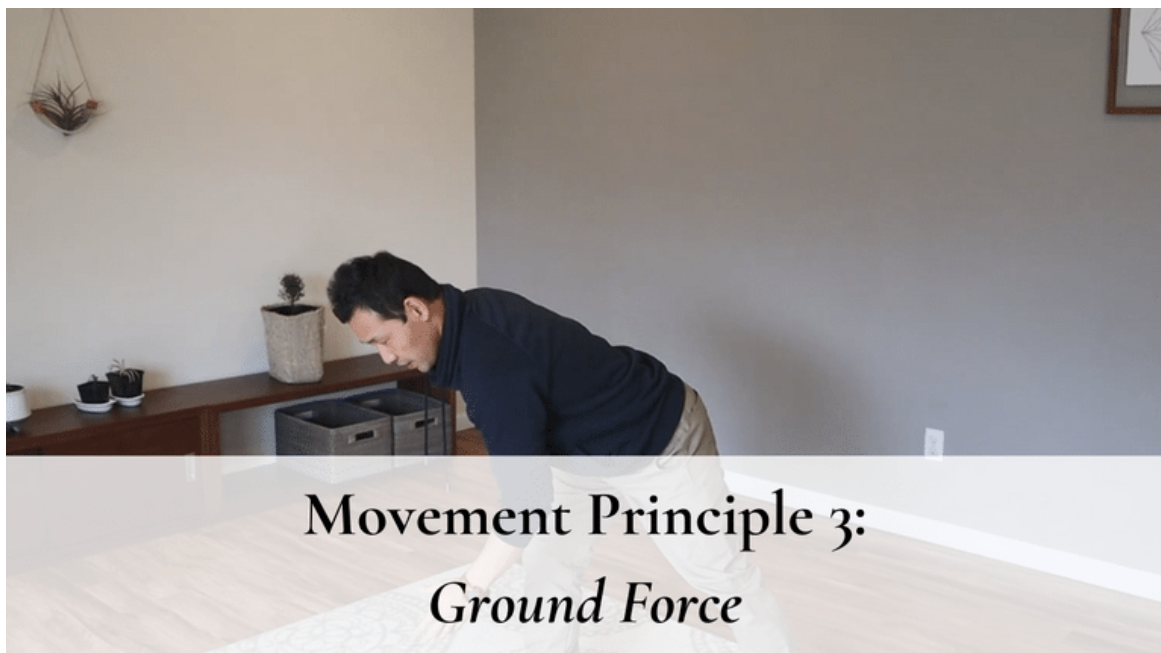
### *Ground Force*

If it weren't for the ground, we wouldn't be moving as easily.

Ground is always available to us, yet we don't always use it to support our movement and bodies.

Ground force is a fundamental movement principle utilized by martial artists, athletes, and babies. Once you learn to use the ground effectively, you can move much more efficiently and reduce unnecessary muscle strain and feel more comfortable.

In the video below you will learn how to use the ground to move efficiently and learn how to apply it to your daily activities, involving bending, pushing/pulling, and turning. You will feel immediate comfort and ease in your back with this movement strategy!



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## Movement Principle 4:

### *Proper Use of "Core"*

"Core" has been applied to wrong functional contexts based on the wrong understanding of its role.

"Core" muscles strength does NOT guarantee pain free back. It is very important for you to understand the actual role of "core" and how to use your "core" properly.

The main job of "core" is to transmit all force/movement to the head and arms. So it functions like a *transmission* whereas hips function as an *engine*, sort of speak.

In the video below you will learn how to use and train your "core" properly and improve back stability and comfort.



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## Movement Principle 5:

### *Even Distribution of Movement*

Ideally you want to distribute movement/effort evenly throughout your bodies in order to reduce stress and strain.

However, movement naturally follows a path of least resistance, which happens to be lower back due to common stiffness of mid-upper back in many people.

Thus, it is very important that you learn how to re-train movement patterns safely that will allow you to move through often underused mid-upper back and not overuse your lower back.

In the video below you will learn how to improve mobility of mid-upper back while protecting your lower back so you can distribute your movement more evenly.



Movement Principle 5:  
*Even Distribution of Effort*

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## Movement Principle 6:

### *Breathing Freely*

Breathing is vital. It reflects the state of your nervous system (stress, anxiety, fear, pain, etc) and influences muscle tension.

Muscle tension and breathing patterns can become habitual, feeding into stress, anxiety, fear, and pain state, which strengthens neuro circuits for pain with movement.

You can break this pain cycle by paying close attention to your breathing patterns during movements, particularly challenging movements, and work on improving breathing quality.

In this video I will demonstrate how breathing affects muscle tension.



Movement Principle 6:  
*Breathing Freely*



# Now, What's Next?

You have learned now fundamental movement principles to improve movement quality and outsmart your back pain.

But, do you know how to fine-tune your movement skills and apply them to your daily activities?



You can take your movement skills to a next level with my guided mindful movement practice based on Feldenkrais Method and martial arts in 3 ways:

1. Free movement videos on [my YouTube channel](#)
2. [Guided mindful movement video courses](#)
3. Join [my weekly online movement class](#)