



PRECISION
• movement

SPINE CONTROL TRAINING GUIDE

DAMAGE CONTROL ROUTINE



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DAMAGE CONTROL ROUTINE

EXERCISE	REPS / HOLD TIME
1) Hip Bridge	5 reps x 5 sec hold
2) Bird dog	3 reps x 3 sec per
3) Side Bridge	3 x 5-10 sec per

1) Hip Bridge



- 1 Lie in supine with knees flexed and feet flat
- 2 Squeeze glutes and extend hips without hyperextending the lumbar spine and hold
- 3 Keep lumbar extensors as "quiet" as possible

2) Bird dog



- 1 Setup on hands and knees in the quadruped position
- 2 Get into neutral spine with chin tucked



- 3 Lift one arm up at 45° and the opposite leg straight up until both are parallel with the ground and hold

3) Side Bridge



- 1 Setup with elbow directly under shoulder, top leg forward, feet heel to toe
- 2 Lift your hips and maintain a long, neutral spine with scapulae slightly retracted

A LIFETIME OF FREEDOM FROM BACK PAIN?



While simple, this routine is powerful and done right can get you back on your feet in 5-10 minutes by teaching your brain that it doesn't have to cause tension or spasms in the muscles of your low back and/or hips.

File this away so you can refer back to it if you ever have a flare up in the future.

That being said, what we're ultimately after is stopping low back pain from occurring in the first place and for

that, I suggest you watch this presentation that outlines how I can help you achieve just that via the Spine Control course.

WARNING: I don't offer any quick fixes and the timelines I give for most people who suffer from recurring episodes of low back pain is 4-8 months depending on episode frequency and severity. So if you're after a quick fix, I can't help you, but if you're willing to follow a systematic process and put in consistent work i.e. 20-30 minutes, 3-4 days/week, in 4-8 months time your spine and the muscles surrounding it can function like new.



WATCH THE PRESENTATION