7 GENTLE MOVES



These are gentle, general movements
many people find helpful

A Free Guide from the team at Back To Health Clinics

But Here's the point of this whole guide: not every move is right for every back. Each one includes a "Skip it if" note, because what helps one person can aggravate another. Move slowly, breathe, and stop if anything sharpens your pain.

Before you start:

Check with our team or your healthcare provider before starting any new exercise, especially if you're pregnant, recovering from surgery, or managing osteoporosis or another health condition.

Stop and contact us if a movement:

- Causes sharp, stabbing, or worsening pain
- Sends pain, tingling, or numbness down your arm or leg
- Makes you dizzy or lightheaded

Go to the ER or call 911 if back pain comes with:

- Numbness in the groin, inner thighs, or "saddle" area
- New loss of bladder or bowel control
- Sudden or worsening leg weakness
- Pain after a serious fall or accident

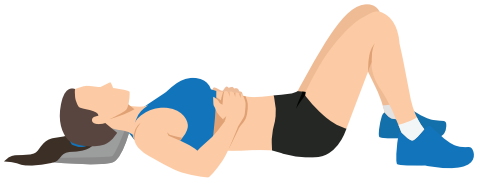
Call your medical doctor promptly

If you have back pain with fever, unexplained weight loss, a history of cancer, or pain that is constant and doesn't change with movement.

BTH Back To Health Chiropractic

Movement #1

Pelvic Tilt



Why it helps:

Wakes up deep core muscles and gently moves the low back.

1. Lie on your back, knees bent, feet flat, arms relaxed.
2. Exhale and gently flatten your low back into the floor by tightening your belly.
3. Hold 3–5 seconds, then relax.

Try:

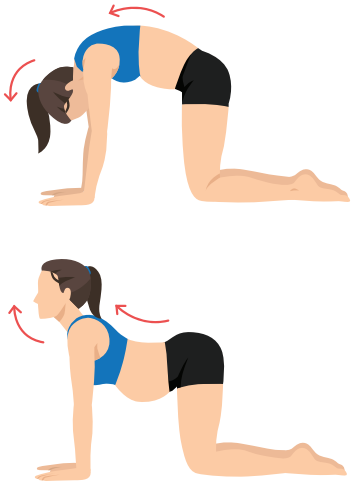
8–10 slow reps.

Skip it if:

Lying flat on your back is uncomfortable (including later in pregnancy). Try it standing with your back against a wall instead.

Movement #2

Cat-Cow



Why it helps:

Restores gentle motion through the whole spine.

1. Start on hands and knees, wrists under shoulders, knees under hips.
2. Inhale and let your belly drop as you lift your chest and tailbone (cow).
3. Exhale and round your back toward the ceiling, tucking your chin (cat).

Try:

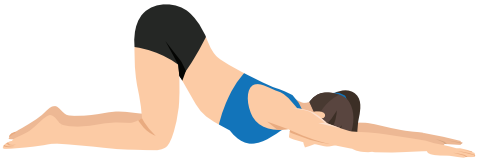
8–10 slow cycles, moving only as far as feels comfortable.

Skip it if:

Either direction causes sharp pain or pain that travels down your leg. Stay in the comfortable half of the motion.

Movement #3

Child's Pose



Why it helps:

Gently lengthens the low back and hips and calms the body.

1. From hands and knees, sit your hips back toward your heels.
2. Reach your arms forward and rest your forehead down (use a pillow if needed).
3. Breathe slowly into your back.

Try:

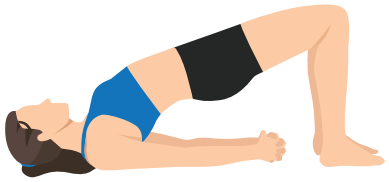
Hold 20–30 seconds, 2–3 times.

Skip it if:

Bending forward increases your pain or causes leg symptoms, or your knees don't tolerate deep bending.

Movement #4

Glute Bridge



Why it helps:

Strengthens the glutes, which support the pelvis and take load off the low back.

1. Lie on your back, knees bent, feet hip-width apart.
2. Squeeze your glutes and lift your hips until your body forms a straight line from shoulders to knees.
3. Hold 2–3 seconds, then lower slowly.

Try:

8–12 reps.

Skip it if:

You feel it in your low back instead of your glutes; lift lower. Avoid long periods lying flat later in pregnancy.

Movement #5

Bird Dog



Why it helps:

Builds spinal stability and balance with the spine in a neutral position.

1. Start on hands and knees with a flat back.
2. Slowly reach your right arm forward and left leg back, keeping your hips level.
3. Hold 3–5 seconds, return, and switch sides.

Try:

6–8 reps per side.

Skip it if:

You can't keep your back from arching or twisting.
Start by lifting just an arm or just a leg.

Movement #6

Seated Figure-4 Stretch



Why it helps:

Stretches the piriformis and outer hip, a common source of buttock tension.

1. Sit tall in a sturdy chair, both feet flat.
2. Cross your right ankle over your left knee.
3. Keeping your back straight, gently lean forward from your hips until you feel a stretch in your right buttock.

Try:

Hold 20–30 seconds, 2 times per side.

Skip it if:

You have a hip replacement (ask your surgeon first) or the stretch causes knee or groin pain.

Movement #7

Chin Tuck

Why it helps:

Counteracts forward-head posture from phones and desk work, easing load on the neck and upper back.

1. Sit or stand tall, shoulders relaxed.
2. Gently glide your chin straight back, as if making a double chin. Keep your eyes level.
3. Hold 3–5 seconds, then release.



Try:

8–10 reps, a few times a day.

Skip it if:

It causes dizziness, or pain or tingling into your arm.

Notice which moves feel good and which don't.
That's valuable information for our team.

At-Home Care

Tips

What you do between visits matters just as much as what happens in our office. Here are simple habits that support your nervous system and your healing journey.

- **Keep moving, gently.** For most everyday back pain, short walks and gentle movement help more than long stretches of bed rest. Start with 5–10 minutes and build from there.
- **Break up your sitting.** Stand, stretch, or walk for a minute or two every 30–45 minutes. Set a phone reminder if you need one.
- **Set up your desk to fit you.** Screen at eye level, feet flat on the floor, hips slightly higher than knees, and your low back supported.
- **Heat or ice?** Choose what feels better. Many people prefer ice for a fresh flare-up and heat for stiffness. Use either for 15–20 minutes with a towel between you and the pack.
- **Lift smarter.** Bend at your hips and knees, keep the load close to your body, and turn with your feet instead of twisting. Switch which hip you carry little ones on.
- **Sleep in a supported position.** On your side with a pillow between your knees, or on your back with a pillow under your knees.
- **Fuel your healing.** Drink plenty of water and build meals around whole foods, especially vegetables, fruit, and protein.
- **Track your patterns.** Keep using the Self-Check page. Notice what helps and what doesn't, and share it with our team at each visit.

You've done the first step. You've noticed your patterns, tried some gentle movement, and thought about what "better" means to you. Now let our team turn that into a plan built around you, with a thorough exam, clear answers, and care that changes as you do.

You were built for this. Let's write the next chapter together.

Schedule Your Evaluation Today

Three convenient Michigan locations:

Call us:

- **Zeeland/Holland:** 616.546.3500
- **Portage:** 269.345.2273
- **Muskegon:** 231.830.1111

Online scheduling: https://bthclinics.com/locations

Most patients can be seen within 24-48 hours

Connect with us

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- TikTok: @backtohealthchiroMI
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