

THE BACK RELIEF & SUPPORT GUIDE

Gentle movements to ease a stiff, tight, or
achy back and build lasting support.



ALAINA GISLASON



Hey There! I'm Alaina.

If your back feels stiff when you get out of bed, tight after sitting too long, or achy after a long day on your feet, you're not alone.

When your back doesn't feel its best, it can be hard to know where to start.

Gentle movement, mindful breathing, and gradual strengthening can help you move with more ease, reduce feelings of stiffness, and build confidence in your body.

I've dealt with back pain myself, including times when it was difficult just to move normally. I know how frustrating and limiting that can be.

What made the biggest difference wasn't pushing harder—it was learning to work with my body in a gentler, more supportive way.

That's the approach you'll find in this guide. We'll begin with simple movements to help you find relief, then introduce gentle strengthening exercises to help you build lasting support.

Let's get started!



Part 1:

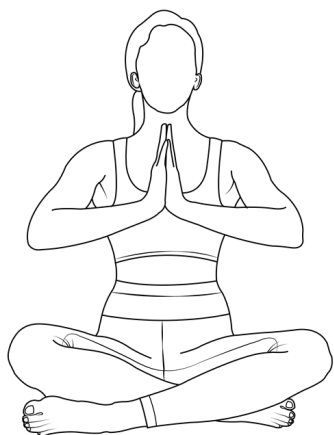
Find Relief

When your back feels stiff, tight, or achy - whether it's from sitting too long, standing all day, or just getting out of bed - gentle movement can help ease tension and help you move more comfortably. These simple movements are designed to calm your back, improve mobility, and help you feel a little better—without pushing through pain.

Move slowly, breathe naturally, and only work within a comfortable range. The goal isn't to stretch as far as you can—it's to help your back feel safe, supported, and ready to move again.

DISCLAIMER: THIS IS FOR EDUCATIONAL PURPOSES ONLY AND IS NOT MEDICAL ADVICE. IF YOU HAVE A MEDICAL CONDITION OR ONGOING PAIN, PLEASE CONSULT A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TRYING THESE EXERCISES.

NOTE: You can do these movements on your bed if that feels more comfortable for you.



Breathing Reset

Inhale through your nose for 4.

Exhale slowly for 6.

Put one hand on your belly and let it soften.

→ This may help you relax and ease tension.

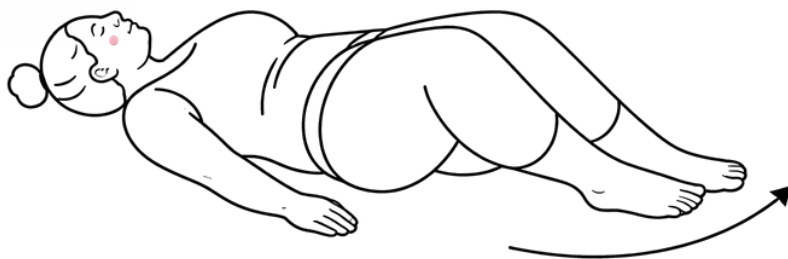
Knee to Chest

Gently pull one knee into the chest and stretch the other leg out long. Don't force it. Exhale and let your shoulders relax. Hold for a few breaths and repeat other side.



Windshield Wipers

Lay down on your back with knees bent, and soles of the feet on the floor. Sway the legs from side to side...inhale one side...exhale other side. Do this slow and gently, moving with the breath...encouraging your body to relax as you move.





Hug Knees to Chest

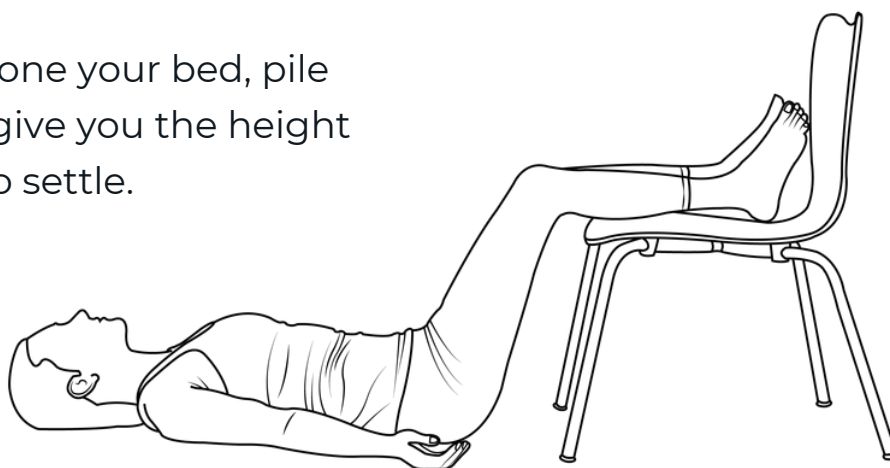
Gently pull both knees towards the chest...hands can be behind the thighs if that feels better. Hold for 3 to 5 breaths and gently release.



Savasana Variation Chair

You can use a chair or even your couch. Lay down and place the legs on top of the chair with knees bent about 90 degrees. Allow yourself to relax into the surface beneath you.

If you're doing this one your bed, pile lots of cushions to give you the height to allow the body to settle.





Part 2:

Build Support

Feeling better is an important first step—but lasting change comes from building support. These five gentle movements are designed to help you improve strength, stability, and confidence so your back feels more supported during everyday activities.

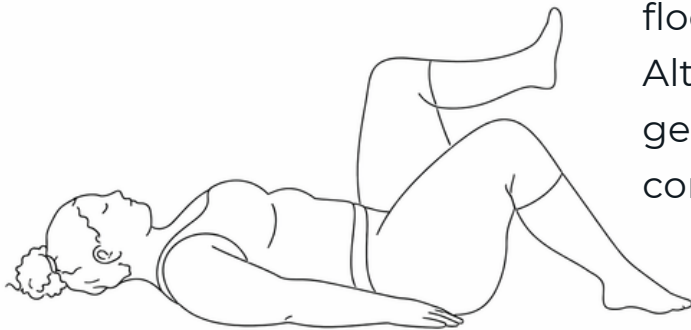
Start slowly, focus on quality rather than intensity, and remember that consistency matters more than doing a lot. A few minutes of gentle practice several times a week can make a meaningful difference over time.

DISCLAIMER: THIS IS FOR EDUCATIONAL PURPOSES ONLY AND IS NOT MEDICAL ADVICE. IF YOU HAVE A MEDICAL CONDITION OR ONGOING PAIN, PLEASE CONSULT A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TRYING THESE EXERCISES.



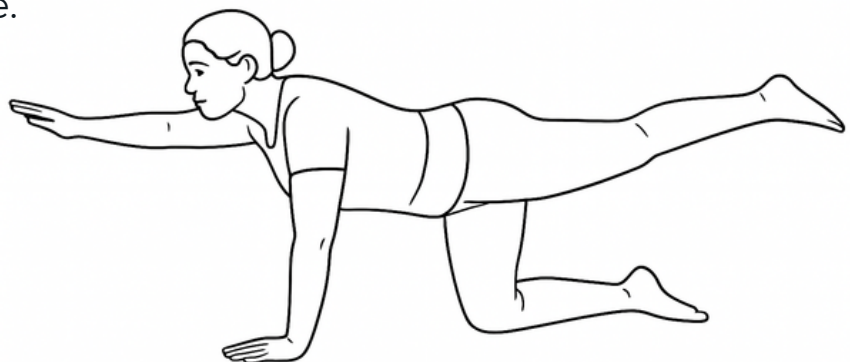
Toe Taps

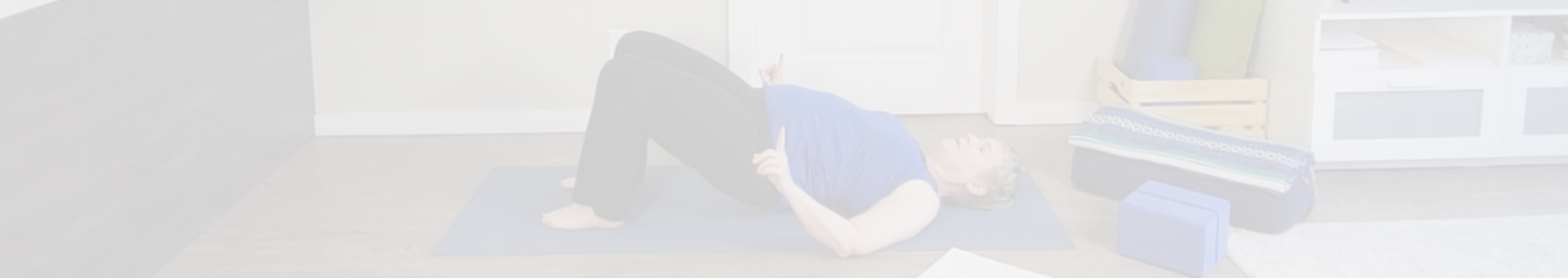
Lie on your back with your knees bent over your hips and your shins parallel to the floor. Slowly lower one foot to tap the floor, then return to the starting position. Alternate sides while keeping your core gently engaged and your lower back comfortable.



Balancing Table

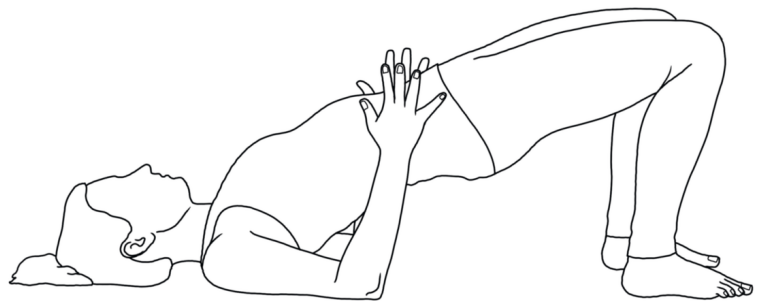
Start on your hands and knees. Extend one arm forward and the opposite leg back. Hold for a few breaths while keeping your hips level and your spine long. Return to the starting position and repeat on the other side.





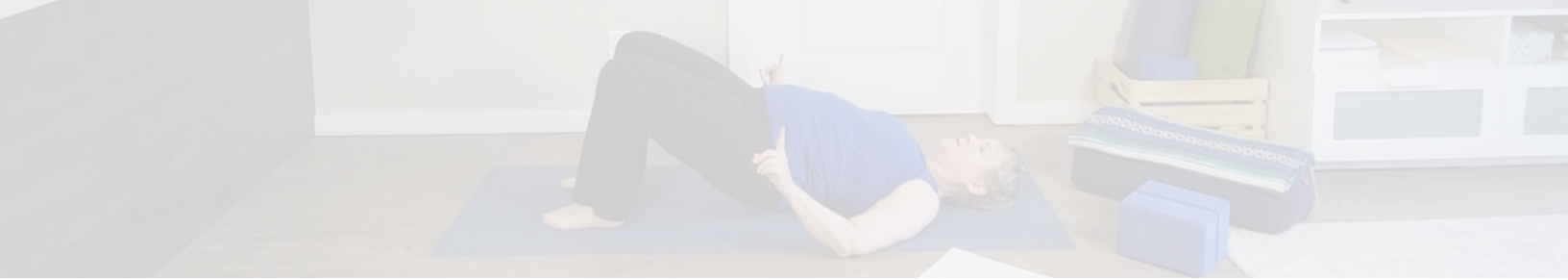
Bridge Pose

Lie on your back with your knees bent and feet hip-width apart. Press through your feet to lift your hips until your body forms a gentle line from your shoulders to your knees. Hold, then slowly lower back down with control.



Easy Boat Pose

Sit tall with your knees bent and feet on the floor. Hold the backs of your thighs. Lean back slightly while keeping your chest lifted - option to let go of thighs - option to lift one or both feet if comfortable. Hold while breathing steadily, keeping your spine long rather than rounded.



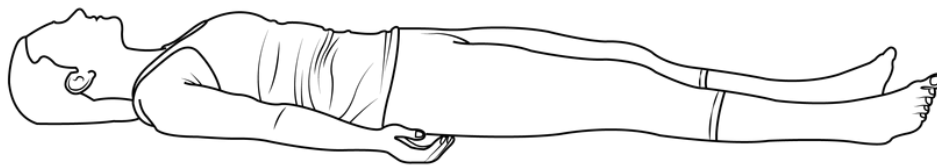
Chair Pose

Stand with your feet about hip-width apart. Bend your knees and sit your hips back as if lowering into a chair. Keep your chest lifted and your weight through your heels. You can raise the arms up or out to the sides or keep hands on hips. Hug the belly in. Hold for a few breaths, then stand back up slowly.



Finish with a Rest

End your practice with 1–2 minutes of Shavasana (Relaxation Pose). Lie on your back with your knees bent or place a cushion under your knees for extra support. This time to rest helps your body relax, release tension, and absorb the benefits of your practice.





More Resources

Ready for more support? Browse my collection of free resources, guides, and programs to help you care for your back and move with greater ease.

[Learn More](#)

STAY CONNECTED WITH ALAINA



DISCLAIMER: THIS IS FOR EDUCATIONAL PURPOSES ONLY AND IS NOT MEDICAL ADVICE. IF YOU HAVE A MEDICAL CONDITION OR ONGOING PAIN, PLEASE CONSULT A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TRYING THESE EXERCISES.



Your body isn't asking you to push harder. It's asking you to listen.

– ALAINA