



7-Day Back Pain Reset



A CONSERVATIVE LIFESTYLE AND MOBILITY GUIDE

for Reducing Stiffness,
Improving Movement, and
Supporting Spine Health

By The Spine Nurse



Disclaimer

This guide is educational only and is not intended to diagnose, treat, or replace individualized medical advice. Always consult your healthcare provider before beginning a new exercise, nutrition, or supplement program.

Seek urgent medical attention for:

- Loss of bowel or bladder control
- Progressive weakness
- Severe numbness in the groin region
- Fever with severe back pain
- Major trauma

Introduction

Back pain is one of the most common health concerns affecting adults today. For many people, daily stiffness, prolonged sitting, poor movement patterns, dehydration, stress, inflammation, and weakness all contribute to worsening symptoms.

The good news:

Many individuals experience meaningful improvement through conservative lifestyle changes focused on movement, recovery, mobility, hydration, nutrition, sleep, and strength.

This 7-Day Reset is designed to help you:

- Improve daily mobility
- Reduce stiffness
- Support recovery
- Improve posture and movement awareness
- Develop healthier spine-supportive habits
- Build a sustainable foundation for long-term back health

This guide focuses on consistency over perfection. Small changes made daily often create the biggest long-term improvements.

DAILY RESET RULES

Throughout the next 7 days:

Prioritize Walking

Aim for short walks throughout the day.

Avoid Prolonged Sitting

Stand or move every 30–45 minutes.

Stay Hydrated

Aim for approximately half your body weight in ounces of water daily.

Focus on Recovery

Sleep, mobility, and stress reduction matter.

Move Without Fear

Gentle movement is often beneficial for many types of back pain.

DAY 1 CALM THE FLARE-UP



Focus: Reduce irritation and restore gentle movement

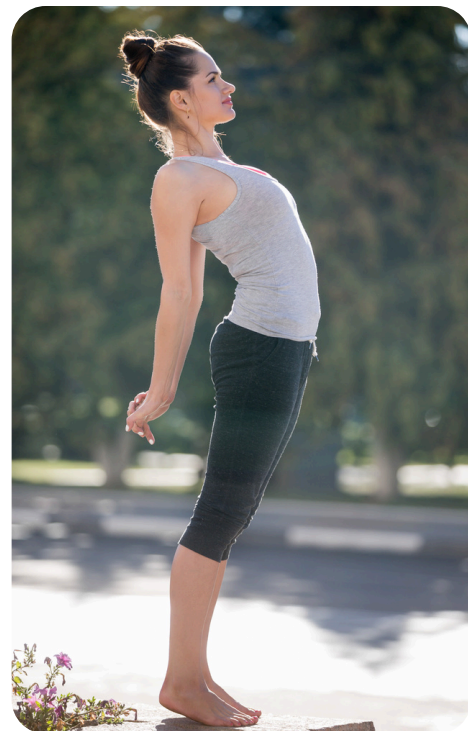
Morning Mobility Routine

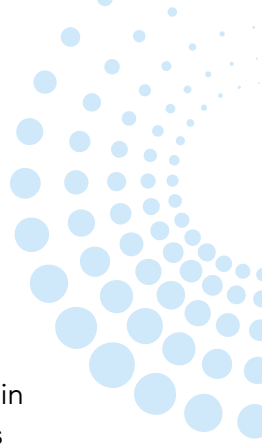
Perform slowly:

- Pelvic tilts x10
- Knee-to-chest stretch x20
seconds each side
- Cat-cow stretch x10
- Standing back extensions x10

Daily Movement Goal

- Walk 5 minutes every 1–2 hours
- Avoid sitting longer than 30–45 minutes
- Use lumbar support while driving or sitting





Nutrition Focus

Today focus on reducing inflammatory foods.

✗ Reduce:

- Fried foods
- Sugary drinks
- Excess alcohol
- Highly processed snacks

✓ Increase:

- Lean protein
- Vegetables
- Berries
- Water intake

Hydration Goal

Drink:

- At least 80–100 oz water daily depending on body size/activity

Supplement Support

Discuss with your healthcare provider before starting supplements.
Potential supportive supplements:

- Magnesium glycinate 200–400mg nightly
- Omega-3 fish oil
- Turmeric

The Spine Nurse Supplement Stack: (live link please)

<https://us.fullscript.com/plans/jbluntzerdnp-back-neck-pain>

Recovery Focus

Use heat or ice:

- 15–20 minutes
- Never directly on skin

Heat may help stiffness. Ice may help acute flare-ups.

Avoid Today

- Heavy lifting
- Long periods of bed rest
- Twisting while lifting
- High-impact exercise



DAY 2

RESTORE MOBILITY



Focus: Improve flexibility and reduce stiffness

Mobility Circuit

Complete 1–2 rounds:

- Cat-cow x10
- Child's pose x30 seconds
- Hip flexor stretch x30 seconds each side
- Hamstring stretch x30 seconds each side
- Thoracic rotation stretch x10 each side



Walking Goal

10–15 minutes total minimum.

Posture Reset

Check your workstation:

- Monitor at eye level
- Feet flat on floor
- Knees slightly below hips
- Shoulders relaxed
- Elbows near 90 degrees

Hydration Goal

Add electrolytes if:

- You sweat heavily
- Work outdoors
- Drink large amounts of caffeine

Electrolyte Recommendations: (live link please)

<http://elementallabs.refr.cc/jenniferbluntzer>

Nutrition Focus

Support tissue recovery with protein.

Aim for:

- Protein at each meal
- Colorful vegetables
- Healthy fats

Examples:

- Eggs
- Greek yogurt
- Salmon
- Chicken
- Olive oil
- Avocado

DAY 3

ACTIVATE YOUR CORE



Focus: Build spinal support & stability

Beginner Core Routine

Perform slowly:

- Glute bridges x10
- Bird dogs x10 each side
- Dead bugs x10
- Modified side planks 15–20 seconds
- Standing marches x20

Walking Goal

15–20 minutes total.

Nutrition Focus

Increase anti-inflammatory foods.

Prioritize:

- Leafy greens
- Berries
- Omega-3 rich foods
- Lean proteins
- Nuts and seeds

Hydration Goal

Avoid excessive dehydration from:

- Excess alcohol
- Excess caffeine
- Energy drinks

Key Technique

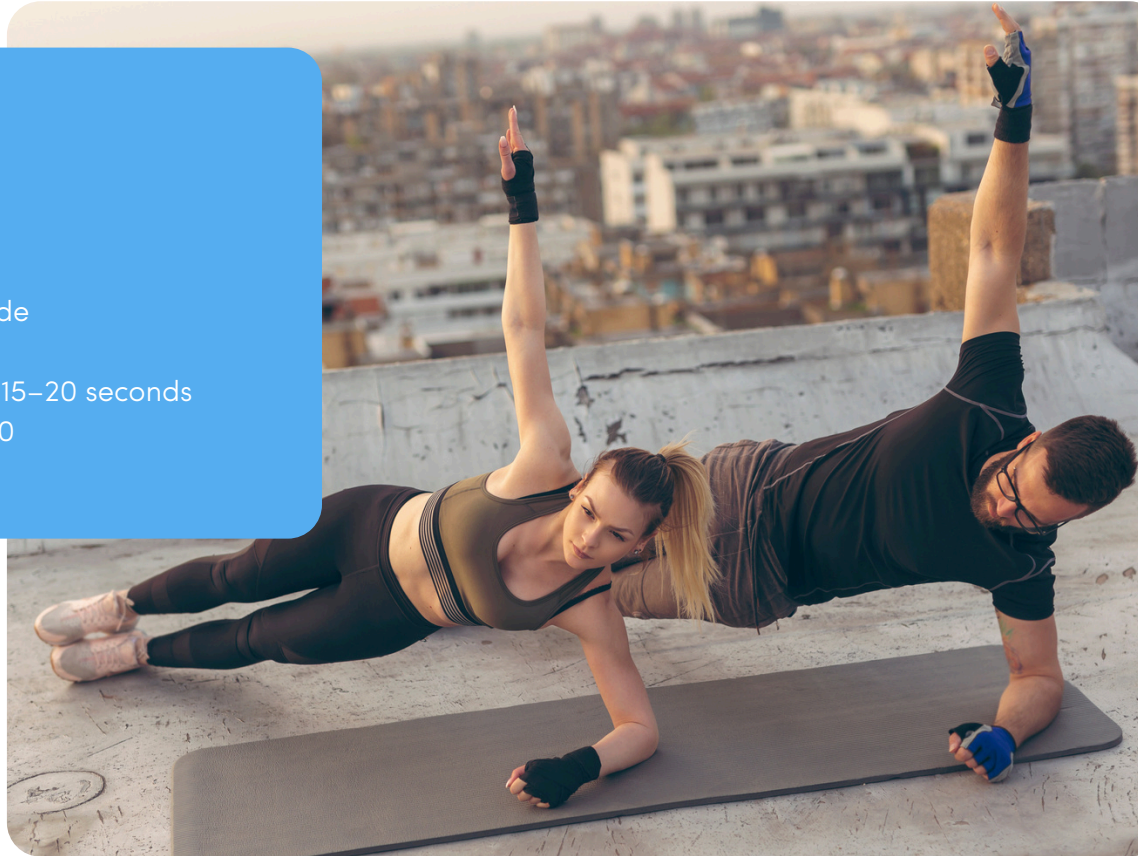
Brace your abdomen gently as if preparing for a cough.

Avoid holding your breath.

Supplement Support

Potential options:

- Fish oil
- Magnesium glycinate
- Protein supplementation if intake is low



DAY 4 IMPROVE DAILY MOVEMENT PATTERNS

 **Focus:** Reduce repetitive strain

Hip Hinge Practice

Practice bending from the hips while maintaining a neutral spine.

Repeat x10:

- Hands on hips
- Push hips backward
- Keep chest tall
- Maintain neutral spine

Functional Movement Tips

 **Avoid:**


- Twisting while lifting
- Repeated bending under load
- Carrying objects far from the body

 **Instead:**

- Keep objects close
- Use legs and hips
- Move slowly and controlled

Nutrition Focus

20 minutes total.

 **Reduce** added sugars and processed foods.

 **Increase:**

- Whole foods
- Fiber
- Protein
- Water intake

Walking Goal

20 minutes total.

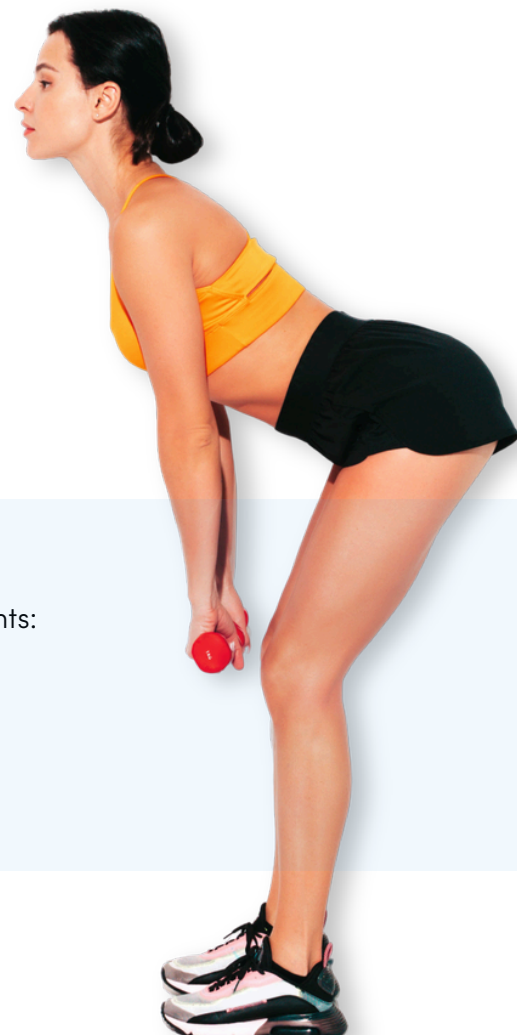
Hydration Goal

Continue consistent hydration throughout the day.


Supplement Support

Potential supportive nutrients:

- Vitamin D3
- Magnesium
- Omega-3s



DAY 5 BUILD ENDURANCE

 **Focus:** Improve tolerance to activity

Strength + Stability Routine

Perform:

- Glute bridges x15
- Clamshells x15
- Wall sits x20 seconds
- Bird dogs x10
- Standing rows with resistance band x15

Walking Goal

20–30 minutes total.
Can be split into shorter walks.

Recovery Tip

Movement should challenge you without significantly worsening symptoms.

Nutrition Focus

Aim for balanced meals:

- Protein
- Fiber
- Healthy fats
- Complex carbohydrates

Hydration Goal

Drink water consistently throughout the day rather than all at once.





DAY 6 REDUCE INFLAMMATION AND STRESS

 **Focus:** Recovery and nervous system support

Mobility Recovery Routine

Perform gently:

- Child's pose x30 seconds
- Cat-cow x10
- Seated hamstring stretch x30 seconds
- Diaphragmatic breathing x5 minutes
- Gentle walking

Stress Reduction

Stress and poor sleep can worsen pain perception.

Today prioritize:

- Deep breathing
- Reduced screen time before bed
- Outdoor walking
- Relaxation
- Sleep quality

Nutrition Focus

Build an anti-inflammatory plate:

- Vegetables
- Lean protein
- Healthy fats
- Whole foods

Limit:

- Ultra-processed foods
- Excess sugar
- Excess alcohol

Hydration Goal

Continue electrolyte balance and adequate hydration.

DAY 7

BUILD YOUR LONG-TERM PLAN



Focus: Sustainability and consistency

Long-Term Mobility Routine

Continue daily:

- Walking
- Mobility work
- Core activation
- Stretching
- Position changes throughout the day

Weekly Spine Health Goals

Aim for:

- Strength training 2–3x weekly
- Walking most days
- Mobility daily
- Reduced sedentary time
- Consistent hydration

Track Your Triggers

Write down:

- Movements that worsen symptoms
- Helpful exercises
- Sleep quality
- Sitting tolerance
- Activity levels

Recovery Mindset

Progress is rarely perfect.
Consistency matters more
than intensity.



BONUS SECTION

MORNING BACK PAIN RESET

5-Minute Morning Routine

Before starting your day:

1. Pelvic tilts x10
2. Cat-cow stretch x10
3. Hip flexor stretch x30 seconds each side
4. Standing back extensions x10
5. 2-minute walk

This may help reduce morning stiffness and improve mobility.

BONUS SECTION

FLARE-UP TOOLKIT

During A Flare-Up

❌ DO:

- Walk gently
- Change positions frequently
- Stay hydrated
- Use heat or ice appropriately
- Continue gentle movement

✅ AVOID:

- Total bed rest
- Heavy lifting
- Aggressive twisting
- Panic and fear-based movement avoidance

BONUS SECTION

DESK AND WORKSTATION CHECKLIST

Desk Setup Tips

- Monitor at eye level
- Feet flat on floor
- Lumbar support behind lower back
- Keyboard close to body
- Elbows near 90 degrees
- Stand every 30–45 minutes

SUPPLEMENT DISCLAIMER

Supplements are not intended to diagnose, treat, cure, or prevent disease. Always discuss supplementation with your healthcare provider, especially if you are pregnant, nursing, taking medications, or have chronic medical conditions.

Back pain recovery is often about improving movement quality, consistency, recovery habits, hydration, stress management, and strength over time.

Small daily actions repeated consistently often create the greatest long-term results.

Focus on:

- Daily movement
- Mobility
- Walking
- Hydration
- Nutrition
- Sleep
- Recovery
- Consistency

Your spine is designed to move.



About The Spine Nurse

The Spine Nurse focuses on conservative spine wellness, movement education, lifestyle optimization, and patient-centered back pain support.

Educate. Empower. Elevate.

