

Free Back Pain Sciatica Course



By Jennifer Childs

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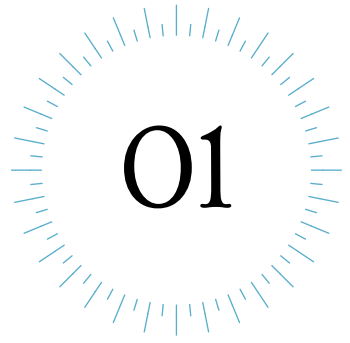
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Free Course

Get Rid Of
Back Pain
Sciatica



Activating Feet and Legs to Support Low Back



- Remove your shoes and socks.
- Stand on a flat surface with your feet hip-distance apart.
- If you need support, rest your hands on the back of a chair or a table, keeping your hips upright. (You can also do this exercise seated in a chair.)



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Exercise Video on Youtube**



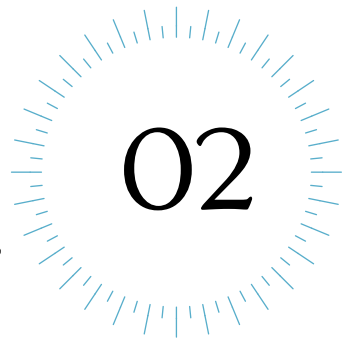
- Feel the ground under both your right and left foot.
- Adjust until you feel your weight evenly distributed between both feet.
- Slowly rock forward and backward, finding a balance so that your weight centers evenly in your feet and legs.
- Ground yourself by connecting the soft pad under the ball of your big toe, the outer edge of your foot, and your heel with the floor.
- Imagine a string under the arch of each foot pulling upward. Lift the arches by visualizing this gentle pull.
- Lift and spread your toes away from the floor and from each other, including your smallest toe.
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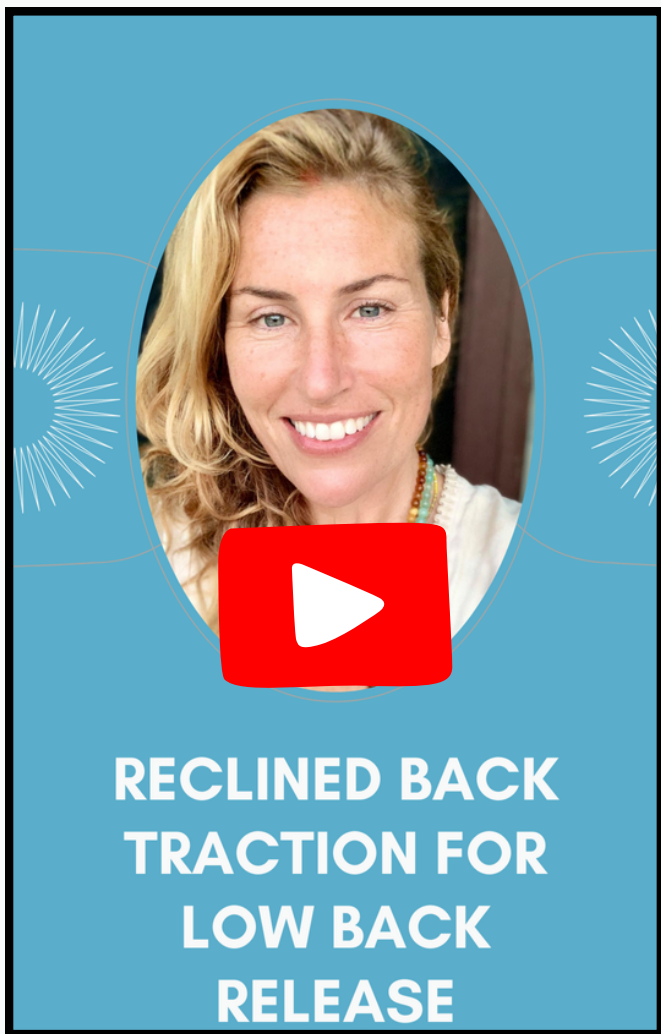
- Engage your legs: lift your kneecaps and gently draw your belly button toward your spine.
- Lift your ribcage (including the back ribs), moving your heart upward toward your chin.
- Tuck your pelvis by moving your tailbone down in the direction of your heels.
- Relax your shoulders and let your arms rest at your sides.
- Feel the stability you've created by activating your strong legs.
- Notice the extra inches you've “gained” as your spine lengthens and your heart lifts.



Reclined Back Traction for Low Back Release



- Slowly move into a seated position on the floor or bed.
- Move your torso and legs together as one unit, avoiding any twisting of the spine.
- As you begin to lie down on the floor or bed, use your arms to support and stabilize your back.



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- Press down with your top arm as you gently bring your bottom arm and shoulder to rest on the floor.
- Settle into a side-lying position and bend your legs comfortably.

Child's Pose

- Stretch for

Full Spine

and Low

Back

03



- Sit on your shins on the floor or bed.

If your knees feel sensitive, you can roll or fold a towel and place it between the backs of your thighs and calves, behind the knee joint. Alternatively, sit on a cushion placed under your sit bones. Both options help take pressure off your knees.



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- Inhale deeply, lengthening your chest. Place your hands on the floor in front of you.
- Slowly walk your hands away from you, maintaining a long and lengthened back as you reach forward.

If you feel any discomfort or resistance in your back, pause, take a deep breath, and assess. Decide whether to pause, ease out of the pose, or continue forward, based on your comfort.

- As you move forward, keep gently drawing your belly toward your spine.
- Depending on your flexibility, allow your upper body weight to rest on your hands, elbows, or lower your chest toward the floor.

- Keep your neck relaxed throughout.
- If your torso reaches the floor, you have two options for your arms:
- Option 1: Extend your arms overhead, resting both on the floor.
- Option 2: Bring your arms to your sides.
- Take a deep inhale, lifting your belly slightly.
- Exhale and reach your tailbone toward your heels, gently lengthening your ribcage by moving your ribs away from your hips.
- Breathe into your hips, expanding and lengthening your ribs with each breath. Hold this pose for 3-5 deep breaths.



Body Relaxation Scan and Meditation





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- Sit comfortably on the floor or in a chair.
- Take a moment to make any adjustments needed to fully support your body, allowing yourself to relax as much as possible.
- Deepen your breath and close your eyes.
- Inhale slowly, using your breath like a flashlight to scan your body for any area that seems to need attention.

If multiple areas arise, choose one spot and dedicate this meditation to that place.

- Direct your next inhale toward your chosen area.
- As you exhale, stay lifted through the torso, maintaining length and support in your spine.
- Exhale and gently relax your shoulders.
- Breathe gently around your focus spot.
- With each breath, explore the qualities of this area: Is it dense, tight, warm, numb?

- Use your breath to collect details and tune in to its sensations.
- Gradually, with each inhale and exhale, guide your breath from the edges of the spot inward.
- After 5-10 breaths, ask the area what it needs.
- Listen for any intuitive response that may come up. Notice if any connections emerge between this spot and another part of your body, a memory, or an emotion.
- Continue breathing deeply, completing each inhale and exhale fully.
- When you're ready, gently open your eyes.
- Acknowledge that breathing in a supportive, non-judgmental way toward areas of tension can reveal unexpected insights.
- Honor what your body is asking for and thank yourself for taking this time to explore deeply within.
- Remember, this is courageous work.

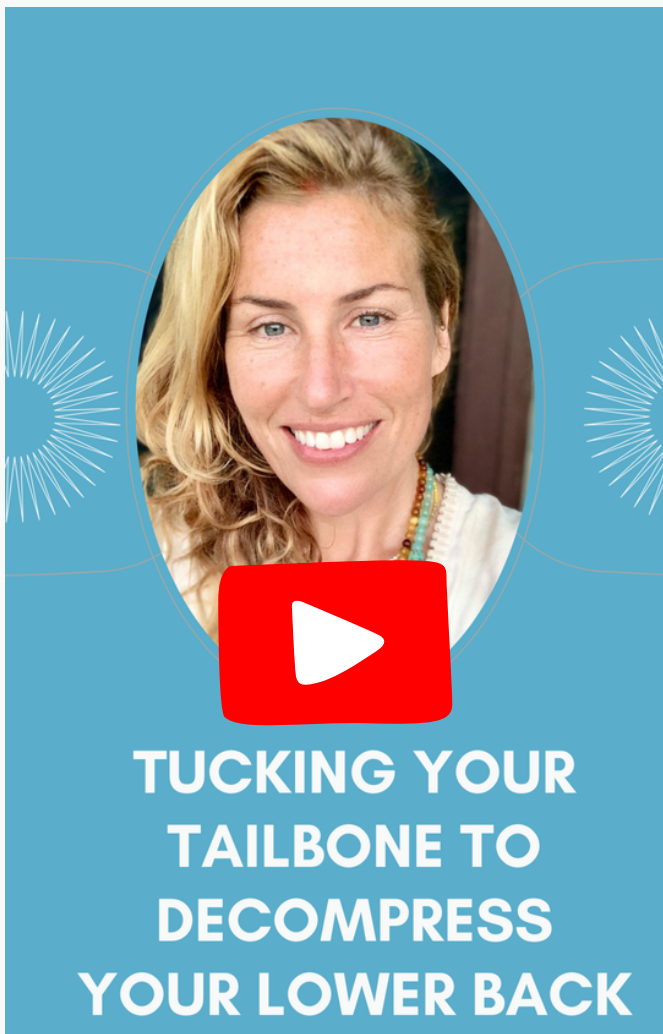
Tucking Your Tailbone to Decompress Your Lower Back

05



- Remove your shoes and socks.
- Stand on a flat surface with your feet hip-distance apart.

If you need support, rest your hands on the back of a chair or a table without bending at the hips. (You can also do this exercise seated in a chair.)

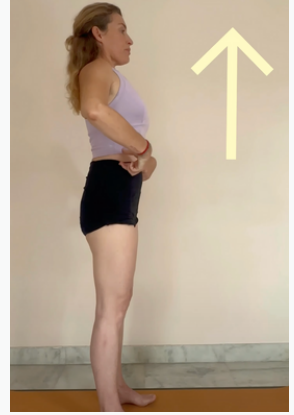


**TUCKING YOUR
TAILBONE TO
DECOMPRESS
YOUR LOWER BACK**

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- Activate your feet by spreading your toes wide, lifting your kneecaps, and gently drawing your thighs upward.
- Ensure that you feel the floor evenly under both your right and left feet.



Adjust your stance so your weight is balanced and evenly distributed.

- Inhale deeply, extending your ribs upward: move your lower ribs up and away from your hips, your middle ribs away from your lower ribs, and your upper chest up and away from your middle ribs.
- Relax your shoulders and the back of your neck.
- Exhale and gently tuck your chin toward your chest.

- Lengthen and reach your tailbone down toward your heels by curling your pubic bone under and forward.
- Avoid tightening your glutes; instead, keep them relaxed. Lift through your belly and continue reaching the tailbone downward.



- Repeat this movement 3-5 times, breathing steadily.
- Relax and reset your legs and feet.
- Repeat the sequence 3 more times, this time bending your knees slightly on each exhale as you tuck your tailbone.
- Straighten your legs and observe the strength, length, and stability you've created in your core through these simple movements.

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