

BACK PAIN RELIEF

Daily Exercise Checklist

Week Of: _____

EXERCISE DETAILS	REPETITION	M	T	W	T	F	S	S
Cat-Cow Stretch On hands and knees, alternate arching and rounding back.	2 Sets of 10							
Child's Pose Sit on heels, lean forward, extend arms on floor.	Hold 60s							
Bird-Dog Extend opposite arm and leg while on all fours.	10 per side							
Glute Bridges Lie on back, knees bent, lift hips toward ceiling.	3 Sets of 12							
Knee-to-Chest Lie on back, pull one knee into chest at a time.	30s per leg							
Pelvic Tilts Flatten lower back against floor by tightening abs.	15 Reps							

PROGRESS NOTES / PAIN SCALE (1-10)

Consult with a healthcare professional before starting any new exercise routine.