FREE GUIDE FROM THANKSTOLAEL

Your lower back might not be the problem

If your hip will not rotate in, your spine will rotate for it. And eight hours of sitting does not make your back tight. It makes it short.

> I had two herniated discs. Three knee surgeries before that. Every one of them aimed at the place that hurt. These are the four I would start with.

01
Learn the hinge

02
Give the hip its rotation back

03
Tuck first. Then move

04
Give the spine its room

Educational content, not medical advice. These are movement exercises, not a diagnosis or treatment. If you have a medical condition, talk to your own clinician first.
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READ THIS FIRST

When this guide is not for you

See a doctor today, not this guide, if you have

Numbness in the groin or the inner thighs

Trouble controlling your bladder or bowels

A leg that is getting weaker, or a foot that drags

Back pain with fever, after a fall, or pain that wakes you at night and does not ease

Check with a clinician where you live first if

The injury is new, or the pain is getting worse

A clinician told you not to load it

Everything after this page is movement education. Go slowly. Stop any exercise that sends pain down the leg or makes it worse.

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01 / 04

Learn the hinge

You do not have a weak back. You never learned to hinge. Bending is not one movement. It is two. The hip hinge sends your seat backwards and keeps the spine long. Most people only own the second one, and they use it for everything.

01 Stand tall. Hands on the front of your hips

02 Push your seat straight back and let your chest fall forward as a single piece

03 Stop the moment your lower back wants to round. That point is your hinge

TEN REPS, THREE ROUNDS, NO WEIGHT

Train it until the hinge happens before the spine does. Then you can load it.

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02 / 04

Give the hip its rotation back

Every time you walk, turn, or sit down, your hip has to rotate inside the socket. When it cannot, your lower back rotates for it. Every single day.

01 The 90/90. Both knees bent to ninety degrees. Sit on something a little higher

02 Hands behind you, the chest up, the feet flexed

03 Now let one knee drop in toward the floor. From the hip turning, not from your waist twisting

UNTIL THAT KNEE REACHES THE FLOOR, YOU DO NOT PROGRESS

If your lower back does the work, you just train the problem again.

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03 / 04

Tuck first. Then move

The hip flexor does not stop at the hip. It attaches to your lumbar spine. When it stays short, it pulls the pelvis forward and the lower back is held in an arch all day.

01 Kneel on one knee, front foot planted, a hand on something at each side

02 Tuck the pelvis first. That is the whole exercise

03 Only then shift your weight forward, and only as far as the tuck survives

FIVE BREATHS, TWO ROUNDS EACH SIDE

Stand up out of it and notice where your lower back sits now.

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04 / 04

Give the spine its room

Eight hours of sitting does not make your back tight. It makes it short. Sitting loads the spine from above all day with nothing pulling the other way.

01 Hang from a bar with your feet off the floor

02 Let everything go long for three breaths. Do not hold yourself up with your shoulders

03 Then pull the knees to the chest without swinging and hold three seconds

FIVE BREATHS AND FIVE KNEE PULLS AT THE END OF EVERY TRAINING DAY

Hanging gives the spine back its room. The knee pulls teach you to keep it.

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THAT IS THE START

Give the rotation back to the joint that was built for it

And the one above it stops paying.

You're welcome

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