



THE MAIN
METHOD.

The

10 MINUTE
LOWER BACK
reset routine

THE MAIN METHOD

About the THE MAIN METHOD



*OH HEY THERE, I'M ALEXANDRA A PERSONAL TRAINER
AND MASSAGE THERAPIST FOR OVER 15 YEARS
as well as Mama to Ollia Lili.*

I'm so excited to have you here and I can't wait to help you say goodbye to your lower back pain.

The aim of this 10min daily routine is to help you release the tight muscles that can affect your lower back and pelvic floor, as well helping you to reconnect your breath so that you can strengthen your core and live pain free.

These guided videos and cues will help you dive deeper into understanding what might be causing your lower back pain. My wish for you is to have a tool box of exercises and stretches so that you can become the master of your own body.

So let's jump straight in and get a start on your journey!

Alexandra xoxo





WHY DO WE EXPERIENCE *Lower back pain*

It's no fun waking up with constant lower back pain, especially if it doesn't go away!

Your back is part of an integrated core system that includes your core muscles, diaphragm, and pelvic floor. This system must be balanced in order to help regulate your body's pressure. When the core and pelvic floor muscles are weak, the lower back muscles have to work harder, which increases the risk of strain and injury.

Tight muscles can also cause system imbalances, which can lead to pain and discomfort over time. As a result, a holistic plan that includes strengthening the core and pelvic floor muscles, as well as stretching the lower back, hips, and legs, can help alleviate symptoms, rebalance your system so that you can live pain free.

Lower back pain caused by core and pelvic floor muscles, as well as short tight muscles, is frequently undetectable on imaging such as MRI or X-rays. This is due to the possibility that there is no significant damage or inflammation in the area that imaging can detect. However, for those who are experiencing it, the pain can be very real and debilitating.

Pain will always be an indicator that something in this system isn't happy, but until you treat the underlying cause of the problem, everything else will be a band-aid. Sadly you will be a constant client to many practitioners, including your purse strings. I believe that the more we understand and listen to our bodies the more power we have to heal them ourselves.

IT'S ALL ABOUT *Movement*

CLICK ON THE PLAY BUTTON TO WATCH THE VIDEOS

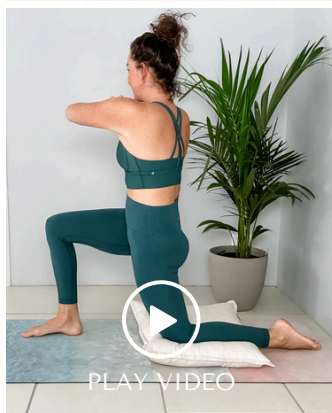


360 CORE BREATHING 2 MINUTES

Learning how to breathe a 360-degree expanding breath into the back and sides of the ribcage is essential for getting your core system to cooperate. Spending time practising an expanded breath can heal back pain on its own. We want to encourage rib cage and pelvic floor alignment so that the diaphragm and pelvic floor can work together.

SPINE ROLLS 1 MINUTE

Our spine has a tendency to segment and move in chunks rather than vertebra by vertebra, which can lead to stiff muscles over time. When the spine segments are arranged in this manner, particular joints are overused, and tight muscles begin to impede blood flow to the joints. Movement in these joints encourages blood flow, which is food for the joints and leads to tissue healing.

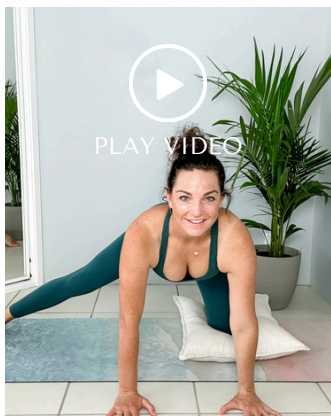


HIP FLEXOR STRETCH 1 MINUTE EACH LEG

Hip flexors are one of the most common sources of lower back discomfort and stress. If you spend a lot of time sitting or driving, they connect to the lower vertebrae in your lower back and begin to shorten and stiffen. When a muscle gets short and tight, it loses its functional strength, hence it is vital to stretch and then strengthen them.

CONSISTENCY GETS *results*

CLICK ON THE PLAY BUTTON TO WATCH THE VIDEOS



ADDUCTOR ROCKS

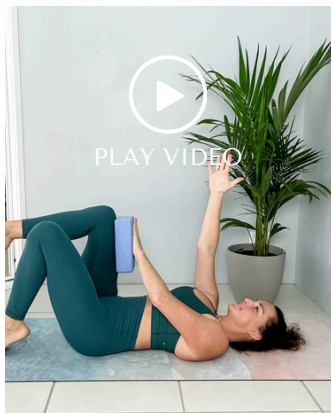
1 MINUTE EACH LEG

The adductors or your inner thigh muscles act as the anchors for your pelvis. They are deeply connected to your core system, focusing on the health of these muscles can work wonders for realigning the pelvis so that your core system can work more efficiently. When we release these often tight and short muscles it dramatically helps to release excess tension on the lower back.

MERMAID STRETCH

1 MINUTE

The mermaid stretch focuses on the QL muscles, which help to support the spine. The QL muscle frequently becomes tight and hyperactive as a result of compensating for other weak muscles in the area. Because we typically lack rotational movement, this stretch helps to lengthen those muscles, allowing more space between the joints and more mobility.



DEAD BUG HOLDS

1 MINUTE

The Dead Bug is an excellent exercise for developing a strong corset around your lower back by strengthening all of the deep core muscles. This improves ribcage-pelvis alignment, allowing your diaphragm and pelvic floor to cope with pressure more effectively.

10 min *Daily routine*



LET'S GET MOVING TOGETHER

Want to follow along as I guide you through the entire routine?

Grab your yoga mat, a cushion, and, if you have one, a yoga block, and click the link below to get started. Remember that your body will feel different every day, so cherish what you have right now! I'm excited to see you on the mat.

Alexandra xx

**CLICK HERE
TO JOIN ME**