

GENTLE MOVEMENT SERIES

The 15-Minute Back Relief Plan

15 Exercises to Lessen Lower Back Pain Safely

by OpiniPop.com

A calm daily practice for a stronger, more comfortable back



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CHAPTER I

Introduction

Lower back pain is one of the most common physical ailments in the world, affecting millions of people every day. It can make simple tasks—like tying your shoes, sitting at a desk, or picking up groceries—feel like monumental challenges. When your back hurts, it is tempting to rest and stop moving completely. However, medical research shows that gentle, targeted movement is often the best way to heal, strengthen, and protect your spine.

This book provides 15 simple exercises designed to stabilize your core, stretch tight muscles, and build the foundational strength your lower back needs to stay pain-free. By committing just a few minutes a day to these controlled movements, you can regain your mobility and take control of your physical well-being.

Important Health Disclaimer

The information provided in this book is for educational and informational purposes only. The exercises and advice outlined here are not intended to be a substitute for professional medical advice, diagnosis, or treatment. The author and publisher are not responsible or liable for any injury, pain, or adverse health effects that may result from performing the exercises in this book.

Always consult with your physician, physical therapist, or healthcare provider before beginning any new exercise program, especially if you have a history of chronic back pain, spinal conditions, or recent injuries. If you experience sharp pain, dizziness, or numbness while performing any of these movements, stop immediately and seek medical attention.

How to Use This Book

To get the most out of these exercises, keep the following principles in mind:

- Listen to your body. There is a big difference between a deep stretch and injury-inducing pain. Never force a movement.
- Consistency over intensity. Doing these exercises gently every day will yield much better results than doing them intensely once a week.
- Breathe deeply. Avoid holding your breath during movements. Smooth, steady breathing helps relax your nervous system and your muscles.

OVERVIEW

The 15 Exercises

Work through these movements in order, or choose a few that feel right for your body today. Each exercise includes clear instructions, suggested sets and reps, and a demonstration photo.

01 Pelvic Tilt

02 Knee-to-Chest Stretch

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CHAPTER 2 • THE EXERCISES

Exercise 01

Pelvic Tilt

HOW TO DO IT

Lie on your back with knees bent and feet flat. Tighten your stomach muscles and flatten your back against the floor.

SETS / REPS

Hold for 5 seconds, repeat 10 times.

BENEFIT

Relieves tension in the lower back muscles.



CHAPTER 2 • THE EXERCISES**Exercise 02**

Knee-to-Chest Stretch

HOW TO DO IT

Lie on your back with knees bent. Pull one knee up to your chest and hold it gently.

SETS / REPS

Hold for 20 to 30 seconds for each leg, 2 times per side.

BENEFIT

Stretches the lower back and glutes.



CHAPTER 2 • THE EXERCISES**Exercise 03**

Cat-Cow Stretch

HOW TO DO IT

Get on your hands and knees. Arch your back up toward the ceiling (cat), then let your stomach drop toward the floor (cow).

SETS / REPS

Move slowly between positions 10 times.

BENEFIT

Improves spine flexibility.



CHAPTER 2 • THE EXERCISES**Exercise 04**

Child's Pose

HOW TO DO IT

Kneel on the floor, sit back on your heels, and reach your arms forward on the ground while lowering your chest.

SETS / REPS

Hold for 30 to 60 seconds.

BENEFIT

Lengthens and relaxes the lower back.



CHAPTER 2 • THE EXERCISES

Exercise 05

Bird-Dog

HOW TO DO IT

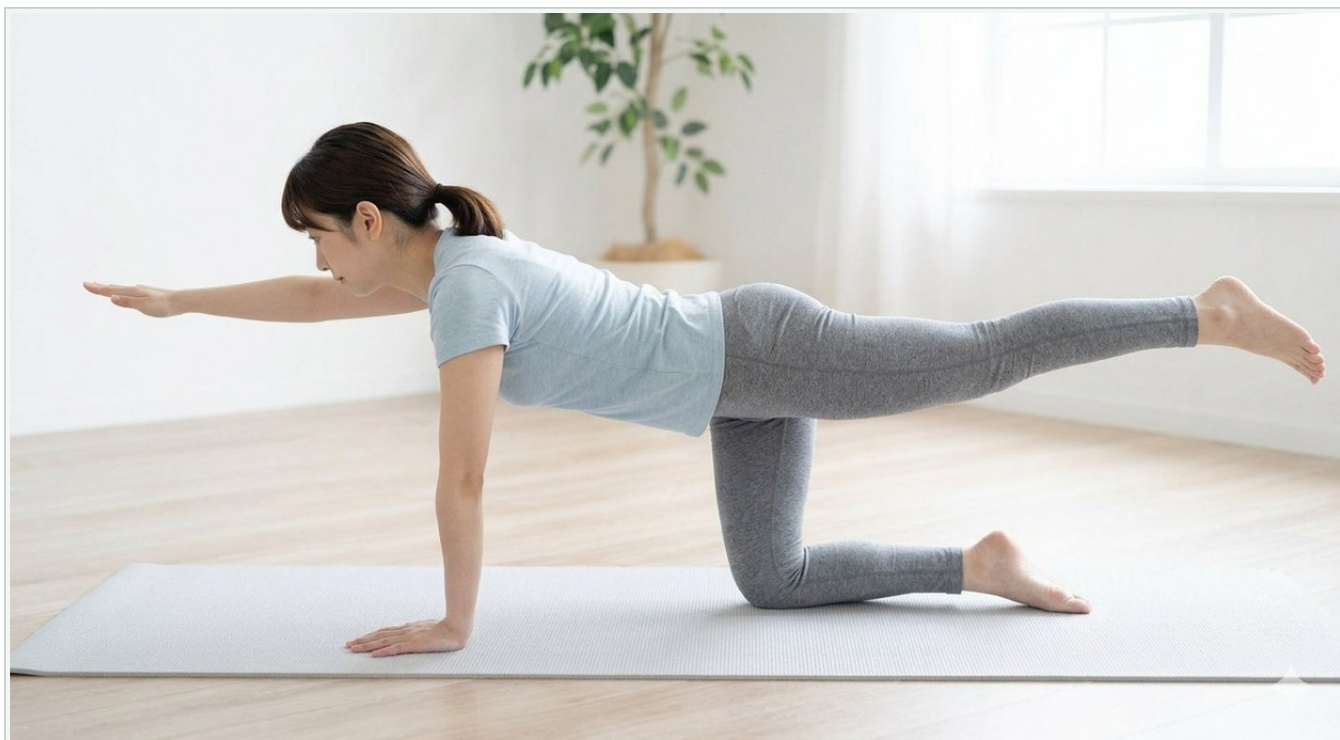
Get on hands and knees. Extend your right arm forward and your left leg straight back at the same time. Switch sides.

SETS / REPS

Alternate for 10 total reps.

BENEFIT

Strengthens core and lower back stability.



CHAPTER 2 • THE EXERCISES**Exercise 06**

Partial Crunch

HOW TO DO IT

Lie on your back with knees bent and arms crossed over your chest. Lift your shoulders a few inches off the floor using your core.

SETS / REPS

Repeat 10 times.

BENEFIT

Strengthens abdominal muscles without straining the spine.



CHAPTER 2 • THE EXERCISES**Exercise 07**

Bridge Pose

HOW TO DO IT

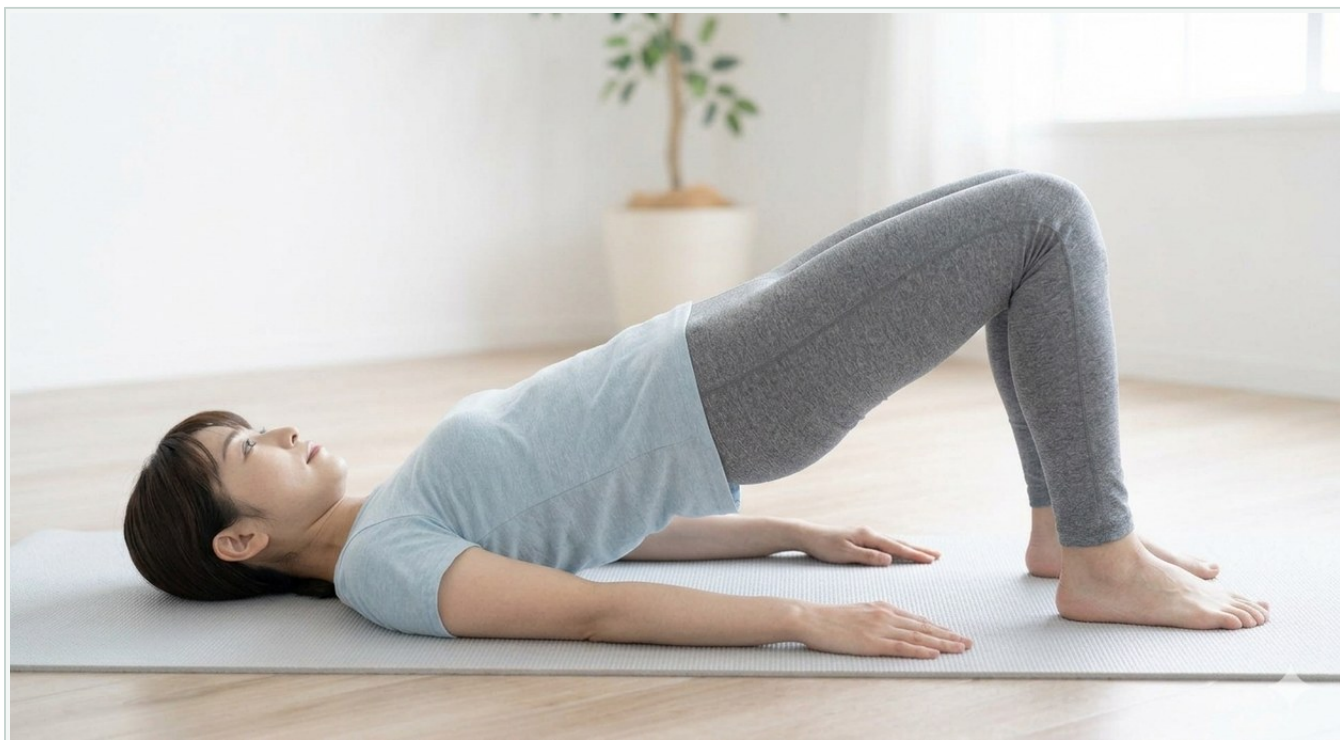
Lie on your back with knees bent and feet flat on the floor. Lift your hips up until your knees, hips, and shoulders form a straight line.

SETS / REPS

Hold for 5 seconds, repeat 10 times.

BENEFIT

Works the glutes and lower back.



CHAPTER 2 • THE EXERCISES**Exercise 08**

Piriformis Stretch

HOW TO DO IT

Lie on your back. Cross your right ankle over your left knee. Pull your left thigh toward your chest.

SETS / REPS

Hold for 30 seconds on each side.

BENEFIT

Eases deep hip and lower back tightness.



CHAPTER 2 • THE EXERCISES

Exercise 09

Seated Torso Twist

HOW TO DO IT

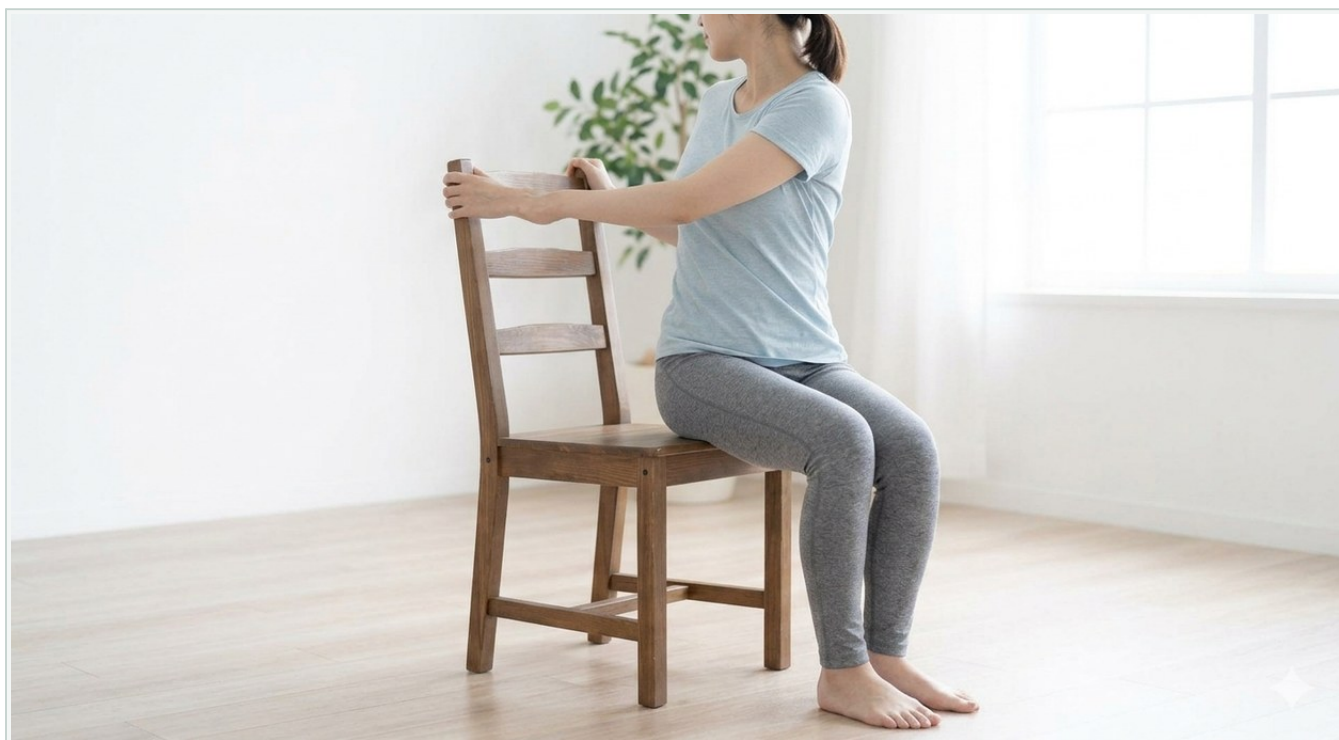
Sit straight on a chair. Twist your upper body to one side, holding the back of the chair for support.

SETS / REPS

Hold for 15 seconds on each side.

BENEFIT

Keeps the mid-back mobile.



CHAPTER 2 • THE EXERCISES**Exercise 10**

Cobra Pose (Prone Press-Up)

HOW TO DO IT

Lie face down with hands under your shoulders. Gently push your upper body up while keeping your hips on the floor.

SETS / REPS

Hold for 10 seconds, repeat 5 times.

BENEFIT

Extends the lower back and reduces stiffness.



CHAPTER 2 • THE EXERCISES**Exercise 11**

Standing Extension

HOW TO DO IT

Stand with your hands on your hips. Lean backward slightly, supporting your lower back with your hands.

SETS / REPS

Hold for 5 seconds, repeat 5 times.

BENEFIT

Reverses slouching and forward bending.



CHAPTER 2 • THE EXERCISES**Exercise 12**

Hamstring Stretch (Towel Stretch)

HOW TO DO IT

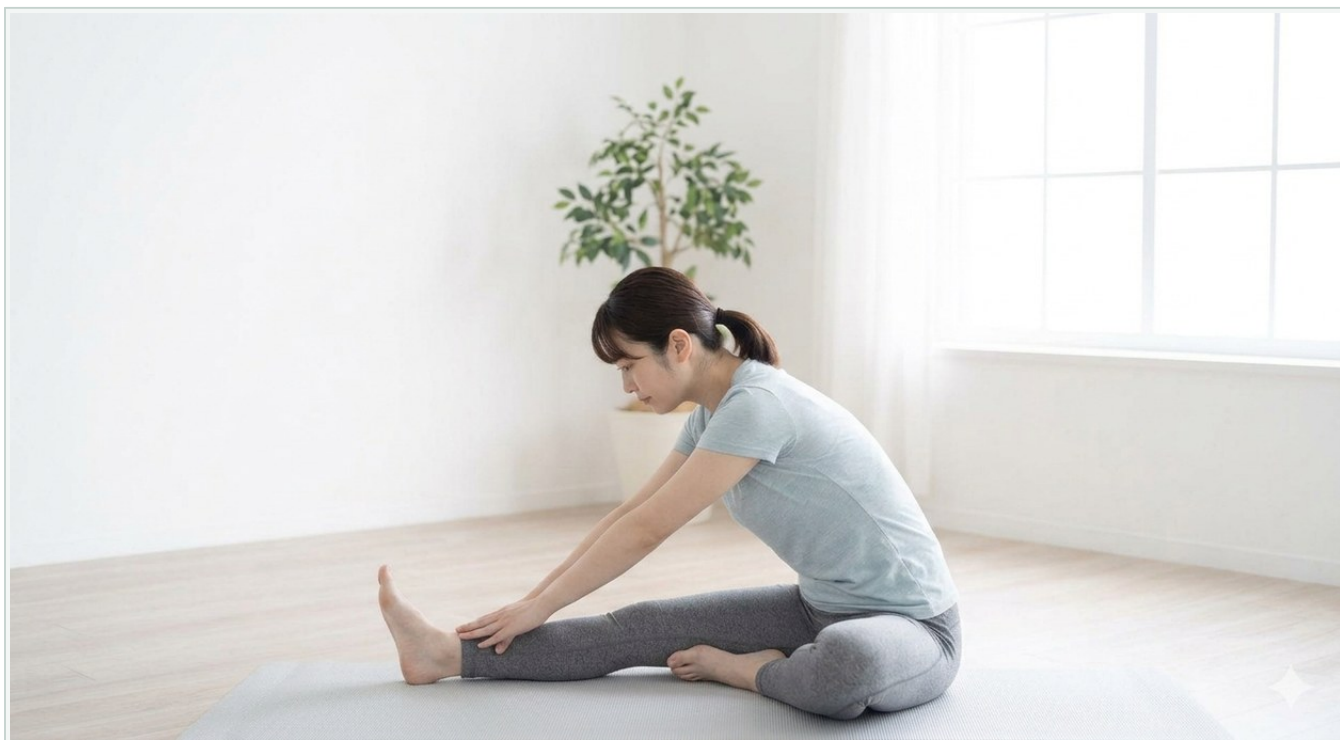
Lie on your back. Loop a towel around one foot and straighten your leg up, pulling gently until you feel a stretch in the back of the thigh.

SETS / REPS

Hold for 30 seconds per leg.

BENEFIT

Tight hamstrings pull on the lower back; this relieves that pull.



CHAPTER 2 • THE EXERCISES**Exercise 13**

Clamshell

HOW TO DO IT

Lie on your side with knees bent at a 45-degree angle and feet stacked. Lift your top knee up while keeping your feet together.

SETS / REPS

Repeat 12 times per side.

BENEFIT

Strengthens hips to support the lower back.



CHAPTER 2 • THE EXERCISES**Exercise 14**

Wall Sit

HOW TO DO IT

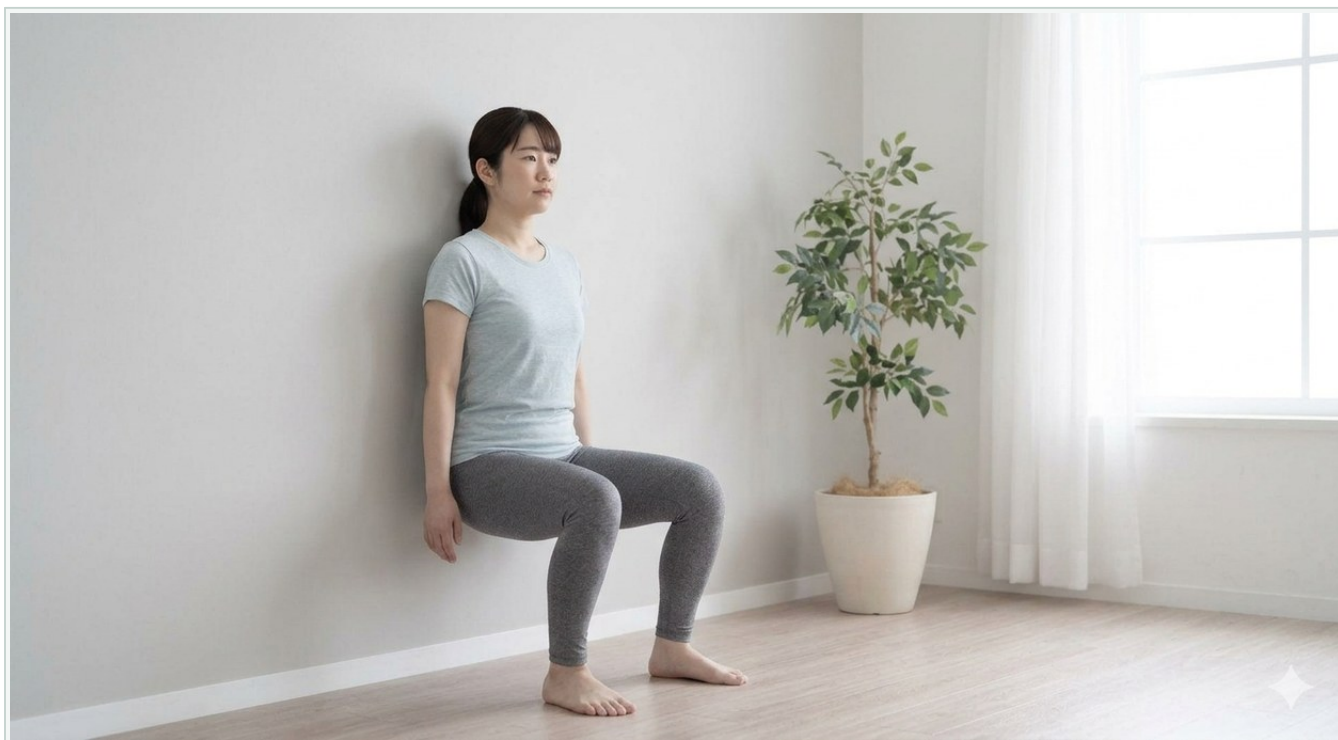
Lean your back flat against a wall and slide down until your knees are slightly bent. Press your lower back into the wall.

SETS / REPS

Hold for 15 to 30 seconds, 3 times.

BENEFIT

Builds lower body and core endurance.



CHAPTER 2 • THE EXERCISES**Exercise 15**

Walking

HOW TO DO IT

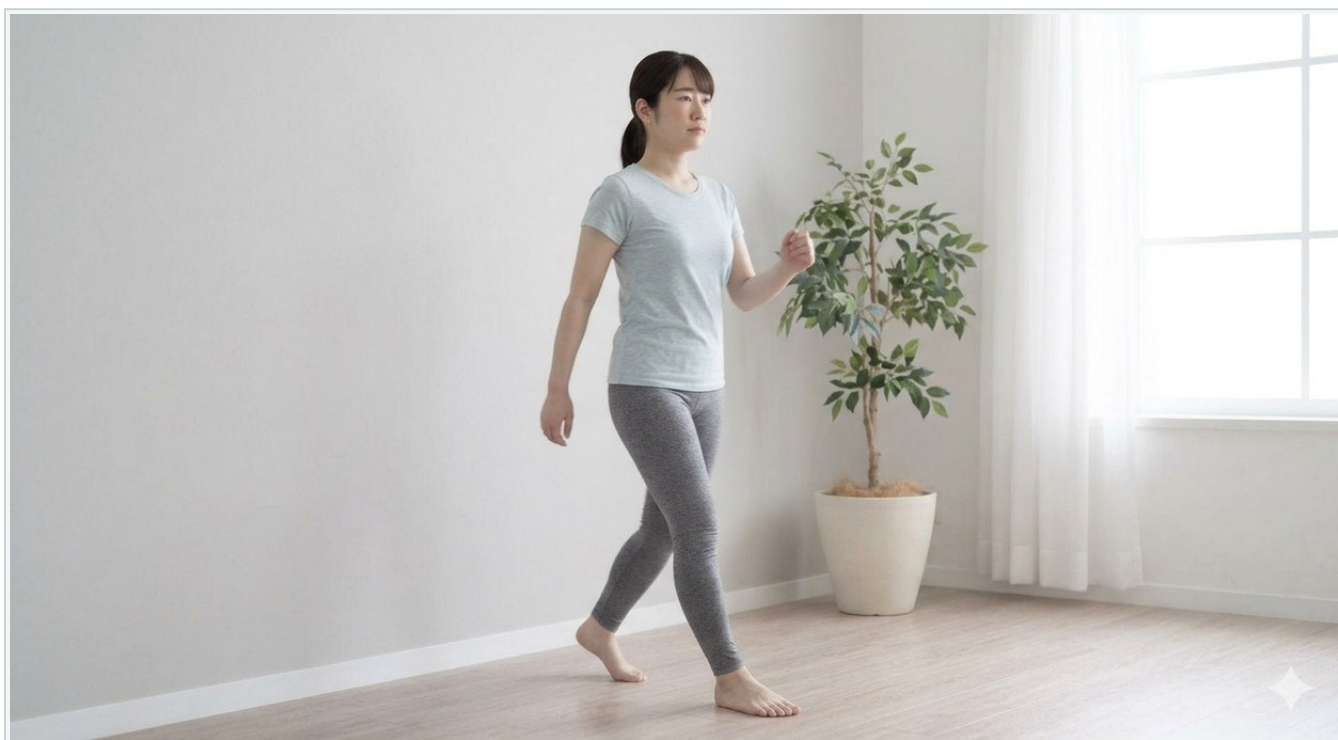
Walk at a comfortable, steady pace on a flat surface for 15 to 20 minutes.

SETS / REPS

Daily.

BENEFIT

Increases blood flow to the spine and keeps joints loose.



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Safety and Daily Habits

These exercises work best when paired with small, consistent habits that protect your spine throughout the day.

Maintain good posture

Keep your spine neutral while sitting at a desk or driving. Avoid slouching forward.

Lift with your legs

When picking up heavy objects, bend your knees and keep the item close to your body. Never twist your spine while lifting.

Support your sleep

If you sleep on your side, place a pillow between your knees to keep your hips aligned. If you sleep on your back, place a pillow under your knees.

Move gently. Breathe steadily. A few mindful minutes each day can make a lasting difference.