

Motherhood SURVIVAL GUIDE

For The Tired & Achy Low Back

Why

Why does my low back get so tired & achy throughout the day? It is likely due to chronic, collapsed parenting postures, poor pelvic alignment, & compensation for functional core weakness.

When

Most clients notice that tired achy low back pain with kitchen chores, carrying little ones & after sitting or standing too long in any one position.

What to Do

One of the most effective ways to help low back pain is to encourage neutral pelvic alignment. The forward bend hamstring stretch is an extremely effective stretch that will elongate your hamstrings, reset your neutral pelvic alignment, & relieve that achy tired low back pain.

How

We integrate this stretch into your busy daily routine to give you several opportunities to reset your pelvic alignment & retrain neutral active standing posture. Do this stretch after you brush your teeth morning & night, every time you change the baby on the changing table & at the kitchen sink while doing dishes.

