

5 EASY EXERCISES PROVEN TO REDUCE **BACK PAIN**

A PRACTICAL GUIDE TO REGAINING
COMFORT & MOVEMENT



DR. PADEN WOLFE



INTRODUCTION

Understanding Back Pain & How These Exercises Help

If you've been dealing with back pain—whether it's a dull ache or chronic discomfort—you're not alone. Millions of people experience back pain at some point in their lives, and for many, it can be frustrating when traditional solutions don't seem to work.

But here's the good news: targeted exercises can make a real difference. The five simple exercises in this guide are designed to strengthen key muscles, improve flexibility, and reduce pain—helping you get back to doing the activities you love.

At Mile High Physical Therapy, we specialize in helping people like you find lasting relief from back pain. These exercises are a great starting point, and if you need more personalized guidance, we're here to help.

Let's get started!

ABOUT MILE HIGH PHYSICAL THERAPY

Mile High Physical Therapy: Helping You Get Back to What You Love

Located in the heart of Denver, CO, Mile High Physical Therapy is dedicated to helping people regain movement, strength, and confidence—without unnecessary surgeries or medications.

We understand how frustrating it is to struggle with persistent back pain, especially when previous treatments haven't worked.

That's why we use cutting-edge techniques, hands-on therapy, and individualized exercise plans to target the root cause of your pain, not just the symptoms.

Our mission is simple: help you get back to doing what you love—pain-free.



ABOUT DR. PADEN WOLFE

Meet Dr. Paden Wolfe: 30+ Years of Experience in Restoring Pain-Free Movement

With a career spanning over three decades, **Dr. Paden Wolfe, MSPT, DPT**, has helped thousands of patients **avoid surgery**, heal from injuries, and **reclaim their active lifestyles**.



His comprehensive approach to physical therapy includes:

- ✓ **Hands-on techniques** to reduce pain and stiffness
- ✓ **Biomechanical assessments** to **identify the root cause** of your discomfort
- ✓ **Dry needling** for precise pain relief and muscle recovery
- ✓ **Custom 3D home movement programs** designed to **prevent future injuries**

If you've tried everything but still have pain, you haven't tried Dr. Wolfe's expert, research-backed approach. His passion is helping people find lasting relief, especially when other treatments have failed.

EXERCISE #1: PELVIC TILTS

Why It Helps:

Pelvic tilts improve spinal mobility, activate deep core muscles, and reduce lower back stiffness. This is a great foundation exercise for improving posture and reducing pain. It will help you improve the range of motion in your lower back so you can move more freely.

How to Perform:

1. **Starting Position:** Lie on your back with your knees bent and feet flat on the floor.
2. **Engage Your Core:** Take a deep breath in. As you exhale, gently flatten your lower back against the floor by tilting your pelvis upward.
3. **Hold:** Maintain this position for 3-5 seconds, then relax.
4. **Repeat:** Perform 10-15 repetitions, focusing on slow, controlled movements.

Common Mistakes & Tips:

Avoid pushing too hard—this is a subtle movement. Keep your shoulders and neck relaxed. Use deep, controlled breathing to maximize effectiveness



EXERCISE #2: BRIDGES

Why It Helps:

Bridges strengthen the glutes, hamstrings, and lower back, which all work together to support your spine and relieve pressure.

How to Perform:

1. **Starting Position:** Lie on your back, knees bent, feet hip-width apart.
2. **Lift Your Hips:** Press through your heels and lift your hips toward the ceiling.
3. **Hold:** Squeeze your glutes (buttocks) at the top and hold for 3-5 seconds.
4. **Lower Slowly:** Return to the start position and repeat for 10-15 reps.

Progression for More Challenge:

Try single-leg bridges by extending one leg straight while lifting.



EXERCISE #3: HIP FLEXION ISOMETRIC STRENGTHENING

Why It Helps:

This exercise improves core stability and reduces lower back strain, making everyday movements easier and pain-free.

How to Perform:

1. **Starting Position:** Lie down on the floor with your back slightly arched.
2. **Engage Your Core:** Lift one knee toward your chest while keeping your back slightly arched.
3. **Hold:** Maintain this position for 5-10 seconds, then lower.
4. **Repeat:** Perform 10 reps per leg, alternating sides.

Tips for Success:

Maintain a slight arch in your back throughout the exercise. Breathe steadily throughout. Focus on engaging your “core” muscles to enhance lumbar (low back) stability



EXERCISE #4: PLANKS FROM KNEES

Why It Helps:

Planks strengthen your deep core muscles, which help support and protect your lower back from over strain.

How to Perform:

1. **Starting Position:** Lie face-down and prop yourself up on your forearms.
2. **Knee Plank:** Keep your knees on the floor and engage your core muscles.
3. **Hold:** Maintain this position for 20-30 seconds, then rest.
4. **Repeat:** Perform 2-3 rounds, gradually increasing the hold time.

Progression to Full Plank:

Once comfortable, try extending your legs for a full plank.



EXERCISE #5: TRANSVERSUS ABDOMINIS STRENGTHENING

Why It Helps:

Activating the transversus abdominis (TVA), the deepest core muscle, provides better spinal stability and reduces pain. It has been shown in scientific studies to reduce low back pain and improve “core stability”.

How to Perform:

1. **Starting Position:** Standing, sitting or lying down on your back.
2. **Engage the TVA:** Take a deep breath in, then exhale while pulling your belly button toward your spine.
3. **Hold:** Maintain the contraction for 5-10 seconds, then relax.
4. **Repeat:** Perform 10-12 repetitions.

Daily Tips:

Try engaging your TVA while sitting or standing throughout the day. Use controlled breathing to enhance muscle activation.



FINAL TIPS FOR SUCCESS

- ✓ **Be consistent.** Aim to perform these exercises at least 3-4 times per week.
- ✓ **Listen to your body.** If an exercise causes pain, stop and modify as needed.
- ✓ **Combine with good habits.** Proper posture, stretching, and movement breaks help prevent back pain.
- ✓ **Seek professional guidance.** If pain persists, personalized physical therapy may be the next step.

NEXT STEPS: HOW MILE HIGH PHYSICAL THERAPY CAN HELP YOU

At Mile High Physical Therapy, we specialize in helping people regain pain-free movement through customized treatments. Our comprehensive approach includes:

- ✓ **One-on-one physical therapy sessions** tailored to your needs
- ✓ **Advanced techniques such as dry needling** for pain relief
- ✓ **Hands-on manual therapy** to improve mobility
- ✓ **Individualized 3D home movement programs** to support recovery

If you've tried other methods and haven't found lasting relief, **our expert team is here to help.**

Conclusion and Next Steps

Back pain doesn't have to be a lifelong struggle. With the right exercises and professional support, you can regain strength, mobility, and comfort. Start with these simple exercises, and if you need more guidance, we're here to help.

Take the first step toward pain-free movement today!



Don't let back pain limit your life. Whether you want to stay active, keep up with your family, or simply move without discomfort, we're here to help. Book your free discovery visit today and start your journey to pain-free movement!

BOOK A FREE DISCOVERY VISIT TODAY!

<https://www.milehighphysicaltherapy.com/discovery-visit/>

We're here to support you beyond this guide. Visit our website, or reach out directly for expert tips and personalized care. Let's get you moving again!



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