

Free
Guide

THE LOW BACK AUDIT

A practical, evidence-informed guide to understanding your back, checking what matters, and getting moving again.

By Dr. Mike, Chiropractor



**Pain does not
automatically
mean damage.**



Check whether your
symptoms need
assessment



Identify what is
currently difficult



Start a simple
movement plan

*A healthier, more active you
is possible.*

*"Understand
your back.
Get moving again."
— Dr. Mike*

1. START HERE

Quick Safety Check + Your Baseline

Most low back pain is musculoskeletal. This page helps you quickly decide whether self-management is appropriate and gives you a simple starting baseline.

*Knowledge
moves you
forward.
- Dr. Mike*



Get assessed urgently if you develop:

- New loss of bladder or bowel control
- New numbness in the groin or saddle region
- Severe or rapidly worsening leg weakness
- Significant back pain after major trauma
- Back pain with significant illness or fever



Your baseline

Choose 3 everyday activities affected by your back problem. Score each from 0 to 10, where 0 = cannot do it at all and 10 = normal ability.

Activity 1

Score 0 1 2 3 4 5 6 7 8 9 10

Activity 2

Score 0 1 2 3 4 5 6 7 8 9 10

Activity 3

Score 0 1 2 3 4 5 6 7 8 9 10

Pain today 0 1 2 3 4 5 6 7 8 9 10



Movement audit

Move gently. You are exploring tolerance, not trying to diagnose the cause.



Forward bend: Comfortable / Mildly uncomfortable / Difficult



Backward bend: Comfortable / Mildly uncomfortable / Difficult



Rotate: Comfortable / Mildly uncomfortable / Difficult



Walk 5 minutes: Better / Same / Slightly worse / Significantly worse



**Modify before
you abandon.**

*Small steps
create real change.
- Dr. Mike*

2. MOVE + BREATHE

Small consistent steps lead to big changes.

Your simple daily movement plan

This short sequence is designed to restore comfortable movement, reduce guarding, and rebuild confidence.



1

Knee-to-Chest

- ✓ Lie on your back and gently bring one knee toward your chest.
- ✓ Try 5-8 reps each side.
- ✓ Move slowly. Explore a comfortable range.



2

Supine Rotation

- ✓ Lie on your back with knees bent. Let both knees move gently from side to side.
- ✓ Try 5-8 reps each direction.
- ✓ Your spine is designed to move. Do not force the stretch.



3

Modified Child's Pose + Slow Breathing

- ✓ From hands and knees, sit the hips back as tolerated.
- ✓ Take 4-6 slow breaths. Repeat 2-3 times.
- ✓ Think: move, breathe, relax.



Not every exercise suits every back.
Use the versions your body tolerates best.

Progress over perfection.

3. BUILD + RE-AUDIT

Gradually rebuild bending and lifting tolerance

A healthy back should be capable of bending and lifting. Start light, move smoothly, and build tolerance over time.

*"Stronger movement.
A brighter tomorrow."
- Dr. Mike*

Slow Eccentric Deadlift

- 1 Use no weight, a broomstick, or a very light weight.
- 2 Lower slowly for 3-4 seconds while the hips move back and the trunk inclines forward.
- 3 Start with 2 sets of 6-8 reps.
- 4 Goal: control, confidence, and gradual load.



No load



Light load



More range



More load

Traffic light guide



GREEN

- Mild discomfort only
- Symptoms settle quickly
- Continue or gradually progress



YELLOW

- Symptoms clearly increase
- Normal activity feels harder
- Reduce load, range, or reps



RED

- New weakness or significant numbness
- Loss of bowel or bladder control
- Seek assessment

Re-audit in 7-14 days



- 1 What can you do now that you could not do before?
- 2 Re-score your 3 activities and your pain level.
- 3 Progress is not only less pain. It may also mean more confidence, more walking, easier bending, or better function.



Need help?

Book an individual assessment with Dr. Mike.

A healthier, more active you is possible.