



LEVEL 1 HIP

Program built for diagnosis:

Hip pain: anterior or lateral hip pain, history of ankle sprains.

Length Level 1

2-4 weeks

Purpose/Goal

Establish neutral hip and knee positioning

Part 1

2 weeks

Day 1

Hip flexor or back activation

Day 2

Hip hinge

Day 3

Hip mobility

Day 4

Full recovery

Day 5

Live Class

Day 6

Hip Hinge

Day 7

Full recovery

Program Recommendations

Repeat until pain is max 0-3/10 and you can perform most movements without issues

Live Classes

Yes!

Recovery

No recovery time needed when you are ready to progress to the next level pre-built program

Tips

Keep knee aligned with hip

Program built for diagnosis:

Low back pain: Flexion intolerant, hamstring inflexibility, discogenic low back pain without leg pain, pain with sitting

Length Level 1

2-4 weeks

Purpose/Goal

Reduce resting low back pain with sitting and forward bending

Part 1

2 weeks

Day 1

Full recovery

Day 2

Back activation

Day 3

Hip flexor

Day 4

Full recovery

Day 5

Back activation

Day 6

Hip hinge

Day 7

Full recovery

Part 2

1-2 weeks

Day 1

Full recovery

Day 2

Back activation

Day 3

Hip mobility

Day 4

Full recovery

Day 5

Back activation

Day 6

Hip hinge

Day 7

Full recovery

Program Recommendations

Repeat until pain is max 0-3/10 and you can perform most movements without issues

Live Classes

No

Recovery

No recovery time needed when you are ready to progress to the next level pre-built program

Tips

Be sure to minimize sitting and forward bending as you can. Alternate sitting and standing and keep moving as best you can!

Program built for diagnosis:

Low back pain: Flexion intolerant and Extension intolerant.

Lenth Level 1

2-4 weeks

Purpose/Goal

Reduce resting low back pain

Part 1

Day 1

Back activation

Day 2

Full recovery

Day 3

Hip flexor

Day 4

Full recovery

Day 5

Hip mobility

Day 6

Back activation or hip hinge

Day 7

Full recovery

Program Recommendations

Repeat until pain is max 0-3/10 and you can perform most movements without issues

Live Classes

No

Recovery

No recovery time needed when you are ready to progress to the next level pre-built program

Tips

Be sure to focus on creating a strong brace and core contraction to reduce low back pain.

Program built for diagnosis:

Low back pain: Extension intolerant, prolonged standing, anterior hip tension, poor posture

Lenth Level 1

2-4 weeks

Purpose/Goal

Reduce resting low back pain with standing and back bending

Part 1

1-2 weeks

Day 1

Mid back

Day 2

Full recovery

Day 3

Hip flexor

Day 4

Full recovery

Day 5

Hip mobility

Day 6

Hip mobility or
Back activation

Day 7

Full recovery

Part 2

1-2 weeks

Day 1

Back activation
or live class

Day 2

Full recovery

Day 3

Hip Hinge

Day 4

Full recovery

Day 5

Hip mobility

Day 6

Hip mobility or
back activation

Day 7

Full recovery

Program Recommendations

Repeat until pain is max 0-3/10 and you can perform most movements without issues

Live Classes

Yes

Recovery

No recovery time needed when you are ready to progress to the next level pre-built program

Tips

Be sure to focus on lower ab engagement to keep a neutral spine and minimize pain with standing.