

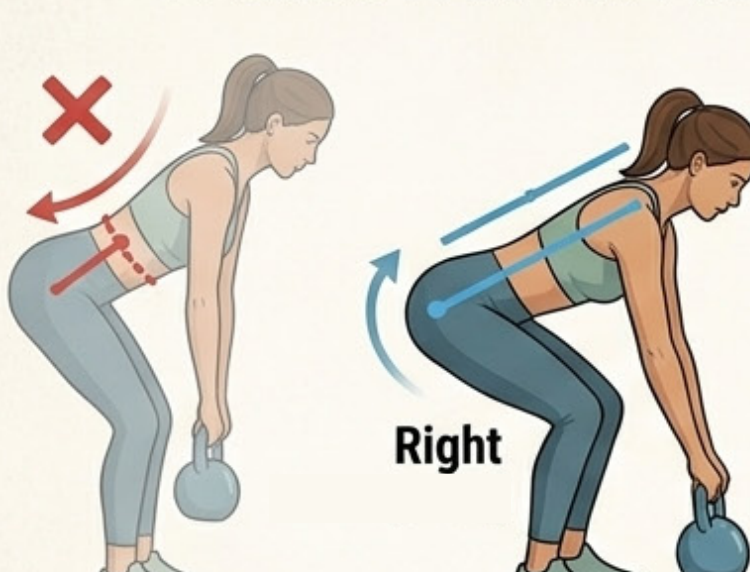


HELP PREVENT BACK ACHE

1 Hip Hinge

Soften your knees, push your hips backward, and keep your spine straight when reaching toward the floor. Let your powerful gluteal muscles take the strain rather than your delicate spinal ligaments.

1. MASTER THE HIP HINGE



2 Interrupt "Active Sitting" Every 30 Minutes

Set a recurring timer. Stand up, walk for 60 seconds, and roll your shoulders back. Even a brief change in posture resets postural muscle fatigue and prevents ligament creep.

2. INTERRUPT "ACTIVE SITTING"



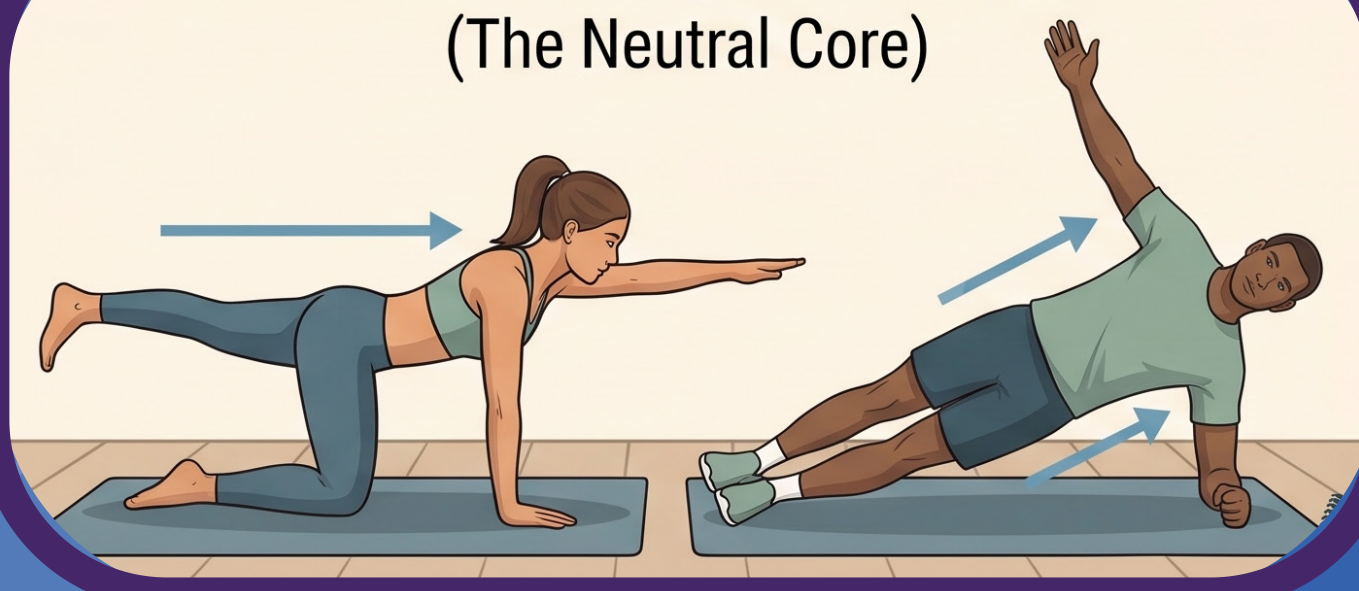
3 Build "Pillar" Stiffness (The Neutral Core)

Integrate low-impact stability work into your routine.

Exercises like the Bird-Dog, side planks, and the McGill Curl-Up train the deep abdominal wall to lock the pelvis in a neutral, protected position.

3. BUILD "PILLAR" STIFFNESS

(The Neutral Core)



4 Sleep Well

If you sleep on your side, always place a firm pillow between your knees to keep your pelvis square.

If you sleep on your back, slip a small pillow under your knees to reduce tension on your hip flexors and lower back. Avoid stomach sleeping entirely.

4. AUDIT YOUR SLEEP BIOMECHANICS

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