



YOUR WELLNESS NERD

yourwellnessnerd.com

Hello, welcome, and thank you for enrolling in this low back pain course!

I hope the information within allows you to not only improve how your back currently feels but eventually fix it and its cause.

Over the years, my work as a Physiotherapist in Australia has taught me two really powerful things in regards to low back pain:

1. Low back pain is often a consequence of something else.
2. Successful treatment requires us to uncover and fix this "something else" while also relieving your symptoms.

Interestingly, despite how unique and varied low back pain is from person to person it's surprising how many common themes exist. Whether it's sitting habits, pelvic position, core activation, hip mobility, spinal mobility, glute strength, movement habits, or something as broad as your relationship with stress, these things matter when trying to understand why a specific area of your back has become sore and what needs to change for you to feel better again.

So, when designing this course, I wanted it to reflect what I've found to be important, and what I find works clinically with my patients. I want to pass this real-world, real-time information on to you.

And with this in mind, I wanted to create an approach to help as many people as possible. As a result, please listen to your body and mold the information and exercises in this course to suit how you currently feel at all times. Although a module will come out every few days, please also go at your own pace. You'll know better than anyone how far to push things. Take your time with each exercise and get them right. Respect your symptoms and progress things as you see fit. Do more if it feels good, take it easy if your symptoms suggest to. Feel free to contact me for support if you're genuinely struggling.

Ultimately, I hope this course provides you with the necessary tools to fix your low back pain, and the perspective needed to keep it away forever.

Best of luck!



Grant Frost



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