

15-Minute Back + Pelvis Reset

STARTER PACK



2.5 years of trial & error

L5-S1 disc herniation

\$10K+ in treatments

Weeks of sleepless nights
from the pain

***This is what finally
helped me rebuild.***

The Problem I Faced



01 — FIRST FLARE-UP

I COULDN'T STAND STRAIGHT

The pain was so intense I couldn't stand up straight. Trying to straighten my back was extremely painful.



02 — SECOND FLARE-UP

I COULDN'T SIT OR LIE DOWN

Sitting or lying down triggered intense nerve pain down my leg, along with numbness in my foot.



03 — MOM LIFE

BECAME DIFFICULT

I couldn't bend over or pick up my daughter. Even basic daily movements became difficult.

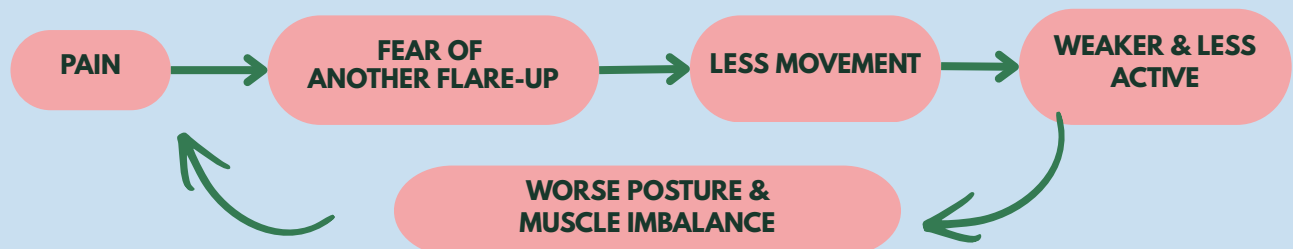


04 — I BECAME AFRAID

TO EXERCISE

Running, sports, or even a normal workout felt risky when another flare-up could set me back again.

A VICIOUS CYCLE I COULDN'T BREAK



Where I Am Today



I CAN CARRY MY DAUGHTER

She's 42 lbs now, and I can carry her on my shoulders for a long walk, feeling strong and good.

I CAN MOVE WITHOUT FEAR

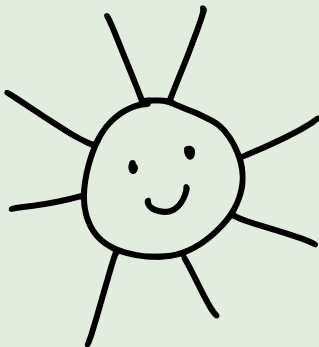
I'm not afraid to exercise anymore. I feel confident in my body again.

I CAN DO LONG FLIGHTS

I can sit through 10+ hour flights without any issues.

I FEEL STRONGER OVERALL

A short, focused practice helps me keep the right muscles working.



**The biggest change was
trusting my body again!**

What I Tried

(And What Didn't Last)

I SPENT **\$5K AND COUNTLESS HOURS** TRYING TO GET BETTER.

WHAT I TRIED

OUT OF POCKET

Chiropractic Care	\$120 x 3
Manual Therapy	\$90 x 3
Electric Stimulation Therapy	\$40 x 12
Mechanical Traction Therapy	\$40 x 12
Low-level Laser Treatment	\$50 x 12
Acupuncture	\$470 x 3
Regular Training for Back Rehab	\$90 x 12
Qigong Class	\$498

THEY HELPED, BUT THE RELIEF DIDN'T LAST.

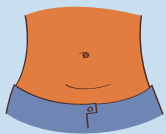
Many of these treatments helped relax tight muscles, calm irritated nerves, and temporarily reduce my pain.

But the relief was usually short-lived. Once I returned to my daily activities, the discomfort often came back.

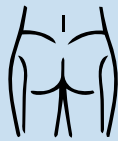
Even when I was told to "strengthen my core," I still wasn't taught which muscles to activate.

What Finally Helped Me

I learned to activate my deep core and glutes, giving me better control of my pelvis and more support for my lower back.



DEEP CORE



GLUTES



PELVIS

15–20 MINUTES CHANGED EVERYTHING

Through short, focused practice, I learned from **\$495 per hour** specialized physical therapy.

THE PART THAT SHOCKED ME?

The exercises that finally helped me weren't special or secret.

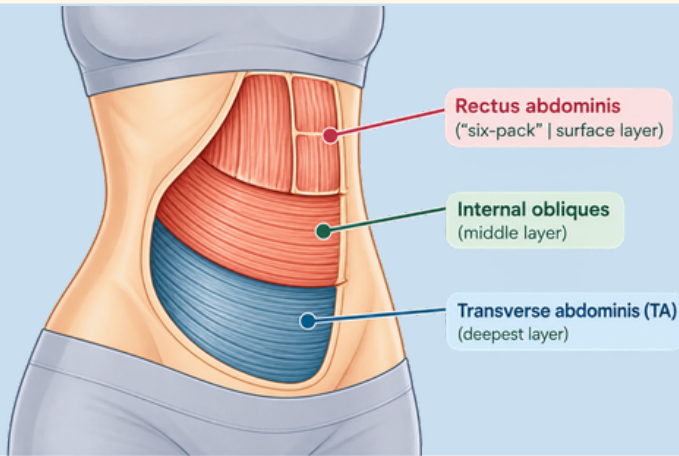
I could find every exercise I learned online for free.

The real value was learning why they mattered, what I should feel, and how to put them together.

And that's exactly what I want to share with you.

WAKE UP YOUR DEEP CORE

1



YOUR MUSCLES HAVE MANY LAYERS

Your six-pack isn't your whole core. The "six-pack" muscles sit closer to the surface.

Your **transverse abdominis (TA)** is a deeper core muscle you need to learn to wake up.

FIND IT FIRST: LYING DOWN

1 EXHALE & FIND IT

Place your finger just inside and slightly down from the ASIS (Anterior Superior Iliac Spine)



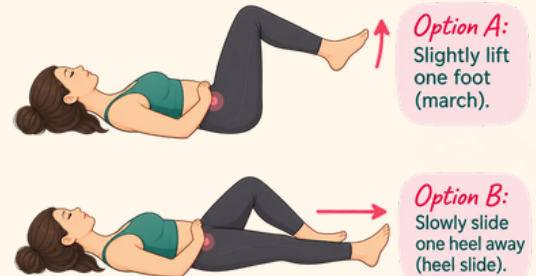
- Lie on your back with your knees bent.
- Find the bony points at the front of your pelvis. Move your fingers slightly inward and down into the soft spots.
- Inhale, **exhale slowly until you're nearly out of air.**
- Feel for a gentle **tightening** under your fingers.

2 KEEP THE TENSION



- Take a small breath and keep that gentle tension.
- **Think supported, not sucked in.**

3 ADD A SMALL MOVEMENT



- Keeping your pelvis still and your core gently engaged
- Slightly lift one foot or slowly slide one heel away.
- If your pelvis shifts or your lower back starts taking over, make the movement smaller.



Before you start: If you're experiencing any pain, talk to your doctor or physical therapist before starting these movements.



YOU SHOULD FEEL

- ✓ A gentle tightening under your fingers
- ✓ Your midsection feeling supported (like a corset)
- ✓ Your pelvis and lower back staying still



NOT THIS

- ✗ **Sucking your stomach in**
- ✗ Holding your breath
- ✗ Your pelvis rocking or lower back arching

Want to see more demonstrations?  Search "**transverse abdominis activation**" on YouTube.

YOUR TA IS YOUR BUILT-IN BACK BRACE

2

Your TA wraps around your midsection somewhat like a corset, helping support your trunk as you move.

Think of it as your body's built-in support belt.

THE ONE WE BUY

External Back Brace



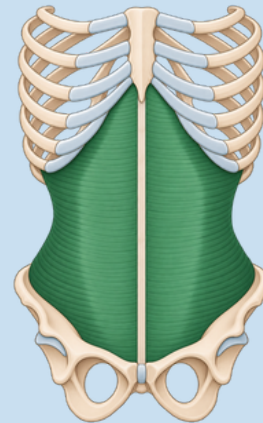
If you've dealt with serious back pain, you may have bought one of these.

I did too.

VS

THE ONE WE ALREADY HAVE

Your transverse abdominis (TA)



Your TA is part of your body's own support system. Unlike an external brace, it can learn to work with you as you move.



THE DOWNSIDE OF RELYING ON A BRACE

Relying on a brace for too long may reduce how much your core muscles have to work, potentially contributing to weakness over time.

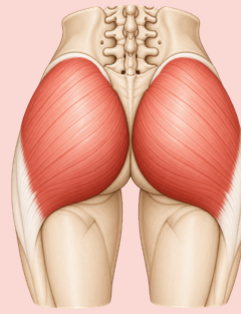
At first, I needed to lie down and use the breathing cue to find my TA.

With practice, I learned to engage it while sitting, standing, walking, and moving through everyday life.

WAKE UP YOUR GLUTES

3

Strong glutes start with learning **how to find and use them.**



YOUR GLUTES

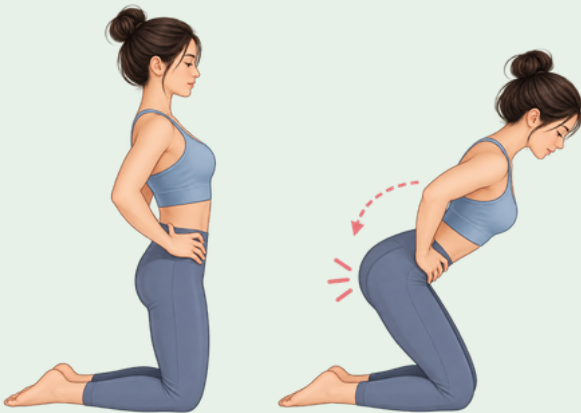
Your glute muscles (gluteus maximus, medius and minimus) help stabilize your pelvis, support your spine, and give you power as you move.

1 FIND THEM FIRST

Start with a simple movement where it's easier to feel your glutes switch on.

TALL KNEELING HIP HINGE

→ Start without resistance. Focus on feeling your glutes. Add a band when you're ready.



1. Keep your core gently engaged.
2. Hinge at your hips.
3. Push your hips forward and squeeze your glutes at the top, without arching your lower back.

YOU SHOULD FEEL

- ✓ Your glutes tightening
- ✓ Your hips driving the movement
- ✗ Your lower back doing the work

2 THEN STRENGTHEN THEM

Once you can find your glutes, squats are a simple way to build strength through a bigger movement.

SQUAT

→ Bodyweight is enough to start. Add light resistance when you're ready.



These aren't the only options. Glute bridges and other hip-focused movements can strengthen your glutes too.

Want to see more demonstrations?  Search **"tall kneeling hip hinge"** and **"squat"** on YouTube.

MASTER THE GLUTE BRIDGE

4

Think of it as the opposite of sitting.

Sitting keeps your hips flexed. A glute bridge asks your glutes to extend your hips and lift you back up.

1 SET UP

Lie on your back with your knees bent and feet flat on the floor, about hip-width apart.



2 ENGAGE

Gently engage your core and squeeze your glutes.



3 LIFT

Lift your hips until your body forms a comfortable line from your shoulders toward your knees.



4 LOWER

Slowly lower your hips back down with control.



♥ FEEL THIS

- ✓ Your glutes working as you lift
- ✓ Your core gently engaged
- ✓ Your hips lifting without your lower back arching

THERE ARE MANY WAYS TO PROGRESS

There are many ways to progress a glute bridge.

Start with the basic version, then explore variations as you get stronger.

USE YOUR GLUTES

5

Learning to engage your glutes can change how your whole body feels during movement.

BIRD DOG

MORE STABILITY

Extend one leg behind you while keeping your core gently engaged.

Now gently squeeze the glute on the extended-leg side.



FEEL THE DIFFERENCE

✗ Without glute engagement:

Your pelvis may feel harder to control.

✓ With glute engagement:

"I feel steady."

PLANK

MORE SUPPORT

Set up your plank with your core gently engaged.

Now add a gentle glute squeeze.



FEEL THE DIFFERENCE

✗ Without glute engagement:

Your hips may feel like they're hanging toward the floor.

✓ With glute engagement:

Your whole body feels supported, like your hips are being held up.

And honestly? It still amazes me how different the same exercise can feel!

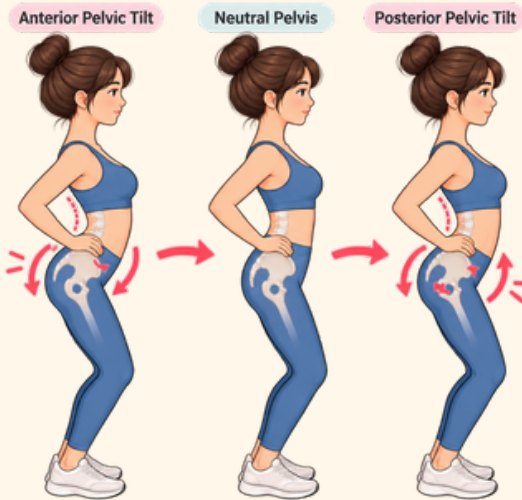
CONTROL YOUR PELVIS

6

When you can engage your core and glutes, you can start to control where your pelvis goes and how it moves.

STAND UP AND TRY THIS

- 1 Stand with your feet hip-width apart and your knees slightly bent.
- 2 Gently engage your core and glutes.
- 3 Slowly tilt your pelvis forward and backward.
- 4 Can you feel that you can control where your pelvis goes?



FEEL THAT?

Bring your pelvis back to a comfortable middle position.

Notice how your core and glutes help you feel centered, supported, and in control.

Pretty good, right?

PUT IT TO THE TEST

This is how I learned to bend down, from my hips, not just my back.

CAN YOU TOUCH THE WALL WITH YOUR HIPS?



1. Stand a small step away from the wall with your knees slightly bent.
2. Gently engage your core and push your hips back until they lightly touch the wall.

Want more feedback?



Hold a broomstick along your back as you hinge.

**DON'T THINK "BEND DOWN."
THINK "HIPS BACK."**

RESET & RELEASE

7

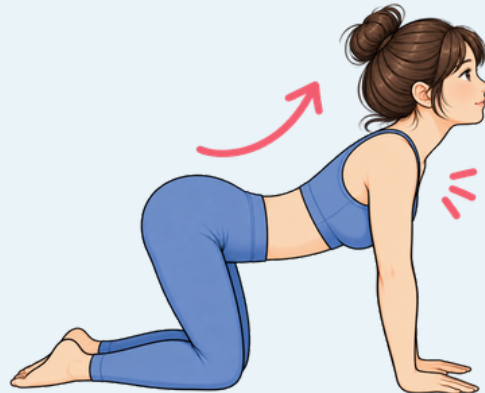
CAT-COW

Finish with a few slow rounds of Cat–Cow.
Move gently with your breath.



CAT

Exhale → gently round
your spine.



COW

Inhale → gently extend
your spine.

That's it

You don't need dozens of exercises.

I practiced for just **15–25 minutes, 2–3 times a week.**

Within **6–8 weeks**, I saw a noticeable change in my anterior pelvic tilt and how I move.

I kept these movements as part of my regular routine, and

my back hasn't bothered me since.



THANK YOU FOR READING!

I created MoveCraft, a movement card system that shows you what to do and how to progress, because I know how hard it is to keep going once you're on your own.

Even after working with a great physical therapist, I still found myself asking:

- What should I do today?
- Am I doing it right?
- How should I progress?

We busy moms need a simpler, less-friction way to stay consistent.

With MoveCraft, I can start almost anywhere, at home, at work, or at the gym, and even when I only have 15 minutes.

I can even get a few movements in while waiting outside my daughter's class.



Follow along →



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<https://movecraft.me/>