

THE #1 STRETCH TO FIX LOW BACK PAIN



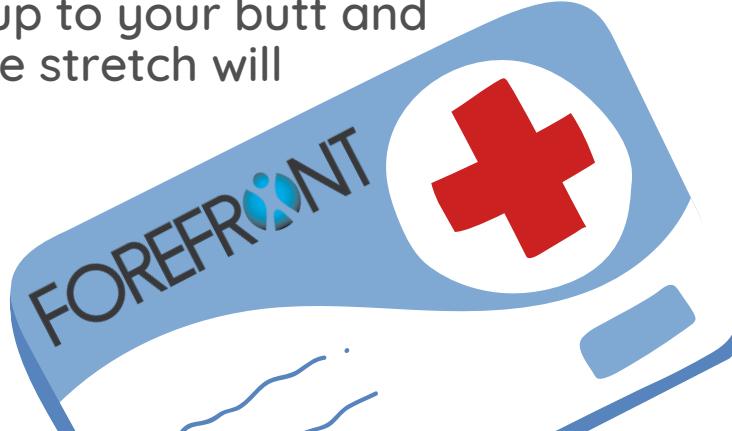
Is your low back pain weighing you down?

Dealing with low back pain is no fun - you need help from low back pain specialists like us to get you better.

Your back should not make it hard to get up in the morning, to tie your shoes, to go for a walk, or to workout - your back should never be in pain!

Here's the #1 stretch that helps most people with low back pain: the isolated quad stretch. It sounds simple, and it will be with practice. But you cannot simply pull your foot up to your butt and hope that the traditional version of the stretch will do the trick.

**CHECKOUT THE NEXT
PAGE TO LEARN THE
STRETCH!**



THE #1 STRETCH TO FIX LOW BACK PAIN

Low back must be flat!



Here's How To Do The Isolated Quad Stretch

Step 1: Kneel on something soft, like a couch or padded stair

Step 2: Press your toes against the back of the couch.

Step 3: Flatten your low back and stay as tall as possible - your back should not be dipped in at all!

Step 4: Hold the stretch for 60 seconds and do this stretch 5x/day.

Step 5: Feel better as your quads and hip flexors loosen and take stress off your low back!



Click or Scan for the Quad Stretch Video!

FOREFRONT
PHYSICAL THERAPY



If you don't take care of your back pain, you can expect continued pain, less activity, increasingly costly care like surgery, worsened physical shape and compounding frustration.



If you do take care of your back pain, you'll get to wake up each day feeling pain free and ready to enjoy any activity without fear of low back pain getting in the way!

This isolated quad stretch is the starting point for your low back's recovery.

Schedule an appointment to address all of your flexibility and strength issues to ensure your back pain goes away for good!

[Schedule Online](#)

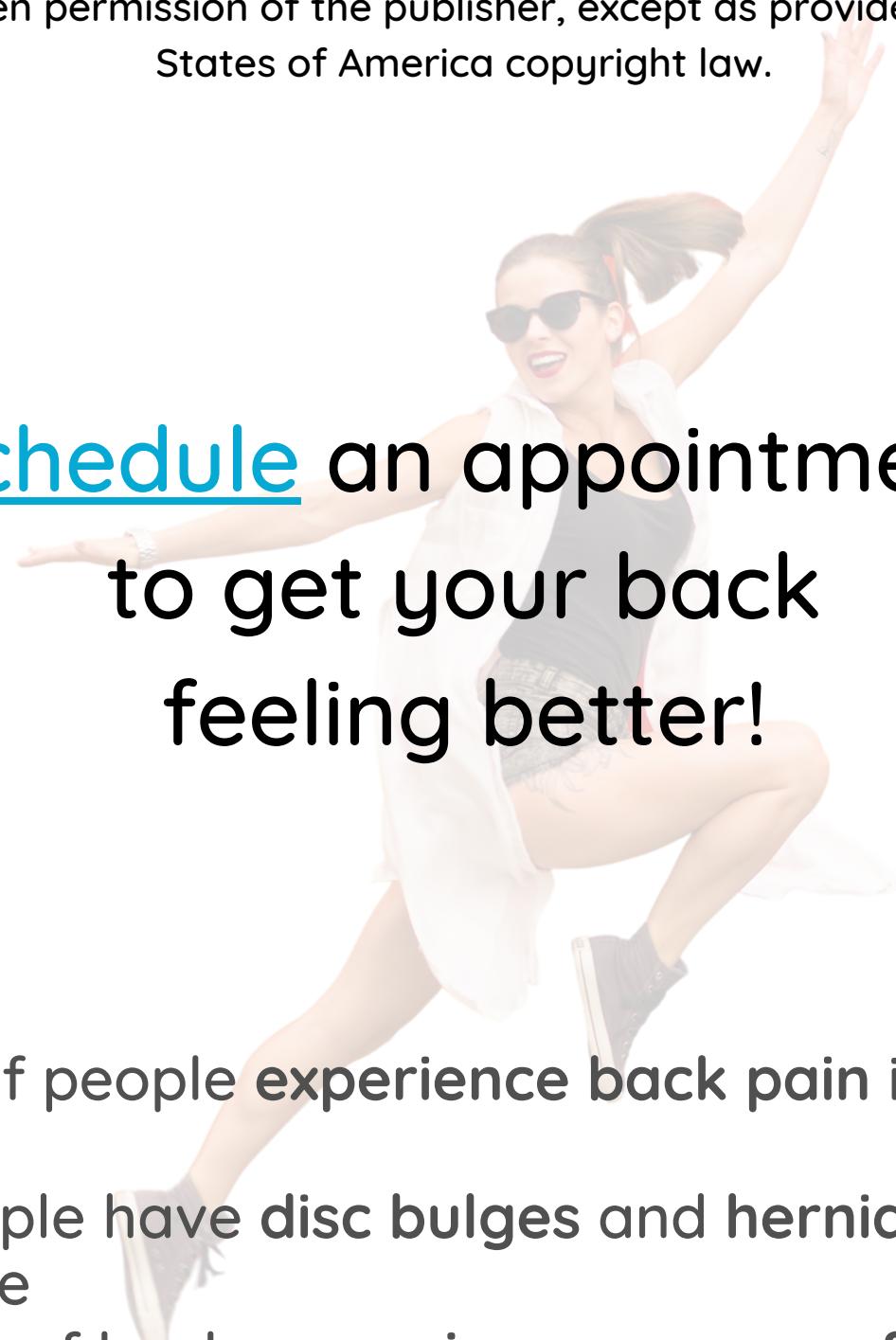
Scheduling can also be done by
phone: 206-279-2870

or

email: hello@forefrontpllc.com

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Schedule an appointment
to get your back
feeling better!

Stats:

60-70% of people experience back pain in their lifetime

Most people have disc bulges and herniations in their spine

Only 50% of back surgeries are successful