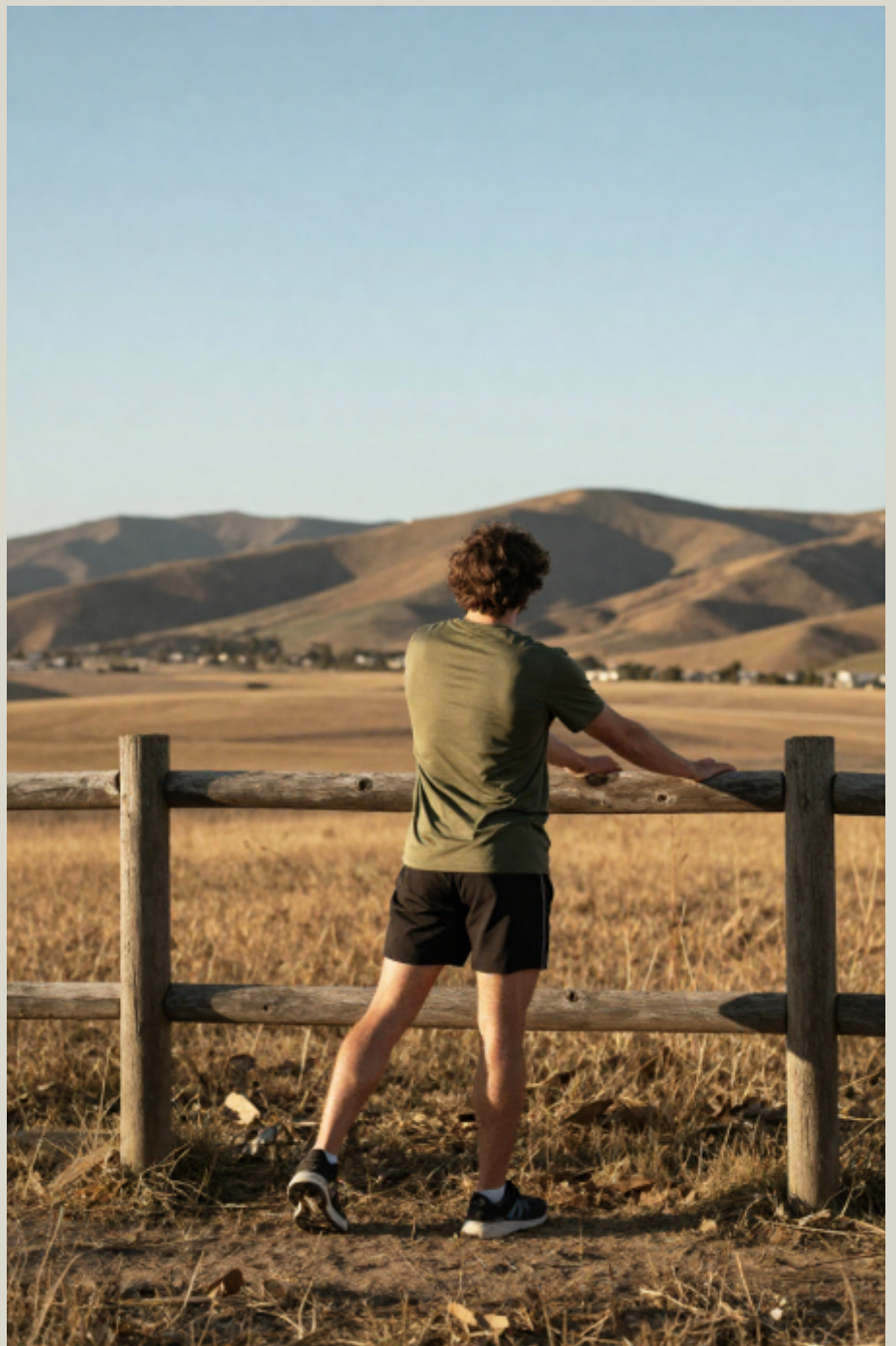


Rural Back Reset: Free Starter Guide — 3 Moves to Start Calming Down Your Low Back Pain Today



By
Rural Sports
Doc

June 17, 2026



Rural Back Reset: Free Starter Guide

3 Moves to Start Calming Down Your Low Back Pain Today

By Rural Sports Doc — built by a Certified Sports Chiropractor for the hardworking people who need their bodies to keep up with real life.

Has your low back pain interfered with your work, sleep, hobbies, or everyday life? You're not alone, and you don't need to start with a gym, a trainer, or special equipment. You need three things done right, consistently. This free starter guide gives you exactly that.

This is a preview of Phase 1 — "Calm It Down" — from the full Rural Back Reset program. It's enough to get you moving in the right direction today. When you're ready to rebuild real strength and get back to full work and life without your back holding you back, the complete guide picks up right where this one leaves off.

IMPORTANT — Read Before You Begin

This guide is intended for educational and informational purposes only and is not intended to diagnose, treat, cure, or replace individualized medical care from your physician or healthcare provider. Always consult your physician or qualified healthcare professional before beginning any exercise or rehabilitation program. Participation is voluntary and at your own risk.

Stop and seek medical attention immediately if you have: Loss of bowel or bladder control — numbness in the groin/saddle region — rapidly worsening leg weakness — severe trauma or major recent injury — fever, chills, or unexplained illness — unexplained weight loss — severe unrelenting night pain — significant worsening numbness or tingling — severe pain that rapidly worsens.

If you're unsure whether this guide is appropriate for you, get evaluated before continuing.

Why Your Back Hurts (The Short Version)

Low back pain is rarely just "I threw my back out." More often it's a combination of stiffness, weakness, poor movement habits, prolonged sitting, repetitive stress, and doing too much too soon — built up over time through small, repeated stress until one ordinary moment (a sneeze, tying your shoes, getting out of bed) is the one that tips it over. The good news: patterns like this respond well to consistent movement, stretching, and coordination work — often in just a few minutes a day.

Rural Back Reset: Free Starter Guide

Move #1: Posterior Pelvic Tilt

Why

Many low back issues start with the pelvis tipping forward, jamming the joints in your low back and making it harder to brace your core. This move retrains the basic coordination between your abs and your low back that gets lost over time.

How

1. Lie on your back, knees bent, feet flat on the floor.
2. Take a deep breath in. On the exhale, brace your abs and gently tuck your pelvis under, as if rocking it into the floor.
3. Hold for a 3-second count, then relax.
4. Repeat.

Coaching Tip

Picture a dog tucking its tail between its legs while drawing its belly button toward its spine.

Common Mistake

Pushing your belly button up toward the ceiling instead of drawing it in toward your spine — and holding your breath.

How Long

3 sets of 30 seconds, 3 times per day. Progress when it feels easy and fluid.

Rural Back Reset: Free Starter Guide

Move #2: Hip Flexor Stretch

Why

Hours spent sitting — in a truck, tractor cab, or at a desk — shorten your hip flexors without you noticing. Tight hip flexors pull your pelvis forward and force your low back into the same compensating position the pelvic tilt is trying to fix. This is one of the most overlooked drivers of low back pain because it's on the front of your body, out of sight.

How

1. Kneel on your right knee with a pad or towel underneath it, and step your left foot forward into a lunge position.
2. Keep your torso tall — no leaning forward.
3. Tuck your tailbone under, just like the pelvic tilt.
4. Slowly shift your weight forward until you feel a stretch in the front of your right hip — not your low back.
5. Hold, breathe, and switch sides.

Common Mistake

Feeling this as a pinch in your low back means you need to re-tuck your tailbone and reset — you're not stretching the right thing yet.

How Long

3 sets, 20-30 seconds per side, 2-3 times per day.

Rural Back Reset: Free Starter Guide

Move #3: Plantar Fascia Roll Out

Why

This tissue on the bottom of your foot is the last link in a chain of connective tissue running all the way from your low back to your feet. It tightens up from being on your feet all day or from sleeping, which is why mornings are often the worst.

How

1. Sit down, remove your shoe and sock on your most painful side, and grab a lacrosse ball, tennis ball, or frozen water bottle.
2. Place it just in front of your heel and apply gentle pressure — about enough to bruise a ripe piece of fruit, no more.
3. Slowly roll from your heel to the ball of your foot, pausing on tender spots.
4. Switch feet and repeat.

How Long

60 seconds per foot, 2-3 times per day.

What's Next

These three moves are a real starting point — not the whole solution. Phase 1 of the full Rural Back Reset guide includes additional stretches for your hamstrings, calves, and glutes that complete the full posterior chain these three only begin to address.

From there, the full program walks you through Phase 2 (Strengthen It) to rebuild the glute and core strength that actually keeps low back pain from coming back, and Phase 3 (Stabilize It) to get you squatting, lifting, and carrying the way real farm, ranch, and athletic life demands — without your back paying the price.

If these three moves helped, the rest of the guide is built to keep that progress going.

**Get the complete Rural Back Reset program at
ruralsportsdoc.com**