



Step 1

1

CHOOSE YOUR START

Choose Your Starting Point

How would you like to begin?

Choose the starting point that works best for you based on your needs, experience and goals.



Self-Assessment
(Healthy Back Tests)

OR



Professional Guidance
(Therapist Plan)

WHY THIS MATTERS

Gives you a starting point based on your needs, experience and goals.

Step 2

2

UNDERSTAND YOUR BODY



Self-Assessment
(Healthy Back Tests)

Take the Healthy Back Tests to:

- identify key muscle priorities
- learn your specific directional preference
- understand movement sensitivity
- find your ideal hustle shell

Your results will guide the next step.

OR



Understand Your Plan
(Therapist's Plan)

Use your therapist's plan to:

- Directional Preference
- Exercise levels
- Muscles to focus on

The Healthy Back guidance system will help you put your plan into practice.

WHY THIS MATTERS

Helps you focus on what matters most for your body and choose exercises that feel safer and more effective for you.

Step 3

3

LEARN THE MOVEMENT

Use Master Your Technique

Learn the correct technique, improve muscle activation and apply your Directional Preference.

Go to Master Your Technique if you are new to an exercise or need more instruction.



Master Your Technique

Directional Preference

WHY THIS MATTERS

Good technique builds confidence, improves movement quality and gets you ready for effective training.

Step 4

4

TRAIN THE MOVEMENT

Choose How You Want to Train

You can either:



TAKE A CLASS

- Follow a guided 20–30 minute workout
- Progress through the classes and Levels
- A complete, balanced program

OR



DESIGN YOUR OWN WORKOUT

- Choose specific exercises
- Focus on the muscle areas you want to target
- Mix and match levels
- Create short or full workouts
- Follow therapist-guided priorities when applicable

WHY THIS MATTERS

Gives you flexibility and control. Choose the approach that fits your goals, your schedule and what your body needs most right now.

Step 5

5

CHECK YOUR RESPONSE

Fill in the Post-Exercise Quiz

After each exercise, workout or class, complete the Post-Exercise Quiz to tell us how your body responded.

The quiz is available in the class description and in the Resources.

Post-Exercise Quiz

☐ _____

☐ _____

☐ _____

☐ _____

WHY THIS MATTERS

Your feedback helps you make smarter decisions and avoid setbacks.

Step 6

6

DECIDE NEXT STEP

Let the Result Guide Your Next Step

Based on your response, you may be guided to:

- repeat your current exercise, workout or Level
- progress when your movement and response are stable
- reduce the challenge or move down a Level
- modify an exercise or change your position
- review Master Your Technique or your Directional Preference
- use the Position Filter to find another exercise option



WHY THIS MATTERS

Helps you choose the next step based on how your body responds, so you can repeat, modify or progress at the right pace.

Step 7

7

GET ADDITIONAL SUPPORT

Movement Support & Additional Resources

If something isn't working or you need more help, use these resources:



Tips & Tricks for Muscle Activation

Practical cues to improve recruitment and control.



Troubleshooting for Pain in Other Areas

Adjustments for knees, hips, shoulders, neck and more.

WHY THIS MATTERS

Helps you troubleshoot problems and get back on track without stopping your program.



You're in control.

Listen to your body. Progress with confidence.
Stay consistent. You've got this.



Healthy Back

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