

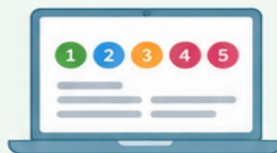
Step 1

1

CHOOSE A CLASS

View the Class Levels and Descriptions

Read the descriptions of the 5 Class Levels in the Programs tab to choose a class that matches your current ability.



Step 2

2

PREVIEW THE CLASS

Preview the List of Exercises

We recommend you look at the list of exercises in the class description. This will help you know what to expect. The exercise list is also shown on the introductory slides at the start of the class.

Class Exercises



Step 3

3

GET READY (IF NEEDED)

Use Master Your Technique

If you are unfamiliar with an exercise or need more instruction, go to Master Your Technique for detailed videos and movement cues. You may also want to review your Directional Preference if applicable.



Master Your Technique

Directional Preference

Step 4

4

TAKE THE CLASS

Take the Class

Follow along with the class video. Include your therapist's directions and/or your Directional Preference when applicable.



Step 5

5

CHECK YOUR RESPONSE

Fill in the Post-Exercise Quiz

After the class, complete the Post-Exercise Quiz to tell us how your body responded. The quiz is located in the class description text and also in the Resources.

Post-Exercise Quiz



Step 6

6

LET THE RESULT GUIDE YOU

Let the Result Guide Your Next Step

Based on your quiz results, you may be guided to:

- repeat the class at the same Level
- move to a higher-numbered class or next Level
- reduce the challenge or choose a different class
- modify an exercise or change your position
- review Master Your Technique or your Directional Preference



Step 7

7

GET ADDITIONAL SUPPORT

What if I need more help?

If an exercise doesn't feel right or you're having difficulty with a movement, Healthy Back has additional resources to help you troubleshoot the problem and decide what to try next.



Tips & Tricks for Muscle Activation

Having trouble feeling the right muscles working? Use practical cues and strategies to improve muscle activation and control, then try the exercise again.

→ [Tips & Tricks for Muscle Activation](#)



Troubleshooting for Pain in Other Areas

Feeling discomfort somewhere other than your back, such as your knees, hips, shoulders or neck? Review modifications to your position or technique that may make the exercise more comfortable.

→ [Troubleshooting for Pain in Other Areas](#)

You can return to these resources at any time without starting your pathway over.

Need More Support?

If you have difficulty with a movement or experience discomfort, use these resources before trying another class.



Tips & Tricks for Muscle Activation

Practical cues to help you feel the right muscles working.



Troubleshooting for Pain in Other Areas

Adjustments to try when you feel discomfort in areas such as your knees, hips, shoulders or neck.



You can come back to these resources at any time without starting over.



Still Having Difficulty?

If symptoms persist or you are unsure how to proceed, consult your back therapist or healthcare professional for guidance.

WHY THIS MATTERS

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



You're in control.

Start with a class, get the support you need, and keep moving toward a stronger, healthier back.



Healthy Back

www.healthyback.ca
hfb@healthyback.ca