

HEALTHY BACK THERAPIST PATHWAY

A simple framework for integrating Healthy Back into your patient's therapy.



RETURNS TO APPROPRIATE EARLIER STEP AS NEEDED

Your patient's needs and response guide the next step.



Tips & Tricks for
Muscle Activation



Troubleshooting
for Pain in
Other Areas



Review Your
Directional
Preference



Master
Your
Technique



Consult your
therapist or
healthcare
professional