

Consistency

When you are in pain, the most important thing you can do is build **discipline and consistency**.

Why It Matters

- Your spine is supported by stabilization muscles (multifidus, transverse abdominis, longissimus, and others).
- These muscles protect your spine, reduce pain, and help prevent injury.
- They are the quickest to weaken and the hardest to rebuild.
- Strengthening them can be learned through physical therapy or with resources your physician provides.

How to Stay Consistent

- Daily Routine – Pick the same time every day to exercise.
- Show Up – No matter how you feel, go to the gym or dedicate a room at home with no distractions.
- 5-Second Rule (5-4-3-2-1) – Count down and take action immediately. Get out of bed, start your stretches, or begin your workout.
- Small Steps – Even 5–10 minutes of focused exercise is better than skipping.

Goal

Consistency builds strength, stability, and resilience. Over time, this makes it easier to move, work, and enjoy life—even when you have pain.

Weekly Consistency Tracker

Day	Completed?
Monday	■
Tuesday	■
Wednesday	■
Thursday	■
Friday	■
Saturday	■

Sunday	■
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