

**KUHLEFIT**  
RENEW YOUR VITALITY



# Trucker Service Association

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN

**CREATED BY**  
NICK KUHLE  
Holistic Health Practitioner & Functional Labs

**“BACK PAIN BREAKTHROUGH”**

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# WHY YOUR BACK HURTS

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## INTRODUCTION

If you drive for a living, odds are you've felt that stiff, aching, nagging pain in your lower back. You might chalk it up to "just part of the job," but the truth is—it doesn't have to be. Last month we dove into back pain too, but this month, we'll come at it from a slightly different perspective - all of which will benefit you!

Back pain for truck drivers often stems from three major factors:

- **Prolonged sitting** (hours and hours in one posture)
- **Weak core muscles** (which leads to poor spine support)
- **Restricted mobility** (tight hips, hamstrings, and low back tissues)

The good news? You can fix it. And you don't have to overhaul your whole life to do it.

This month will show you \*simple, powerful\* ways to strengthen your core and improve your mobility—even with a demanding driving schedule.

# THE CORE TRUTH

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## IT'S MORE THAN YOUR ABS

When most people hear "core," they think "six-pack." But real core strength is about building a \*deep foundation\* that supports your spine from all angles. A mentor of mine, Paul Chek, always says you cannot fire a cannon from a canoe. Meaning if your core is weak and that core stabilizes everything, then any type of movement stemming from the core will be compromised.

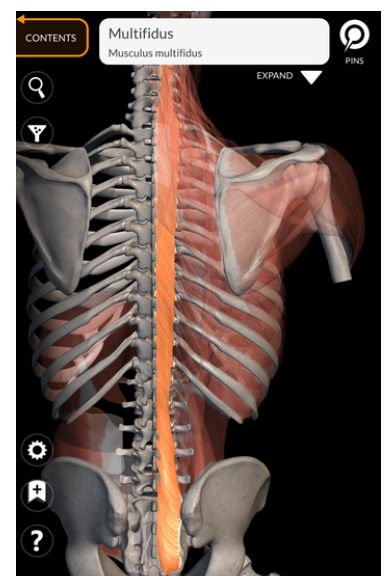
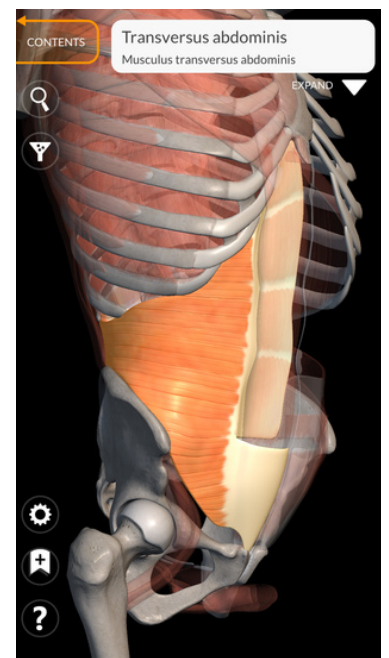
### Key core muscles for drivers:

- Transverse Abdominis (your body's natural weight belt)
- Multifidus (small muscles that stabilize your vertebrae)
- Glutes (your butt muscles—crucial for posture and power)

When these muscles are weak, your low back tries to compensate—and that's where pain and tightness creep in.

### **Your Mission:**

Build endurance and activation in these muscles so they can \*do their job\* mile after mile.



# CORE ROUTINE

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## “DAILY” PRACTICE (3-4X/WEEK)

\*You can do this before a drive, at a rest stop, or before bed.\*

### 1. **Dead Bug** (2 sets x 10 reps each side)

- Lie on your back, knees bent 90 degrees, arms straight up.
- Lower opposite arm and leg toward the floor slowly.
- Keep your back flat to the ground—no arching!

### 2. **Glute Bridges** (2 sets x 15 reps)

- Lie on your back, knees bent.
- Drive your hips upward by squeezing your glutes.
- Hold at the top for 2 seconds each rep.

### 3. **Bird Dog** (2 sets x 8 reps each side)

- On all fours, reach opposite arm and leg straight out.
- Hold 2 seconds, return, and switch sides.

Consistency is key. Think "grease the groove" rather than "go big or go home."

# MOBILITY ROUTINE

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## UNLOCK TIGHT HIPS & SPINE

\*Tight hips and hamstrings are sneaky culprits behind lower back pain. Open them up with these easy stretches:

1. **Hip Flexor Stretch** (Hold 30 seconds each side or oscillate in and out of the stretch)

- Lunge position, gently push your hips forward.
- Feel the stretch at the front of your hip.

2. **Standing Quad Stretch** (Hold 30 seconds each side)

- Stand up and grab your leg and pull your heel close to your butt.
- Balance or support yourself as you hold this position

3. **Seated Spine Twist** (Hold 15 seconds each side)

- Sit tall.
- Twist gently to one side, hold onto your seat.

Aim for 1-2 rounds daily. Your back will thank you.

# LITTLE THINGS ADD UP

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## BONUS TIPS FOR LONG-TERM RELIEF

### Bonus Tips:

- Adjust your seat: Keep your hips higher than your knees slightly.
- Use a lumbar support pillow: It can work wonders. Or even an empty plastic bottle in a pinch.
- Take movement breaks: Even 2 minutes every 2 hours helps.
- Hydrate: Dehydrated tissues tighten up more easily.

### **DON'T FORGET: REDUCE INFLAMMATION THROUGH DIET!**

You don't need a gym membership or an extra hour in your day to protect your back.

A few intentional moves, a little more awareness, and small daily habits can rebuild your core strength, unlock your hips, and let you drive—\*and live\*—with a lot less pain.

Commit to just 5 minutes a day.

Your future self—and your back—will be glad you did.

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