

## Low Back Stretches. Red Light? Yellow Light? Green Light?

- Hurts
  - RED LIGHT – STOP
- Refers pain
  - Pain spread out or spreads out more or more symptoms like more numbness, tingling, etc.
  - RED LIGHT – STOP
- Hurts so good
  - Pain does NOT spread out. But it also doesn't really shrink.
  - Feels good.
  - Pain stable.
  - YELLO LIGHT - Proceed cautiously - see how it is the next day.
- Centralizes pain (shrinks pain)
  - GREEN LIGHT – GO!
- Have no increased pain after exercise
  - GREEN LIGHT – GO!
  - See how it is doing the next day