

17 Strategies to INSTANTLY ALLEVIATE YOUR BACK PAIN

Escape chronic pain without painkillers,
dangerous surgery or painful injections



Are you suffering with back pain and stiffness right now?

How about sciatica?

Are you not able to sit for very long? And are you so stiff after sitting you think your back is just going to break?

Are you waking up in the morning and having to roll yourself out of bed?

Are you not sleeping, as you can't get comfortable and you're forever worried your back is going to give out at any moment?

I'm Going to Share with You 17 Must Know Strategies and Techniques to Instantly Ease Your Back Pain

This report reveals 17 very powerful principles and strategies you can use right away to start easing your back pain and stiffness – some instantly easing your chronic pain.

They are in no particular order, but they all work. Combined they are a very effective set of strategies..

You probably know a few.

As they are all quite simple, and often simple advice is the best. You just need to be consistent.

So here's my challenge to you ...now that you have this knowledge, take time every day to try out at least few of these strategies. It really won't take long and most of them won't cost you anything but few minutes of your time.





“This report will give you actionable steps to improve your posture, reset your spine and pelvis, decrease muscle tightness, reduce pain and develop positive postural habits.”

Medical disclaimer

Always consult a healthcare professional before beginning any diet or exercise program. By participating in this program, you are hereby assuming all risk associated with an exercise program and are acknowledging you read and agree with our Terms & Conditions and Disclaimer.



STEP ONE - Move often

Our spines like the rest of our body are meant to move. We were designed that way.

Standing or sitting for an extended period, especially in poor posture continuously without interruption increases your risk of poor postural patterns, dysfunction, and pain.

Don't listen to the doctors who say rest. You shouldn't be resting, you should be taking advantage of active rest. Not exercise, just movement.

Gentle walking, swimming, stretching. The more you stay in one position, the more you stiffen up and the more pain you will be in. Your body craves movement and without it your joints seize up, muscles tighten, and you lose your strength and flexibility. Your discs are compressed and nerves get irritated.

The most important indicator of the risk of pain and injury is not the total time spent performing the activity; what is most important, is how long the activity is performed continuously without interruption. Therefore, frequent short breaks are better than infrequent long breaks.

STEP TWO - Don't sit for more than 20 minutes

Sitting, especially sitting poorly is the single most detrimental factor to your postural health. Its harder to maintain good posture while sitting than standing, so the first thing you can do to reduce its effect on your posture is to start sitting less.

“The key is to move more throughout the day. Change your position regularly.”

“The ideal posture is one that continually changes, thus preventing any single tissue from accumulating too much strain.”

With your glutes and core switched off while sitting, and your spinal supports shut off, your spine collapses and creates an uneven compression on the discs, especially in your lower back.

Overtime these discs can bulge, tear and deform.

When you are in acute pain, sitting any longer than 20 minutes will aggravate your back, increase inflammation and stiffness. Sit yes, but get up regularly to take pressure off the spine and pelvis. Lubricate the joints and gently stretch the muscles through movement.

“Sitting, even in good posture, can put up to 40% more pressure on your spine compared to standing.”

Keep a neutral curve in your lower back

When you sit, use a rolled up towel in the small of your back to support your low back in correct posture while sitting or driving. This may help you maintain a neutral position, reduce discomfort while sitting and postural balance throughout the day.

A neutral spine retains the three natural curves of the spinal column. When the natural curves of your spine are maintained during good posture, your muscles do as little as possible to maintain it.

Don't cross your legs

Crossing your legs, like sitting for too long, is just asking for back and neck pain. Sitting with your legs crossed puts your hips and lower back in an uneven position, which can lead to rotation of the pelvic bones if sustained for long periods of time.

Since your pelvis is the base of support for your spine, if it is rotated and unstable, it puts unnecessary pressure on your lower back, all the way up your spine and even into your neck.

Key point

Good sitting posture is better than poor sitting posture, but a posture that is continually changing is the best. Even sitting in a good posture for an extended period will overload specific areas of your body and cause discomfort.

We all slump at some at some point, but as long as we change it regularly it won't cause you too many problems.



STEP THREE - Don't sleep on your stomach

Sleeping is another postural habit that can quickly turn from being relaxing to a stressful, uncomfortable activity. Since we spend a 1/3 of our time sleeping, it would be best to make sure our sleeping posture isn't overloading any structures of our body.

I see many people who find sleeping quite uncomfortable. They often wake up with neck pain or back pain and can feel stiff and achy in the morning. Sometimes people can wake in the night and find it hard to get comfortable at all.

Firstly, don't sleep on your stomach.

Sleeping on your stomach places your body in lumbar hyperextension and cervical extension and rotation, increasing the pressure and stress placed on the joints and tissues of your lower back and neck.

Considering people sleep in this position for 7-9 hours per night, you'll end up with stiffness, pain, and discomfort.

Sleep on your side instead

Knees bent slightly with one pillow between your knees, helps maintain pelvic and spinal alignment. Pull your pillow down into the shoulder to support your neck.

Or sleep on your back

Place two pillows under the knees to reduce stress to the low back, neck, and mid-back. Again too many or too few pillows under your head will place your neck in an awkward position; you must keep it as straight as possible.

STEP FOUR - Don't stand for too long either

Just like sitting, any position maintained for a sustained period of time will overload tissues of the body and result in pain and discomfort. The reason we say standing is better than sitting is that its a lot easier to alter your posture while standing. However, if you spend extending periods of time standing you'll irritate your back pain.

Just like sitting, the best posture is the one that is continually changing. So mix it up between sitting, standing, lying down and walking.

STEP FIVE - Daily spinal unloading

Use this technique to take the pressure off your back at least once a day. Just relax and hold this position for 10 – 15 minutes.

- 1. Lie on your back with your knees bent with your lower legs resting on a chair.***





STEP SIX - Pelvic resets

Straight after the spinal unloading, do this exercise to reset your pelvic position and ease any remaining joint stiffness.

1. Lie on your back with your legs bent at 90 degrees at both your hips and knees.
2. Place your hands on your knees.
3. With one hand you are going to push one knee while the other hand pulls on the other knee.
4. Your legs are going to resist this movement. Little to no movement should occur.
5. Do this for 5 seconds before switching sides.
6. Repeat for a total of 6 times.

Next

1. Place your feet flat on the floor.
2. Place a foam roller or a large ball between your knees.
3. Squeeze your knees together as hard as you can for 5 seconds.
4. Repeat for a total of 6 times.

Don't worry I have included a video demonstrating these exercises with this report

STEP SEVEN - Postural breaks

The ideal sitting posture is one that continually changes, thus preventing any single tissue from accumulating too much strain.

Perform postural breaks regular throughout the day to reset your posture – preferably every 30 minutes of sitting.

1. Sit on the edge of a chair
2. Relax legs hip width apart

3. Turn feet out slightly
4. Rest weight on legs/feet and and sit up tall
5. Tilt pelvis forward and lift sternum up
6. Turn forearms to front
7. Rotate arms outward
8. Squeeze shoulder blades together

“Set reminders throughout the day to check your posture.”





STEP EIGHT - Avoid running during acute episodes

For people who have an underlying back problem, running or jogging can make their pain worse, lead to additional areas of pain and can reduce your recovery rate. Avoid running if you have back pain, and address any underlying issues first before returning to running.

Running is an activity that involves high impact, repetitive stress on the body, sometimes for a long duration.

Unfortunately, many of us in today's society are not built or conditioned to perform any significant amount of running due to our lifestyle choices. I won't go into details here but since many of us are walking around with significant muscular imbalances and faulty postural patterns, performing any significant amount of running on a regular basis will likely result in some sort of injury. During an episode of back pain, avoid it completely and seek help before returning to running.

STEP NINE - Swimming is a great alternative

Swimming is an excellent alternative to running for cardiovascular health while keeping your joints mobile and muscles conditioned.

It's low impact compared to running which equates to the less chance of injuries, especially if you're carrying excess weight which already puts increased pressures on your joints.

One thing to remember, for many people swimming breaststroke can aggravate back pain. Front crawl or backstroke would suit better, in addition, it is best to swim with your head in the water rather than keeping your head above water as this will strain your neck and upper back.

Alternatively, treading water or gentle jogging in the pool is a good form of exercise especially if you are in significant pain.

“Regular swimming is an excellent alternative to running for cardiovascular health while keeping your joints mobile and muscles conditioned.”



STEP TEN - Avoid crunches and sit-ups

Dr. Stuart McGill has shown that traditional situps and crunches cause spine loading conditions that greatly elevate the risk of injury through large compressive forces on the spine. Furthermore, Dr. Stuart McGill has stated that to herniate a disc, an excessive load is not needed and that repeated forward flexion of the spine is a much more potent mechanism to cause back injury.

During crunches and sit-ups, you are repeatedly over-stretching the posterior ligaments, tendons, discs and soft tissue of the lower back and repeatedly compressing the anterior portion of the discs.

Most of us also sit in a sustained crunch throughout the day. We don't need to perpetuate the problem by doing these exercises in the gym as well.

STEP ELEVEN - Don't carry a heavy handbag on one shoulder

If you do, then you are asking for an imbalanced posture, shoulder and neck pain. Instead carry a lighter bag, preferably one with two straps. Alternatively, if you have a lot to carry or heavy items, use a carrier with wheels.



STEP TWELVE - Don't wear heels for extended periods of time

Heels place you in hyperextension which not only increases the stress on the lower back, mainly through an increased anterior pelvic tilt but also leads to a kyphotic posture, which isn't a great look.

Would you rather add a few inches to your height or have better posture and no lower back pain?

STEP THIRTEEN - Watch the text neck

Your smartphone is destroying your posture. 'Text neck' is the term used to describe the position of your head and neck from looking down at your mobile, tablet or laptops too frequently and for too long, resulting poor posture and neck pain.

This posture of looking down does not occur only when texting. It happens when reading, writing, eating and we've been doing it for years.

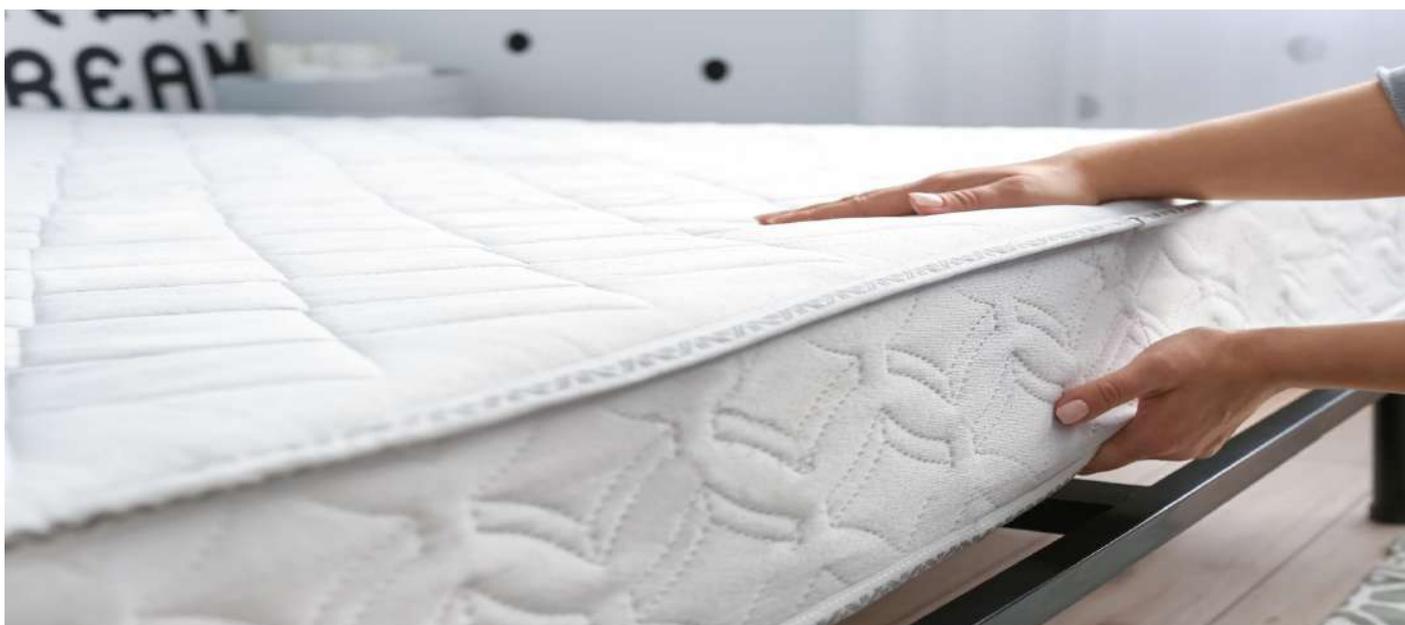
The problem with texting is that it adds one more activity that causes us to look down, and people tend to do it for much longer periods.

With the development of technology and mobile phone usage, we now spend an average of 2 – 4 hours a day with our heads dropped down. This results in 700-1,400 hours a year of excess strain on the neck and shoulders. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

If you suffer from a forward head carriage then you are placing substantial pressure on the joints in your upper back and neck as well as the soft tissues of your shoulders and neck.

Every inch your head moves forward the compressive forces on the lower neck increase by the additional weight of the entire head.

“The average human head weighs about 10lbs. It has been suggested that every inch your head moves forward it adds an additional 10lbs of pressure.”



When your head moves forward or tilts downwards, instead of using your spinal joints for stability, you rely more heavily on the muscles of the neck.

As discussed earlier, the movement further from neutral spine creates deformation of the spinal discs and overloads the supporting musculature.

This leads to excessive tension and stress, reflex muscle contraction, trigger point formation, disc tears and bulges and likely headaches, jaw, neck and shoulder pain along with pins and needles and numbness in the arms and hands.

STEP FOURTEEN - Change your mattress – your mattress is probably really old

Can't remember the last time you replaced it? Your posture and spine may be in trouble.

A good mattress lasts 7 to 10 years, but you may want to consider changing it between 5 and 7 years, especially if you suffer from back pain.

In an ideal world, your spine should be kept in a neutral position throughout the night. You want to avoid holding an uncomfortable position for too long.

If you have larger hips and shoulders, then you may need a slightly softer mattress to achieve this position.

- If your mattress is too firm your lower back will have to sag to reach the mattress.
- If you have a mattress that is too soft, then you will sink into it, and your lower back will have to accommodate by shifting the other way, equally uncomfortable.

STEP FIFTEEN - Don't sit on your wallet

As common sense as this sounds, you wouldn't believe the times I've had clients keep coming back to me complaining that they feel great after seeing me but after a few days of sitting and driving they come back in pain, with pelvic un-leveling. They've fallen straight back into a faulty pattern.

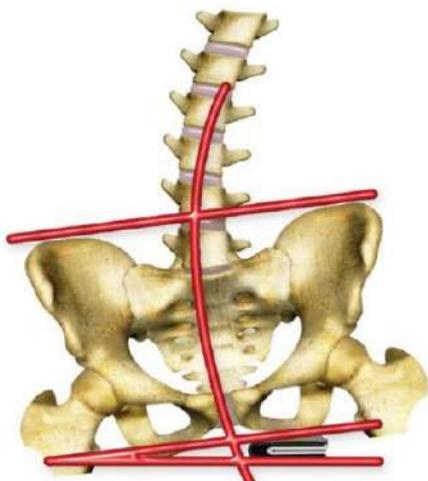
The first time, I stood there scratching my head thinking 'I don't understand why this keeps happening' until I looked over to the desk and I saw the client's wallet.

The size of it, I don't know what was in it, but your thinking 2 inches thick.

I asked him, 'Where do you keep your wallet?'

What do you think he said? I was stunned, isn't that uncomfortable?

No wonder your in this state. Since then I've had at least a couple of clients a week who do the same.



STEP SIXTEEN - Daily walking

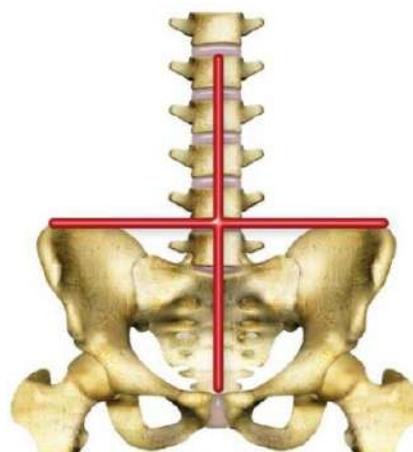
It is advisable to try and get a minimum of 150 minutes of aerobic exercise every week. Walking for just 30 minutes per day for 5 days will meet this guideline and isn't difficult to include in most schedules; try fitting your walk in before work, during your lunch break or in the evening.

By walking you are mobilising the joints, warming up and gently stretching the muscles, and waking up your core. Do it regularly to keep you from stiffening up but like before, don't overdo it. 30 minutes at a time is great, any longer during a flare up will likely just aggravate your back.

Start slowly and gently and build up. Your body adapts to the demands you place on it, but you must give it time to develop and adapt.

You must:

- Walk 30-60 minutes a day
- Change your posture every 30 minutes
- Perform a postural break every 2-3 hours
- Unload your spine at least once a day





STEP SEVENTEEN - Get professional help

Don't waste any more time. There's no quicker way to ease back pain than seeing a trained healthcare professional. You'll get quicker results and they last longer too.

I guess you've tried the 'wait and see game' with no luck. You may have even seen the GP who told you to just rest and take painkillers but weeks later there is still no change.

You may have even seen a NHS physio just to be given a sheet of exercises that have done nothing to ease your pain. You've done youtube, you've followed your friends advice, you've even considered surgery or injections.

Don't keep making the same mistake, see someone who knows how to help you. That doesn't have to be us.

We'd like it to be us, but there are plenty of options out there. Just make a decision to finally take care of the problem rather than putting up with the pain, discomfort, lost sleep and the worry that it's always going to be like this.

If you do decide to come see us, we look forward to seeing you with our team.

Yours In Health

P.S We really do hope you come see us.

www.liverpoolchiropracticclinic.co.uk

“If you do decide to come see us, we look forward to seeing you with our team.”

