

9 Quick Easy Ways...

To End

BACK PAIN

(AND STIFFNESS)

*...WITHOUT Taking
Painkillers Or Having
To Call And See The GP!*

Guide by Dr. Frank Klene



Dr. Frank Klene

Industry Leader in non-invasive spine care. Frank has been a staple in the North Indianapolis community for over 7 years. His mission is to help others.... move pain-free so they can return to the things they love, all without pain pills, injections, or surgeries.

"I have suffered with chronic back pain most of my life. This unique experience has given me a personal passion to help others. It's time to take control of our lives. Let me help you achieve your goals!"

Dr. Klene's credentials:

- Doctor of Physical Therapy
- Orthopedic Certified Specialist
- Certified Strength and Conditioning Coach

Introduction

Dear Back Pain and Sciatic Pain Sufferer,

In this Special Report on Reducing Back Pain and Sciatica I share with you 9 very powerful principles and strategies you can make work for you – some over time and some almost instantly.

My sincere hope is that these nine tips bring you closer to back pain and sciatic pain relief. Start trying these tips today to learn how your symptoms respond. These tips are in no particular order and because I do not know your specific back pain and sciatic pain history, I cannot tell you which of these will work the best for you.

But what if you just tried just one of these tips each day? In just a couple of weeks, you could have all 9 of these incredibly powerful strategies working for you and giving you back the lifestyle that you've been missing out on.

Now that you have this knowledge in your hands, I challenge you to try at least 1 of the 9 strategies each day. It won't take a lot of your time and most of them won't cost you anything but a few minutes of your time.

I think you will be pleasantly surprised by how these simple but powerful strategies will help you feel better.

9 Ways To Stop Back Pain And Sciatica Without Medication or Surgery

1. Sit with good posture

Sit with your feet on the floor – avoid crossing your legs or ankles which decreases blood flow to your feet and changes the angle of your hip rotation; therefore, increasing stress on your low back. Sit with a towel roll, lumbar roll or a chair with a lumbar curve to encourage the natural curvature of your spine and to decrease lumbar strain. The best sitting posture is the 90/90/90 rule – sit with feet flat on floor with knees flexed at 90 degrees, hips flexed at 90 degrees, and elbows at 90 degrees when working at a computer (then position your desk, chair and computer so that you can maintain this position)

2. Sleep with a pillow between your knees or under your knees

If you sleep on your side, then place a pillow between your knees to maintain good spinal alignment and prevent your top leg from falling over the bottom leg (the leg closest to the mattress) which leads to hip and spine rotation and increased stress on the vertebrae, discs between the vertebrae, and the surrounding muscles. If you sleep on your back, then place a pillow under your knees which allows your back to feel supported against the mattress and reduces strain on the back muscles. Avoid sleeping on your stomach because most people will rotate slightly to one side so they can rotate their head to breathe – this rotation increases stress on the neck and entire spine, including your back

3. Don't sit on your wallet

Sitting on your wallet creates a constant curve in your spine and can lead to scoliosis because the side of your body that sits on your wallet will be higher than the side of your body making direct contact with the chair. Because your pelvis is sitting in an uneven position – kind of lopsided! – everything above the pelvis will contort so that your eyes and head aren't looking at the plane of the ground lopsided!

4. Avoid high heels

High heels change your center of gravity and increase stress/strain on your low back. Wearing supportive shoes and buying new shoes 1-2x per year can support your back by providing you the proper cushion and shock absorbency when your foot hits the ground (Remember, your foot is the first point of contact your body has with the ground so whatever impact is not absorbed by your foot and shoes, then that impact or shock will travel up through your leg and to your back – good shoes can be your first line of defense in protecting your back!)

Some people must wear high heels as part of an employee dress code so I recommend trying a wedge heel instead of a spike and keeping the heel to less than 1 inch

5. Move at least twice every hour when sitting at a computer

· Our bodies are meant to move. Sitting for hours at a computer can create muscle and joint stiffness as well as cause the body to lean forward towards the computer (which is why you need a lumbar roll!). At a minimum get up and walk around your desk or stand up and drink water every 30 minutes just to change positions. We weren't created to be sedentary and movement increases circulation and can decrease back pain

6. Use a standing desk

Try obtaining a desk that allows you to sit or stand so that you can change positions throughout the day. If your employer has an Ergonomics Department or a Safety Department, you may be able to request a work-station evaluation to improve not only your comfort but also your productivity!

7. Exercise

The American Heart Association recommends up to 60 minutes of cardiovascular exercise per day. Exercise helps maintain healthy body weight and promotes healthy bones, joints, and muscles. Low impact exercise like walking or a stationary bike may help decrease joint stiffness and muscle tightness – just remember that if you haven't exercised in a while then you need to start small with 10 minutes and slowly build by 5 minutes every other day as long as your symptoms don't increase

8. Eat Right

Eating a healthy balance of lean protein, fruits, and vegetables plus drinking water promotes a healthy body weight.

· For every 10 pounds' overweight, it is an extra 30 pounds of force on your spine and joints. Flip that in reverse and if you lose just 10 pounds, it's like losing 30 pounds of stress and strain from your spine and joints. How would you like carrying two bowling balls around with you all day? Your back doesn't like it either. Habits are difficult to change so don't try to change everything all at once... that is a guaranteed recipe to fail. Set realistic goals and start slow.

9. Physical Therapy

Some back pain is super stubborn and if you've been battling with back pain for an extended period of time, it might require the benefits of a hands-on specialist. Seeking physical therapy is the faster way to reduce your back pain because you are going to receive quick access to care that will ease muscle tension, soothe achy muscles, loosen stiff, stuck and painful joints, and strengthen your body so your back pain stays away and you can get back to doing what you love. Attending physical therapy can be as simple as 1 hour per week

Combine all of the "tips" in this Special Report with a trip to see a hands-on private physical therapist and you will see a dramatic drop in not just how often you experience back pain but also in how intense your symptoms are

Bonus Section

1. Daily Posture Stretches

Closely linked to seeing a good physical therapist is doing postural stretches correctly

You also want to ensure that the stretches you want to do are actually right for you

As you age, your muscles lose strength and flexibility so learning stretches to maintain your flexibility can be a major influencer on your back pain

2. Don't Overload One Side Of Your Body

If you always carry your purse or briefcase on one side of your body, then you are setting yourself up for a possible scoliosis or muscle imbalance that might help create back pain. Always carrying extra weight on one side disproportionately distributes your weight and can throw off your center of gravity – this can lead to a constant stretching of muscles on one side and a constant shortening of muscles on the opposite side – back pain is often caused by muscle imbalances and the body trying to correct for the. Try to use both straps on both of your shoulders when carrying a backpack.

Alternate sides that you carry your infant or feed your infant. Alternate arms when carrying a purse or briefcase. Instead of carrying one grocery bag in one hand, try splitting the contents into two bags and carry one bag in each hand

3. Strengthen Your Back

Strengthening your lower and upper back will promote good posture and decrease stress or strain on the entire spine. Make sure that the exercises you want to do are correct for you and that you are doing them correctly by consulting with an exercise specialist like a physical therapist

Conclusion

Now you have it: 9 things (plus 3 big bonus tips) that you can do TODAY to reduce your back pain without medication, improve your posture, and restore your health. You have so many options and I could go on and on about how you can stop your Back Pain but these are the fundamentals. If you try one tip per day and stay disciplined with implementing them into your daily routine, they will make a big impact on the quality of your life.

In the upcoming weeks I will be sending you even more tips and advice on how to get back to doing what you love and I will share with you how physical therapy can truly make a big difference in your life. I sincerely hope this is the beginning of a great, long-term relationship where you can receive leading edge health advice that truly makes a difference in your life.

To Your Best Health,

Frank Klene

Leading Specialist in Back Pain and Sciatica

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physiotherapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physio advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Chartered Physiotherapists at IROC Physical Therapy. We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.