

A photograph of a person's back and hands, overlaid with a blue tint. The person is wearing a blue athletic shirt and has their hands on their lower back, suggesting pain or stiffness. The text "Backpain & Stiffness" is written in white, bold, sans-serif font across the center of the image.

# **Backpain & Stiffness**

## Introduction

In this Special Report on Ending Back Pain we share with you 9 very powerful principles and strategies that you can make work for you – some over time and others almost instantly. They're in no specific order, and they all have one thing in common: they all work.

There's a great saying that goes 'small hinges swing big doors' and it's often the simplest advice that wins in the end. Truth is, without knowing your back pain or your history intimately, we cannot tell you which of these will work best for you and even if we did know the root cause of your back pain, there are no guarantees that any one single strategy will work.

With our experience, we've been able to narrow down what really does and doesn't work when it comes to easing back pain and the 9 principles, you're about to read are included in that.

Imagine how great it would be if you try just one of these "tips" every day and within a few weeks you could have all 9 of these incredibly powerful strategies for easing Back Pain, "in play" and working for you, giving you back the active and healthy lifestyle that you've lost or are in danger of losing.

So, here's our challenge to you...now that you have this knowledge in your hands take time every day to try out at least one of these 9 strategies. It really won't take long and most of them won't cost you anything but a few minutes of your time.

I think you'll be pleasantly surprised by how much better and healthier you will feel for doing so.

## 1. Avoid High Heels

Wearing high heels will increase the pressure through your back by about 25 times. Reverse that, and it means if you wear a nice soft cushioned pair of shoes instead, your lower back would be experiencing 25 times less pressure and force placed upon it.

Imagine how much relief you'd feel if you could take that type of stress off of your lower back right now?

But understand that it's a cumulative effect. This pressure builds up from wearing the wrong footwear over a period of weeks and years and results in a weak and stiff back somewhere around the age of 40.

## 2. Avoid Sitting for More Than 20 Minutes At A Time

There's so much 'gossip' that surrounds back pain, but this is FACT, you and I are not designed to sit. It goes against every basic, fundamental rule of the way we originally evolved as humans. When you sit there is approximately 10x more pressure pushing down on your spine than when you stand tall. It is because most of us slouch, or flop when we do sit, meaning that the muscles in your spine (called your core muscle group) that are designed to protect you, just don't work. This potentially causes aches, pains and stiffness.

## 3. Use Ice (Not Heat)

Ice is by far the best way to ease back pain. Our tip, use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply an ice pack for 10 minutes or so, little but very often (every hour).

When to use heat? Our tip would be to apply a hot water bottle on a morning when your back is likely to be feeling more stiff than painful. Again, 10 minutes should do it.

## 4. Avoid Sitting Cross Legged

Your spine isn't designed to twist or turn and sitting in a cross-legged position is doing just that. Your joints are twisted, muscles stretched. In this position, your spine/lower back is weak and you're vulnerable to injury. Spending an excess of time in this position will catch up on you – usually aged 40-60.

## 5. Sleep with A Pillow Between Your Knees

Might be difficult at first, but if you can persist, it lowers the amount of rotation/twisting in your spine. Remember I said in principle number 4 that it was important to avoid sitting cross-legged? Well it's the same when you're asleep. If you sleep on your side, try a pillow between your legs to keep your spine aligned and this will reduce tension at your lower back.

## 6. Avoid Sleeping on Your Stomach

There isn't a more effective, faster route to self-inflicted potential damage to your spine/lower back. Avoid this position like the plague. Every part of your spine is twisted and in the wrong position and if you sleep like this, it's no wonder you are suffering from back pain.

## 7. Change Your Mattress Every 5-10 Years

This is the bedroom question that I get asked every day. People want to know about their mattress and what type they should sleep on. Almost impossible to answer as the question is too generic. But what I can say is that if you haven't changed your mattress in the last 5-10 years then it's about time that you did! Invest as much as you can in finding the most comfortable one that works for you. If you're going to spend a third of your life in it, might as well get the best one that you can. The key isn't to find a firm one or a hard one – the firmness depends on your weight but finding the right mattress is about finding the one that works best for you and your spine. Our recommendation is Mammoth mattresses, but you may have your own

## 8. Choose Sensible Footwear

Unusual choices of footwear include high heels, sandals, flip-flops and plimsoll style trainers or shoes. Why unusual? Because they're all proven to ADD to your back pain. It's because there's a lack of cushioning to absorb shock with these types, so your lower back must take all the impact every time your foot lands on the floor (not good for your knees and hips either).

If you can absorb some of the shock by wearing nice soft, well fitted and cushioned shoes/trainers, then you could reduce your back pain by as much as 20-25%. An example would be Ecco shoes.

## 9. Get Healthy with Chiropractic and Biokinetics

There isn't a faster way to END back pain than by going to see a Chiropractor. Getting to see a hands-on specialist means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stuck and painful joints, and strengthen your body so that you can go back to doing the things that you love.

Combine all the "tips" in this Special Report with a trip to see a hands-on, private chiropractor, and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

Private Chiropractors will look to the root cause of the mobility and pain problems, providing natural solutions to potentially produce the fastest results possible, without the use of drugs and surgery.

Note: The NHS physio departments do not and will not provide you with the hands-on type of treatment that you need to end back pain as fast as you would hope. Disappointing, but true, since 2013.

## Bonus Section:

### 1. Daily Lower Back Exercise Rituals

Closely linked to going to see a good chiropractor – because you want to be sure that any exercises you are doing are right for you and will work.

If you can get into the routine or good habit of doing simple stretches and strengthening of your lower back muscles, you will benefit right through your 40's, 50's, 60's and beyond.

In the same way that you brush your teeth twice per day to keep them clean and avoid pain, you need to look at working on your back in a similar way. Particularly as you're now in the 40-60-age bracket where your muscles lose strength and flexibility.

### 2. Avoid Carrying Your Backpack or Bag on One Arm, Or in One Hand

For this, you're going to need to completely 'flip' everything you've likely done for years when it comes to carrying bags.

This one is a very common mistake. Carrying a workbag or even shopping bag over one shoulder, means that the weight is not evenly distributed. And the result is one side of your spine is under more pressure than the other. Guess what happens to the side of your body carrying the extra weight all these years? (Likely to be the side you're feeling the pain most).

More, if you carry the bag over your left shoulder all the time, you could end up with a curvature of your spine and it would mean that your left side is working too hard taking the weight of the bag every day, and certainly much harder than your right side.

This would cause tension and pain, not to mention a funny and unhealthy-looking posture.

### 3. Regular Pilates

This is the 100-year-old tradition that if you do regularly, can really transform your health.

Pilates is joint number one on my list (with yoga!) of the most important things that anyone can do to prevent back pain.

And in case you were wondering, Pilates is a series of exercise designed to improve muscle tone and control. Understand that it's the latter (control) that is often missing from lower back muscles and the root cause of most people's back pain and stiffness.

So, by joining a class, or doing these exercises every day on your own at home, you'll steadily increase your muscle control, and with it, slowly decrease your muscle tension and pain.

### 4. Stretch Yourself at The Beginning and End Of Every Day

Another daily ritual that will transform your health. Along with Pilates, Yoga is a must! Now that you're in the 40-60 age bracket, every day you wake up your body is tightening and losing flexibility. So, you must do something to reverse it or at very least, slow it down. It's Yoga that you need to find - fast. It's a series of stretches designed to make your body suppler and more flexible.

### 5. Stay Hydrated

This is the BIG Office worker mistake that could be zapping your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as consequence of drinking too much of them. Being dehydrated can cause muscle aches and pains, fatigue and dizziness.

So, it's important that you keep your water intake up to ease off any extra or unwanted tension in your lower back muscles. Our tip, drink water little and often throughout the day.

## Conclusion

So, there you have it: 9 things (plus 5 big bonus tips) that you can do TODAY to improve your posture, general health, as well as Ease Your Back Pain. There's obviously so much you can do too, and we could go much more in-depth on ways to end Back Pain than the principles we've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life. In the weeks ahead, I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how Chiropractic can make a huge difference to your life. I hope this is the beginning of a great, long-term relationship where colleagues at The Centre Care Team become the source of leading edge health advice for you and make a real difference to your life.

Dedicated to Restoring Your Health,

The Centre

## 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 clinic. 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 on background, genetics, previous medical history, application of exercises, posture, motivation to follow 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 accurate in the absence of examination from one of the General Chiropractic Council Registered Chiropractors at The Centre.

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