

9 WAYS TO EASE

Low Back Pain

...To Help You live An Active Lifestyle



KINETIKCHAIN

A Guide By Dr. Jamie Bovay, DPT, MTC, CSCS

About the Author



Every week for almost a decade, 100's of people have worked with or consulted Jamie Bovay concerning questions about a quick end to their back pain and how to stay active. He is a trusted advisor not only to patients and athletes, but several fitness and medical companies as well.

Jamie works everyday with people 30-60 on ways to end their pain and stay active. He writes on various topics of back pain and frequently lectures on the topic.

While helping patients and athletes he has worked on a wide variety of activity levels from people who are just getting started with an activity all the way up to Olympic and Professional athletes and enjoys helping others return to an active lifestyle. He teaches other medical professionals around the country on rehabilitation topics revolving around back pain.

Introduction:

In this special report I reveal 9 ways to Ease Back Pain to Help You Stay Active. Some of these strategies and tips will start working immediately and others will take some time. They're in no particular order, but they all have one thing in common: They all work.

The simplest advice many times is always the best and usually the best place to start. The truth is without knowing your medical history I cannot know what will work the best for you and even if I did know the details of the root cause of your back pain there are no guarantees that any one strategy will work.

But over my career I have learned how to narrow down what works and what doesn't for low back pain. These 9 tips (and the bonus tips) are included in the list of things that work.

But Imagine this...how great would it be if you try one of these "tips" every day... and within two weeks you could have all 9 of these strategies to ease low back pain working for you-giving you back the active healthy lifestyle you desire.

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

9 Ways to Ease Low Back Pain to Help to Help You Live an Active Lifestyle

1) Take a Walk-

Research suggests one of the best ways to reduce your back pain is going for a walk.

Generally, this needs to be an easy to brisk walk that gets you moving and your heart rate up just a little.

Getting moving and walking not only brings blood flow to your back, but the increased blood flow warms up the muscles in the low back and that helps you to move a little easier. As you move easier the stiff joints start to loosen up and the overall motion at the joints can have a pain lessening effect.

Shoot for thirty minutes a day of light to moderate walking.

2) Break Up Your Sitting-

Prolonged sitting is one of the worst things you can do for low back pain. Getting up and moving even for just a little bit can help to take the pressure off of the low back.

While we are sitting, especially with poor posture, the pressure on the discs in our back nearly doubles. In response, the muscles stiffen up and the joints feel the extra tension. Getting up and moving around even for a brief minute can help to decrease the pressure and keep everything from feeling tight and sore.

If you are in pain try to take a break from sitting every 20 minutes if possible. I know that sounds crazy, but it doesn't have to be a big walk to the water cooler. It can be as simple as standing up and walking around your desk before you sit back down. That 10 seconds is enough to make a big difference. You can also try to stand when you are on phone calls which can really help as well. Once you get used to it, it is not nearly as much of a disruption of your day as you think it is.

3) Watch Your Posture

Closely tied with number 2 above we need to watch our posture as this can make our back pain worse. Since most people work behind a computer a large part of the

day we tend to have a forward leaning and rounded neck and shoulders posture which can strain our low back. Making ourselves aware of our body position and self-correcting our posture can make a world of difference to our low back pain.

In addition to sitting, one of the things that increases the pressure on our discs is sitting with poor posture. Similar to #2 above this can cause the muscles to tighten up and cause tension or pain in the low back.

One way to go about self-correcting your posture is to put a timer on your phone to go off every 20 minutes. When you hear the timer you can self-correct your posture. When you no longer have to correct your posture you can go longer timeframes until you teach yourself good posture with working.

4) Lumbar Roll

Related to sitting if you are having a hard time with posture you can buy a lumbar roll to help your low back stay in a good position.

A lumbar roll is a small circular pillow that you put behind your low back and between the chair that can help you hold better posture and take pressure off of your low back.

Using a lumbar roll when you have to sit for extended periods of time (although you should take frequent breaks as discussed in tip #3) behind your back can take some of the difficulty of holding good posture away making it easier for you to relieve your back pain.

5) Improve Your Sleep

Pain can be intensified by poor sleep. Improving the quality of your sleep can decrease your pain levels as well as increase your energy and activity levels.

Both the quantity and quality of your sleep can affect your low back pain. Being able to sleep for longer and with better quality can help to relax the muscles and take pressure off of your back. After a refreshing deep sleep usually you will notice your low back pain less the next day.

Having a firm mattress to give your spine support is a good idea, but first try free methods like making your room darker, avoiding electronics for an hour before bedtime, and developing a sleep routine.

6) Choose Sensible Footwear

While shoes with high heels may make you look taller and look more fashionable they are not doing your back any favors. Wearing shoes with less of a lift can improve your back pain. However, your shoes also need some cushioning so no flip flops either.

When the back of a shoe is elevated it forces the heel and all of the bones in your leg to be elevated. This in turn forces your hips up and increases the curvature of your back which puts more pressure on the joints in the back and the muscles may respond by tightening up.

With shoes such as flip flops there is no cushioning and the back will take all of the extra pressure and the joints and muscles may pay the price.

While a slight lift in the back of the shoe is ok you shouldn't go overboard. Look for shoes with good cushioning and without too much of a lift in the back.

7) Foam Roll

Foam rolling, or rolling your body on a firm tube made of foam, can be great to loosen up the joints and muscles right above your low back. This can make you move better and take pressure off of your low back.

The joints above your low back up to the bottom of your neck are often stiff and don't move well. When these are stiff it increases the forces on the low back because the impact isn't well distributed. When we loosen up the area above the low back we can better distribute the impact and take pressure off of the low back.

Try rolling your upper back up and down a foam roller for about 30s to a minute. You may hear a couple pops as the joints start to loosen up. That's ok and is normal. It doesn't need to hurt and should feel good and like you are looser afterwards.

8) Exercise

This is one of the biggest things that everyone with low back pain is missing and Doctors won't tell you. How many times have you heard just rest and it will go away. Or maybe you have been given pain meds to get rid of it. Well that obviously didn't work or you wouldn't be reading this. Avoiding movement and just "resting" can be one of the worst things for your back. Most people avoid this thinking it will make them worse, but exercise and movement is the best thing you can do to decrease your pain.

Moving is the best way to get out of pain. While it is likely very scary you can just avoid the painful movements for right now, but you need to get moving somehow. If you can exercise with enough intensity you can get the “runner’s high” which can release chemicals that act as natural painkillers, but even gentle movements should help to ease the tightness and pain.

Start with movements you know you can do without causing pain. This is somewhat related to tip #1, but we also want to add some exercise that improves our mobility if possible. Some movements that cause light pain can be helpful, but it is very difficult to know if you should push through them. If you are not sure then check out tip #9.

9) Physical Therapy-Getting Physical with Physical Therapy-

There isn’t a faster way to get rid of your back pain than visiting a Physical Therapist (sometimes called Physiotherapist). Getting to see a hands-on specialist Physical Therapist means you’re going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff, stuck and painful joints, and strengthen your body so that you can get back to the doing the activities you love.

You can often leave a good physio with concerns eased and physical pain reduced in less than an hour.

Combine all of the “tips” in this Special Report with a trip to see a hands-on back pain specialist physio, and you will see a dramatic drop in your pain and stiffness you are currently suffering from.

Note: You don’t need a script or referral from a doctor to see a Physical Therapist.

Bonus Tips:

1) Daily Specific Lower Back Exercises-

Closely related to going to see a good physio because you want to make sure you are doing the exercises that are specifically designed for your issues to get the best results.

If you can get into a habit of doing simple exercises that will make your low back more flexible and stronger you will benefit throughout your 40’s, 50’s, 60’s, and beyond.

These exercises will also help to keep you in the sport or activity you love and help to prevent future injuries.

2) Avoid Carrying your bag or backpack on one arm, or in one hand-

This may seem strange at first, but you will need to carry your bag or backpack on the opposite shoulder roughly half the time.

Carrying weight on one side will unevenly distribute weight on the low back and can cause stiffness and soreness due to one side of your spine taking more pressure than the other. This will compress the joints on one side and make the other side have to work twice as hard to try to straighten your back. This can cause tension, exhaustion, pain and stiffness as a result.

Carrying the bag on each shoulder roughly half the time can help to solve this problem.

3) Stay Hydrated

This is a big office worker mistake and a common mistake of active individuals who do not get enough water (this also could be lowering your energy levels). One way to help is to avoid the things that make you dehydrated like coffee, tea, alcohol, and energy drinks that make you dehydrated to begin with as a 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 unwanted tension in your lower back.

My tip is to fill up a liter water bottle at the beginning of the day so you know how much you have drank and how much more you need to drink every day. Having a glass of water first thing in the morning and then drinking little amounts of water as often as possible makes it easier to get the right amount.

4) Watch Your Stress Levels

Stress can be a big problem in your ability to get rid of back pain.

Stress initiates the "fight or flight" response which can cause your muscles to tighten and stiffen up. By decreasing your stress, you can help your muscles relax which can allow you to move better and have less pain.

While there are hundreds of ways to destress like meditation, mindfulness, yoga, and others I suggest to start simple. Find a quiet place and just focus on breathing. Take

deep breaths and try to slow your breathing and your heart rate down. Think of your “happy place” while you are doing this. Start to take note of your body while doing this. Are your shoulders able to relax? Now your hips? Now your low back? Just like walking breathing should be easy and natural and is a great way to decrease your stress levels.

Did You Know....

You can come see us for free

You don't need a referral from your doctor and as a thank you for downloading this report we will give you first priority for our open appointments and get you scheduled for a FREE Discovery Visit within the next 48 hours after you fill out the form below or call.

A Free Discovery Visit is a chance for us to meet in person or talk on the phone and discuss in detail your personal struggles with low back pain, what your goals are, and to determine if we are a good fit to help you reach those goals. We offer these Free Discovery Visits because we understand it can be confusing and frustrating to navigate the health care system and determine who is the best person to help you.

A discovery session is an opportunity to figure out what is the root cause of your pain, and most importantly what is the best plan of action to start getting immediate back pain relief to get you back your desired active lifestyle-all for FREE!

Even if the solution isn't physiotherapy we will still help. As back pain specialists we can give you the proper recommendations and know how to figure out where to send you to get help.

The best way to schedule a discovery visit is to fill out this form and we will contact you about scheduling a free discovery visit. Alternatively, you can call this number (720-651-0674) and either talk to one of our patient care specialists or leave a message.

Whether you schedule a discovery visit with us or not I would love to hear how these tips are working for you. Please do let me know how these tips are working for you and if you have any questions by emailing me at Jamie@kinetikchainedenver.com

Conclusion

So, there you have it: 9 things (plus 4 big bonus tips) that you can do TODAY to improve your posture, general health, as well as EASE Your Back Pain to stay active. Keep in mind that this isn't all that can be done, especially if you are in considerable pain. There's obviously more you can do and I could talk for days about the various ways to help you

as well as go much more in depth with all of these tips to end Back Pain, but these basics, if you apply them, can make a huge difference to the activities you love and the quality of your life. Imagine, even with serious back pain, if these tips could give you even a 25% reduction in your back pain and what that could do for you.

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 physiotherapy can make a huge difference to your life.

I hope this is the beginning of a great long-term relationship, where myself and the rest of the team at KinetikChain Denver become your go to source for health and activity advice for you and make a real difference in your life.

Dedicated to Helping You Live an Active Lifestyle,

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