

RESEARCH THAT
MATTERS

7 Days to Back Pain Relief



web
eXercises®

Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical evaluation and treatment. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain your physician's consent and/or work with your physician throughout your time using the program's recommendations, you agree to accept full responsibility for your actions.

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Congrats on taking a smart proactive step towards relief!

This guide is designed for people just like you. If you are tired of struggling with back pain, want to discover how you can find relief and be proactive with your health, then you're going to love this guide.

Back pain is not something anyone wants to live with, and it can make you feel isolated from the world around you. But, the first thing you need to know is that you are NOT alone.

Over 80% of people will experience back pain at some point in their lives. It's the number one reason why people begin seeing a chiropractor.

This 7 Day Smart Guide to Back Pain Relief has been carefully curated from the latest healthcare and medical research.

To get the best results possible, we recommend that you take three easy action steps:

1. **Read and implement** the tips and techniques in this smart guide.
2. **Follow** our practices' Facebook page for a Daily Dose of Inspiration and additional strategies to live your best life.
3. **Be on the lookout** for our upcoming emails, for additional tools to find even more relief.

If you have any questions or would like to schedule an evaluation at our practice, give us a call anytime. We're here to help you find lasting relief.

How does this smart guide work?

The 7-day smart guide has a calendar with a routine for each day. Below the calendar are lessons that function according to the program.

The program can be adjusted to fit your needs by changing the stretches, exercises, and recipes that fit your lifestyle the best.






The program can be used multiple times with different variations to strengthen your back and to both prevent and relieve back pain.

What will you need?

What will you need?

The motivation to change your life and find relief!

Back Pain Relief Smart Course Calendar

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 Mindset- Read 7 Days to Back Pain Relief Guide.	Mindset- The first wealth is health." -Ralph Waldo Emerson	Mindset- "If you're too busy to workout, your priorities need to change. I can't think of too many things important than your health." -Rosley	Mindset- "Think positively and exercise daily, eat healthy, work hard, stay strong, worry less, read more, and be happy."	Mindset- "Health requires healthy food." -Roger Williams	Mindset- "A healthy outside starts from the inside." -Robert Urich	Mindset- "Love yourself enough to give yourself a healthy lifestyle."
 Exercise- Pelvic tilt	Exercise- Pelvic Tilt + Dead bug	Exercise- Pelvic Tilt + Dead bug + Cat and Camel	Exercise- Pelvic Tilt + Dead bug + Cat and Camel	Exercise 2x- Pelvic Tilt + Dead bug + Cat and Camel	Exercise 2x- Pelvic Tilt + Dead bug + Cat and Camel	Exercise 2x- Pelvic Tilt + Dead bug + Cat and Camel
 Stretch- Piriformis Stretch	Stretch- Piriformis Stretch + Hamstring Stretch	Stretch- Piriformis Stretch + Hamstring Stretch	Stretch- Piriformis Stretch + Hamstring Stretch + Knee to Chest	Stretch 2x- Piriformis Stretch + Hamstring Stretch + Knee to Chest	Stretch 2x- Piriformis Stretch + Hamstring Stretch + Knee to Chest	Stretch 2x- Piriformis Stretch + Hamstring Stretch + Knee to Chest
 Sleep- Does your mattress/pillow need to be changed?	Sleep- Did you get 7-9 hours of healthy sleep?	Sleep- Did you get 7-9 hours of healthy sleep?	Sleep- Did you get 7-9 hours of healthy sleep?	Sleep- Did you get 7-9 hours of healthy sleep?	Sleep- Did you get 7-9 hours of healthy sleep?	Sleep- Did you get 7-9 hours of healthy sleep?
 Diet- Drink an extra glass of water today	Diet- Reduce sugar intake	Diet- Eat at least 1 meal focused on anti-inflammatory foods	Diet- Eat at least 1 meal focused on anti-inflammatory foods	Diet- Eat at least 2 meals focused on anti-inflammatory foods	Diet- Eat at least 2 meals focused on anti-inflammatory foods	Diet- Eat at least 2 meals focused on anti-inflammatory foods

Section 1: The Anatomy of Your Back

Where Is Your Back Pain Coming From?

Some of the most common causes of back pain include sprain/strains, bulging/herniated discs, or degenerative changes contributing to arthritis.

Sprain/Strain Injuries:

Sudden awkward movements are the most common cause of sprain/strain injuries. These types of injuries cause partial tearing to your muscles or ligaments and can result in immediate pain. While these types of injuries were considered "no big deal" in the past, we've now come to understand that they can become more serious than initially thought if they are not taken care of properly.

Getting well from a sprain/strain injury often begins with reducing inflammation and then reestablishing proper motion through stretches and exercises. Spinal adjustments can also be very effective at providing relief.

Bulging or ruptured discs:

Between each one of your spinal bones or vertebrae is a spinal disc. Your spinal discs are small, round cushions with a tough ligamentous exterior and a soft jelly-like interior. If your disc inside begins to push through the outside, it is considered a bulging or herniated disc.

Disc bulges and herniations are very common as we age, and most do not cause pain. However, if the disc begins to push on a spinal nerve, you may notice pain traveling into your buttocks, legs, or feet. This is commonly known as sciatica.

Similar to sprain/strain injuries, disc challenges also tend to respond very well to movement-based care such as exercise, stretching, and spinal adjustments.

Arthritis:

Degenerative changes happen as we age. Gravity, previous injuries, and our daily habits all contribute to the degenerative process. Arthritis, by definition, is the inflammation of a joint. Osteoarthritis can affect the low back, and if bone spurs begin to form, you may experience compression on your spinal nerves (Foraminal Stenosis) or spinal cord (Spinal Stenosis).

Anatomy of Your Spine and Neck

When identifying where your problem is, remember that pain can radiate (or travel) along a nerve. Radiating or radicular pain that travels along a nerve is why pain that you feel in your leg, foot, or calf may be coming from a problem in your back.



Section 2: Smart Stretches to Relieve Back Pain

A Guide to Stretching/When to Stop Stretching:

Stretching should not cause you pain. You should feel a light tension in the muscle(s) you are stretching when you begin. When you start to feel that tension, hold your position for up to 30 seconds, or as long as you feel comfortable.

If you begin to feel pain, stop and give us a call. Pain during stretching indicates that your body may need a little additional help to get the relief you desire.

3. Stretches for Your Back:

1. Piriformis

Starting Position:

Begin by lying on your back. Cross one leg over the other, placing your ankle on the opposite thigh above the knee.

Movement:

Grasp your uncrossed leg under-thigh and gently pull toward your chest. A stretch in your hip of the crossed leg should be felt. Hold for 20-30 seconds and repeat. Alternate sides as directed.

Muscle(s):

piriformis, hip lateral rotators

Benefits:

Increases flexibility, improves joint range of motion and improves circulation.

Purpose:

Correct hip imbalances and restore function



2. Hamstring Stretch

Starting Position:

Begin by sitting on the floor. Extend one leg while the other is flexed inward. Maintain good posture, and make sure your spine is in a neutral position with a flat lower back.

Movement:

Maintaining a flat back posture, lean and reach forward until a gentle stretch is felt behind your straight leg. Hold for 30 seconds. Repeat and alternate sides.

Muscle(s):

biceps femoris, semimembranosus, semitendinosus, Hamstrings

Benefits:

Increases flexibility, improves joint range of motion and improves circulation.

Purpose:

Correct hip imbalances and restore function.



3. Knee to chest (stretch)

Starting Position:

Begin by lying on your back with your legs extended and your arms to side..

Movement:

Bend one knee towards your chest as your hands simultaneously grasp your leg below the knee. Hold for the prescribed duration. Return to start position and repeat on the opposite side.

Muscle(s):

gluteus maximus, Low Back

Benefits:

Increases flexibility, improves joint range of motion and improves circulation.

Purpose:

Correct low back imbalances and restore function.



Section 3: Smart Exercises to Relieve Back Pain

Why is exercising important for your back?

Exercising and movement are some of the best treatment strategies for back pain. In addition to helping heal your specific area of pain, exercising also promotes cardiovascular health and weight control. Exercising can help you lose weight (which is one of the most significant contributors to back pain) and strengthen your core muscles to keep your spine more resilient in the future.

If you experience any pain during exercises, stop, and call us.

3. Exercises to Help Your Back:

1. Pelvic Tilt

Starting Position:

Begin by lying down with your knees bent and your feet flat on the floor. Your low back should be relaxed in a neutral position.

Movement:

Activate core muscles. Flatten low back against the floor as you perform a posterior pelvic tilt contracting lower abdominal muscles. Slowly return to start position.

Muscle(s):

abdominal, erector spinae, multifidus, Low Back

Benefits:

Improved stability, functional strength, and injury prevention.

Purpose:

Increase low back strength and muscular endurance.



2. Dead Bug

Starting Position:

Begin by lying on the floor. Lift your knees so that a 90° position is attained at your hip and knees. Reach your arms upward toward the ceiling.

Movement:

Activate core muscles. Slowly lower and straighten one arm overhead toward the floor, while simultaneously extending and lowering the opposite leg. Do not let the arm or leg rest on the floor at any time during the exercise.



3. Cat and Camel

Starting Position:

Begin on the floor on your hands and knees. Your hips should be above knees and shoulders above hands. Attain a straight spine position.

Movement:

Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 3-5 seconds and repeat.

Muscle(s):

Erector spinae, multifidus, Low Back

Benefits:

Improved stability, functional strength, and injury prevention.

Purpose:

Increase low back strength and muscular endurance



Section 4: Smart Eating for a Healthier Back

How does food affect your body?

The foods that you eat can play a significant role in your recovery from back pain. Maintaining a healthy diet not only can help you keep your weight in check, but it can also provide powerful anti-inflammatory effects.

Anti-Inflammatory Foods:

- Fruits and Proteins, Seeds, Nuts, Spices, Vegetables, Legumes
- Beets, Berries, Broccoli, Carrots, Cherries, Grapes
- Kale, Pomegranate, Sweet, Potatoes, Watermelon
- Black Beans, Cod, Chicken, Herring, Mackerel, Salmon, Sardines, Trout, Tuna, Turkey
- Almonds, Brazil Nuts, Chia Seeds, Flax Seeds, Walnuts
- Basil, Cinnamon, Curcumin, Garlic, Ginger, Oregano, Rosemary, Turmeric
- Calcium, Dark Chocolate, Herbal Tea, Olive Oil, Oolong Tea, White Tea

Smart Anti-Inflammatory Tips:

- Limit your sugar intake.
- Incorporate at least two meals per day focused on anti-inflammatory foods.



Section 5: Smart Sleeping With Back Pain Tips

What is healthy sleep?

When you sleep, your body can rest and recover. Without the proper time to rest and recover, your body will not be able to quickly and effectively overcome your back pain. If you're struggling with back pain, you may notice you're sleeping less, which can turn into a vicious cycle of pain, fatigue, and irritability.

The National Sleep Foundation defines healthy sleep as:

- Fall asleep within 15 minutes of lying down.
- Sleep 7 to 9 hours every 24 hours.
- Sleep continuously without waking up multiple times during the night.
- Wake feeling refreshed, almost like you "reset" from the day before.
- Feel alert and productive throughout the day.

If you are not experiencing all of the above criteria for a healthy night's sleep, you may notice adverse effects on your back and whole body.

How Does Your Sleeping Position Affect Your Back?

Even unhealthy sleepers are likely spending 4, 5, or 6 hours in bed each night. The position you are in during that time can have a significant impact on your back pain.

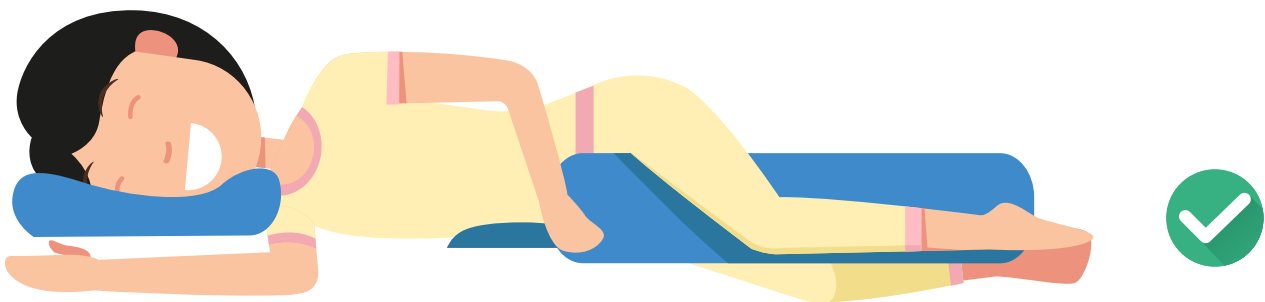
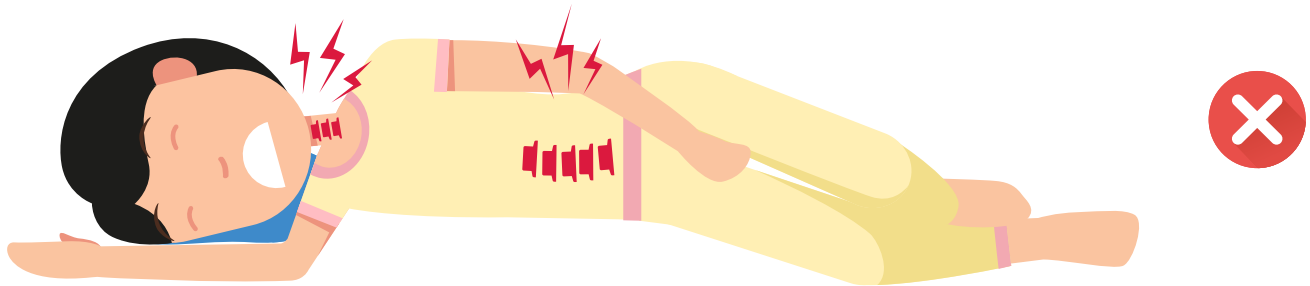
2. Sleeping Positions to Relieve Back Pain

Pillow between Knees:

This position involves sleeping on your side with one to two pillows between your knees. In this position, the pillow between your knees helps keep your spine, hips, and legs in alignment, while the overall position minimizes pressure points. However, it's important to alternate which side you choose to lie on because favoring one side can cause issues such as muscle imbalance.

Knee Lift:

Considered by some to be the best position for back pain relief, this position is simply lying on your back and gently propping your knees up using a pillow. Lying on your back with your knees raised helps evenly distribute your weight across the mattress. This allows for less strain and pressure along with your back's pressure points and maintains your spine's healthy alignment.



What Kind of Mattress Should You Use for Back Pain?

Get a mattress that you like. Everyone is different—some people like soft mattresses, some like hard mattresses. Generally, doctors recommend a medium to firm mattress, but they suggest doing what feels right. Just make sure the bed you choose is comfortable and supportive.

If your mattress is uncomfortable, it is also possible your mattress is getting too old for you. You might need a new one or a better one. Mattress experts say you should upgrade your box spring and mattress every 5 to 8 years.

Next Steps:

This 7 Day Smart Guide to Back Pain Relief should help you start to find relief from back pain by incorporating proven movement, diet, and sleep strategies.

If you haven't yet become part of our health tribe, please visit our Facebook page where each day we post a Daily Dose of Inspiration to help keep you positive and moving forward in your journey.

Back pain doesn't need to control your life. If you have any questions, experienced any set backs during your 7 days, or would like to amplify and accelerate your results, give us a call today!