



# **Fix Back Pain**

**by getting your body back into alignment**

**John Miller**

An ebooklet produced by the  
Musculo-skeletal Fitness Institute  
[www.globalbackcare.com](http://www.globalbackcare.com)

# FIX BACK PAIN



Hi, I'm John Miller. Thanks for downloading this **ebooklet**. It's a very much scaled down version of the **Fix Back Pain** ebook, which extends to 80 pages.

## The causes

What I'm about to give you is firstly information about the likely causes of back pain. I suspect there is more than one cause.

## The exercises

Secondly, I'll show you a selection the key exercises I think you need to do to get you get your body back into a pain-free state.

## The therapy

Thirdly I'll outline a strategy designed to get you back into action as quickly as possible. This strategy will rely on an **intensive** rehab program and the **synergistic effect** of a wide range of modalities and actions you can take. A few percentage points here, a few percentage points there will all mount up toward quickly restoring poor function to good.

Then you'll be pain free.

**Fix Back Pain** is a musculo-skeletal health management program designed to help you

- maintain good musculo-skeletal function, and/or
- restore poor function to good.

If you can get your body back into alignment there's a good chance your pain will go away.

**Fix Back Pain** also contains

- an outline of some of the most common causes of musculo-skeletal dysfunction
- some of the basic principles that underpin good function
- an assessment section where you can gauge your risk of musculo-skeletal dysfunction
- descriptions of some of the key exercises you need to do to get your body back into better alignment.

This book goes beyond the tablet, crème, rub down, ray lamp, crunch, hot pad, electric shock and scalpel.

### \*Crook Back

There will be times in this book where you'll come across the term 'crook back'.

In Australia the word 'crook' is described by the dictionary as 'sick; disabled; bad; inferior; unpleasant.'

A 'crook back' is Aussie-speak for lower back dysfunction. If you've got a crook back you're experiencing lower back pain. Your lower back is not in good shape. The pain is telling you to do something to get your body back into better alignment.

### Fix Back Pain ebooklet

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## PAIN FREE

**The secret** to fixing back pain is getting your body back into alignment. The secret to getting your body back into better alignment is strengthening weak muscles and loosening tight muscles.

The Fix back Pain ebook is designed to provide you with: -

1. clues, insight, awareness and understanding as to what may be causing your musculo-skeletal back pain.
2. a musculo-skeletal risk factor assessment which will provide you information about your musculo-skeletal health and your risk of dysfunction.
3. detailed descriptions of the key strength and flexibility exercise that hundreds of people have used to get themselves back into better alignment and relieve their pain.

Millions of people the world over are experiencing musculo-skeletal pain. From my surveys of corporate groups, over 50% of people are experiencing constant pain. Most have resigned themselves to putting up with this pain for the rest of their life. The treatment they've undergone has not restored poor function to good. In the main that's because the treatments have not addressed the cause of the pain.

With over 40 years experience in the PhysEd and Fitness industries I firmly believe that for 80% of these people there is an 80% chance they can get their musculo-skeletal system back to 80% of good function, if they are diligent.

**Imagine** if you could reduce your back pain by 80%? Well, based on my experience you can, not in all cases, but in a significant proportion.

If you do the right strength and flexibility exercises there is a good chance your body will get back into better alignment and your pain will disappear or be significantly reduced.

As I outline in this book, my back got better when I started to do a selection of the exercises I recommend every night in front of TV for at least an hour, and at the gym during every fitness class I took.

I will always remain indebted to the woman who pointed me in the direction of the Egoscue Clinic in San Diego. Until I became acquainted with the work of Pete Egoscue, through his book 'Pain Free' and his clinic in San Diego - I didn't have a real appreciation of the causes and treatment of musculo-skeletal dysfunction.

It was from Pete Egoscue that I learnt the two basic principles of musculo-skeletal dysfunction upon which this book is based:

- bones do what muscles tell them to do, and
- the cause of the pain is rarely at the site of the pain, trauma excepted.

Three key principles of my own are

- it's a big ask in our culture expecting to stay healthy without keeping yourself fit
- it's a big ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.
- musculo-skeletal dysfunction is a fitness problem, not a medical problem. You can't treat a fitness problem with a medical solution.

*John Miller*

November 2010

## PREFACE

First let me lay out my credentials. I started my professional career as a physical education teacher and now earn my living as an author, public speaker and corporate health seminar presenter in the field of occupational health, fitness and wellbeing. My most popular program is the CrookBack Clinic based on the principles outlined in this ebook. I used to run a fitness centre, I've had a crook back and Achilles tendonitis.

My work is directed toward inspiring and motivating people to keep themselves fit and healthy to the best of their ability, and encouraging them to open the doors of perception about what they can do to keep themselves in good shape.

To this extent I'm a critic of junk medicine; that is, medical practice that is based on selective-evidence and in which pharmaceuticals designed to mask symptoms are the most common form of prescription. This type of medicine has narrowed the perception of how fit and healthy you can be and narrowed the selection of recommended options for fixing yourself up, if and when any of your body systems become dysfunctional.

It is a general perception within our society that as we get older we can expect, as a matter of course to become prematurely unhealthier and more dysfunctional, as though we have no control over the matter. But we don't lose mobility and function because we get older, we lose mobility and function because we don't keep ourselves in good shape. Use it or lose it! Most people should be able to keep themselves in reasonable nick until they're well in to their 70's or 80's.

What's happening in our culture is that people are becoming older younger. They might be living longer, but the quality of their lives is diminished.

Leaving all that to one side you have bought this book because of a particular type of musculo-skeletal dysfunction. I hold the optimistic belief that by doing the exercises recommended in this book there's a good chance you'll be able to restore poor function to good and significantly reduce your pain or become pain free.

The books by medicos usually start by suggesting you go over to the chemist for a packet of anti-inflammatory tablets, then go home, lie on your bed and bring your knees up to your chest.

You then get sent to the radiologist for an X-Ray but the report that comes back doesn't give either your doctor or yourself a clue as to what's causing the pain.

This is the sort of gobbledegook that the radiologist will send back with the X-rays.

*' ... there is a central disc protrusion with a focal annular tear ... facet joint arthropathy and ligamentum flavum hypertrophy ... there is a disc bulge which is paracentral to the left side and extended in to the foramen and far laterally ... there is mild crowding of the cauda equine ... there is no evidence of spinal canal stenosis ...*

The radiologist will not write down an opinion as to the cause of the focal, annular tear, the facet joint arthropathy, ligamentum flavum hypertrophy, the crowding of the cauda equine ... That's not a radiologist's job, it's the doctor's job.

The great tragedy in all of this is that the doctor doesn't have a clue either as to the cause of the focal, annular tear, the facet joint arthropathy, ligamentum flavum hypertrophy, the crowding of the cauda equine ... Not to put too fine a point on it, the doctor doesn't know how to diagnose the cause of back pain, other than to say the pain is caused by the herniated disc. You're wasting your time and your money even going there.

So, the doctor will read the radiologist's report, nod his or her head, roll their eyes, grab the pad and send you over to the chemist. They know that you want immediate pain relief and that this is the quickest way to provide it. You're into the junk medical loop, where drugs are used to mask symptoms and not restore poor function to good. Maybe they'll suggest you go to the physio. Rarely, if ever will you be sent to the gym. In the meantime you sneak in a few visits to the chiro on the side, thinking a quick crunch is the quickest way to get you all squared up and pain free.

When that doesn't work you get sent to the surgeon. It's just a hugely expensive and time-consuming rigmarole.

The surgeon doesn't treat the cause of the pain. All they'll do is dice the disc, stitch you up, ask you to 'press credit or savings and key in your PIN' and send you home. They won't even ring to ask you how you're going. In fact, it's usually the case that no-one in this long and expensive medical chain has identified the likely cause of the pain. They're all focused on the spot where it's painful. As a rule of thumb, steer clear of anyone who can't identify the likely cause of your pain.

### ARE YOU READY FOR A BREAKTHROUGH OR MORE OF THE SAME?

**Fix Back Pain** is a musculo-skeletal health management program designed to give you insight into what has caused your musculo-skeletal system to become dysfunctional and to provide you with some of the key exercises you need to do to keep your back, neck and shoulders in good shape.

If you do the exercises outlined in this book on a regular and systematic basis, you can expect a dramatic improvement in your musculo-skeletal status.

The exercises have been developed as an integral part of the CrookBack Clinic program for fitness centres and corporate organisations.

### THE DISTINCTION

From the outset it's important to make a number of distinctions: -

- between pain caused in the twinkling of an eye by a traumatic incident/accident and pain which is personally generated over a long period of time.

People are much more likely to experience pain due to personally-generated misalignment than they are due to accidental injury. Back pain seems to fall into this category. Feet, legs and hips that are out of alignment appear to be the likely causes.

- between the pain and the problem. The pain is not the problem. The pain is a symptom of the problem.
- between injury and dysfunction. Injuries are caused by events that are external to us - falls, accidents ... The dysfunctions are caused by misalignment and a lack of strength and flexibility.
- between prehab and rehab. If you have a regular and systematic strength and flexibility training program there is a good chance that you can avoid the pain that comes with musculo-skeletal dysfunction. Generally speaking, if you are experiencing pain, then a good strength and flexibility training program is the key to restoring poor function to good.
- between what you can do for yourself and what others can do for you. Therapy may speed up the rehab process but it won't take the place of the exercises you need to do for yourself. It's usually a big ask expecting to get better just having someone do something to you.
- between cure and palliation. A hot pad may temporarily relieve pain but it won't get you back into better alignment.
- between 'health' and 'medicine'. Musculo-skeletal dysfunction is not a medical condition. Trying to solve it with a medical solution is another big ask. As likely as not, the medical solution will not deal with the cause of the problem.

# THE EPIDEMIC OF MUSCULO-SKELETAL DYSFUNCTION

Musculo-skeletal dysfunction has reached epidemic proportions in communities around the world.

The number of people with crook backs, stiff necks, frozen shoulders, bung hips, game legs, dicky knees and wrist pain is legion. The honour roll of people with artificial hips and knees, replaced in the main with the assistance of a subsidy extracted from tax-payers pockets is becoming longer and longer by the day. This public subsidy for the treatment of privately generated body system dysfunctions is horrendous. It threatens to bankrupt our governments.

When looking for causes, bad luck is regularly tagged as the usual suspect. The real causes, poor posture, lack of strength and flexibility or poor diet are usually overlooked.

The diagnostic regimes (X-rays and MRIs) are expensive and often of doubtful value, rarely providing information about the cause of the dysfunction or what to do about it. For the most part a look in the mirror, a photograph or video clip would provide more information about the cause of the dysfunction.

The most frequently prescribed treatment is an anti-inflammatory tablet, a hot wheat bag, a lie down, bringing your knees up to your chest, a rub down, a crunch or electric shock therapy under the influence of a manipulative therapist.

As these treatment regimes wear on, often with little effect, they regularly lead to prolonged and expensive treatments and eventually mutilation where a piece of cartilage or disc is given a shave: treatment no doubt, but not designed to restore the body to its designed state of function.

It is treatment based on an inadequate diagnosis of the cause of the dysfunction, which leads on to more dysfunction, not less, and to greater rather than reduced dependence on the medical system.

For instance, osteoarthritis is the inflammation caused when bones that are out of alignment rub against each other. Both the Arthritis Association and the National Health and Medical Research Council believe it comes out of the blue. Hello! Ask any mechanic what happens to bearings when they are out of alignment!

In other cases arthritis may be related to poor diet. It is certainly not a lack of Vioxx, Celebrex or heat!

If you are suffering from musculo-skeletal pain, the good news is that *with a few exceptions*, the right amount of the right exercise, coupled with the right diet will go a long way toward restoring poor function to good function and relieving your pain - particularly if you can catch the problem in its early stages.

I usually work on the Pareto principle, the 80:20 rule. By this I mean that for 80% of people, 80% of musculo-skeletal dysfunction is eminently fixable, to the point where function is restored to 80% of normal, providing you work at it.

For some people, starting a general strength and conditioning program is sufficient to restore musculo-skeletal function to normal. If you're lucky the dysfunction can disappear almost overnight.

For others it may take a few short weeks or months.

Some people need even more time than that, with a more specific program to strengthen, loosen and realign their bodies.

As for the time it takes to get back in alignment, it may be related to the time it's taken for the dysfunction to appear. Unlike a sprained ankle, which happens in the twinkling of an eye, a crook back can take 20 years to develop. Whilst it will take less than that to fix it up, it may take months rather than days or weeks.

If you fall into the 20%, where a general fitness and a specific strength and flexibility program don't work, at least you know you did your best before you resigned yourself to either long term chronic dysfunction or a more radical medical solution.

# PRINCIPLES OF MUSCULO-SKELETAL DYSFUNCTION

### MILLER'S LAW - of musculo-skeletal dysfunction

A body in alignment stays in alignment unless acted upon by a force. When it comes to musculo-skeletal dysfunction the force that takes bones out of alignment is very subtle, so subtle that over the years and decades you don't even know it's happening.

My approach to musculo-skeletal dysfunction rests on the following assumptions.

- Muscles cause bones to move out of alignment. That's the bad news. The good news is that muscles can be retrained to move bones back into alignment – just start doing the right strength and flexibility exercises.
- The cause of the pain is rarely at the site of the pain (trauma excepted), so the rub down, crunch, hot pad and a snip at the spot where it hurts doesn't treat the cause of the problem.
- Every dysfunction has a **cause**. Find the cause and treat it and you're likely to fix the dysfunction. Musculo-skeletal dysfunction rarely comes 'out of the blue'. It's asking a bit too much to keep blaming bad luck. There is a cause.
- If you can't find the cause, your search for the cure is likely to be fruitless.
- It's a big ask expecting your body to get better by having someone do something to you. Soon or later you have to do something to yourself - like the exercises, which strengthen, loosen and bring the body back into better alignment.
- Musculo-skeletal dysfunction is a fitness problem.
- You can't solve a fitness problem with a medical solution.
- If a fitness problem becomes a medical problem then it needs to be solved with a medical solution.
- Musculo-skeletal dysfunction is eminently fixable - particularly if you catch it early enough. If you catch it too late then you may need a medical fix. One is cheap and simple, the other expensive and complicated.
- Drugs to mask the pain do nothing to get bones back into better alignment.
- You can't out source your own strength and flexibility training program.
- To crunch bones back into better alignment misses the point. Whilst a quick crunch may realign the bones, the muscles will pull them back out of alignment again, necessitating another crunch. This is nice work if you can get it, but it doesn't treat the cause of the problem.
- Musculo-skeletal dysfunction goes with a body that is generally in poor condition. For many people a good physical conditioning program, one which includes the aerobic, strength and flexibility elements of fitness will restore function to normal in a short period of time.
- Musculo-skeletal dysfunction goes with a body that's 20 or more Kg over weight.
- If you can't work out the cause yourself, and it is often difficult to analyse your own posture, go to someone who can, someone who has a good eye for spotting misalignment, someone who can give you a thorough postural assessment. This may be a masseur, yoga teacher, physiotherapist, osteopath, fitness practitioner, physical educator, doctor ..., but certainly make sure it is someone who has a good reputation in the field of postural analysis.
- Most big problems start of as small problems that *you* don't address.
- The most likely cause is **misuse** of one sort or another, usually over a long period of time. If you've spent 20 or more years sitting down at a desk all day in the slump dog position and don't have a regular and systematic strength, flexibility and postural alignment program you can be certain that you're on the way to musculo-skeletal dysfunction; that's if you don't already have it.
- Getting someone to give you an anti-inflammatory tablet and a rub down might give you a warm feeling under your singlet for a couple of days but it won't provide the long term fix which comes with strengthening and loosening the muscles that are designed to keep your body in correct alignment.

## FIX BACK PAIN

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- Bones do what muscles tell them to do. If you have joint pain, the pain is telling you that the muscles designed to keep that joint in correct alignment are not doing their job properly. Some of those muscles are far removed from where the pain is.
- The pain is telling you to realign your bones.
- Treat joint and muscle pain as a **symptom** of dysfunction not a cause.
- The body acts as a unit and dysfunction in one area may lead to dysfunction in another area. For instance, wrist pain may come from a shoulder dysfunction, which in turn may come from a pelvis dysfunction which in turn may come from tight hamstrings or feet that are out of alignment.
- The cause of the pain is rarely at the site of the pain (trauma excepted).
  - A pelvis that is tilted back, twisted and higher on one side than the other will most likely contribute to lower back, shoulder and neck dysfunction.
  - A misaligned pelvis and feet that are not square will contribute to knee pain.
  - Tight calves, hamstrings and buttocks will alter the alignment of your pelvis. If one side is tighter than the other your pelvis will tilt, twist and move out of horizontal alignment. The collateral damage is a crook back, stiff neck and a bung hip. As bones get dragged out of alignment, you feel the pinch in ligaments tendons and muscles in your lower back. Discs herniated and press into your spinal column and interrupt the signal going down your sciatic nerve.
- Most people have slight postural imperfections, which end up causing pain in other parts of their body. You can spot these imperfections quite easily;
  - feet splayed out
  - heels leaning in
  - knees knocked in or out
  - bandy legs
  - hamstring and buttock on one side tighter than on the other side
  - one shoulder lower than the other
  - backs of the hands facing forwards in the gorilla posture ...
- Postural imperfections are magnified and exacerbated by such things as slouching over the computer, holding the phone between ear and shoulder, and by hand and foot dominance in the sports most regularly played. For many men, placing their wallet in the right back pocket of their trousers twists their pelvis every time they sit down. After 20 years they're permanently twisted and wonder why they've got a crook back. The last thing you want is a therapist getting their hands on your wallet!
- An X-ray and an MRI scan are probably less useful tools for the diagnosis of the cause of your dysfunction than the eyes, the hands and a camera. The latter is more likely to provide you with graphic illustration of the nature of your dysfunction. You can send photographs of yourself in various postures to the Global Back Care website and have us provide you clues as to the cause of your dysfunction.
- It's not the chair, it's how you sit in it. Once you habitually change the natural 'S' shaped curve of your spine into an habitual 'C' shape curve you're setting yourself up for lower back, neck and shoulder pain.
- If muscles are not getting stronger they're getting weaker. If they're not getting looser they're getting tighter. People without a regular and systematic strength and flexibility training program are setting themselves up for musculo-skeletal dysfunction.
- Don't ask what your therapist can do for you; ask what you can do for yourself.
- Don't leave it to a therapist to take full responsibility for your dysfunction. If you do something to yourself, like strengthening, stretching and managing your posture better, there is a good chance you'll restore poor function to good.
- Therapy helps speed up the rehab process but it doesn't take the place of the things you need to do for yourself.
- You're wasting your time going to therapists who don't do their level best to determine the likely cause of your dysfunction and who don't attempt to affect a cure. Whether you're into masochism or touchy-feely, it's an expensive exercise.
- An anti-inflammatory and a muscle relaxant are unlikely to cure your dysfunction!

## FIX BACK PAIN

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- Some therapies when used on their own only provide temporary relief from the symptoms and are not aimed at fixing the underlying cause of the dysfunction.
- It is poor form for someone to do something to you without giving you some insight as to what has caused your dysfunction and without supplying you with exercises to go with the therapy.
- It is an advanced case of stupidity not to do the exercises that a good therapist provides.
- Stretching is necessary but not sufficient. You need to strengthen the muscles which support your body in correct alignment, with specific strength exercises as well as the general exercises that come as part of a regular and systematic strength training program.
- Nutritional supplementation may make a significant contribution to easing joint and muscle pain. I've heard reports about glucosamine, chondroitin sulphate, brassica juncea, green mussels and vitamin B5.
- There is a synergistic effect when it comes to restoring poor function to good. Use a wide range of modalities, regularly and intensively to speed up the rehabilitation process. Most people spend less time in two years than an elite athlete would spend in two weeks. That's why they never get better.
- Stacking a range of modalities up one on top of the other and increasing the intensity of the rehab process may speed up the recovery process. This is what sports people do to get better quickly. We call it our Formula 1 Rehab program.
- If you're on workers compensation for musculo-skeletal dysfunction, treat the rehabilitation process as a full time job. If you're used to spending eight hours at work, spend eight hours doing what athletes do to get better quicker.

*The other good news is that you can do most of the rehabilitation yourself. Phase by less painful phase you can steer yourself back out of the maze where you have been stumbling about for so long.*

**Sarah Keys: Back Sufferers' Bible**

## THE RESEARCH

### WHAT CAUSES LOW BACK PAIN?

On its website, the National Health and Medical Research Council says;

*'In around 95% of cases it is not possible to pinpoint the cause of the pain. However, it is not necessary to know the specific cause in order to manage the pain effectively.'*

That's bunkum. In many instances it is possible to pinpoint the cause of the pain. You've just got to know where to look. It is unlikely to be at the site of the pain.

On its website, Arthritis Australia says;

*'There are many joints, muscles and other structures in the back that can cause pain. In most cases it is not even possible to find a cause of the pain. It can be worrying not knowing exactly what is wrong. The good news is that research shows you do not need to know the exact cause of the pain to be able to deal with it successfully.'*

Well that's bunkum too. If you don't have a fair idea of the cause how can you target the treatment? I'm presuming that 'to deal with it successfully' means to take a pain killer. Pain removed!

### RISK FACTOR SCORES RELATED TO CURRENT CONDITION

In 2007 - 08 I conducted a survey of 953 people, each of whom completed the Musculo-skeletal Risk Factor Profile (see page 44). The results show that if you have a strength and flexibility training program and you're close to your ideal weight, the chance of succumbing to musculo-skeletal dysfunction is dramatically reduced.

Only 30 people (.3%) gave themselves a score of 10/10 for the current status of their musculo-skeletal system. This is an exceptionally low number of people and says something about the poor musculo-skeletal health of the Australian community. Their average score on the risk factor profile was 73.

People in pain - the 54% scoring 5/10 or less on the risk factor profile - average score 45.

The 15% of people in severe pain, scoring 0/10 for current condition - average score 26.

### STRENGTH AND FLEXIBILITY TRAINING PROGRAM

Only 5% of people had a reasonable **strength and flexibility training program**.

### BODY COMPOSITION

Being more than 15Kg over weight is a good predictor of future musculo-skeletal dysfunction.

### IN A NUTSHELL

There is a compelling reason for everyone to have a regular and systematic strength and flexibility training program; utterly compelling. If they did, doctors, physios and chiro's would be sitting around twiddling their thumbs, playing golf on Wednesday and knocking off early on Friday.

Any workplace that doesn't implement a strength and flexibility training program for all staff is leaving itself wide open to workers compensation claims. 10 minute a day is all it takes to save hundreds of thousands of dollars.

*Keeping fit and healthy is an investment .Therapy is a cost.*

## 8. CAUSES OF LOWER BACK PAIN

### THE PELVIS - foundation of back, hip, neck and shoulder pain

If your pelvis is out of alignment it's highly likely that the bones up above and below it will be out of alignment.



Ideal position of the pelvis.



Pelvis tilted too far forward, increasing the hollow in lumbar spine and putting pressure on the vertebrae above it.



Pelvis tilted too far back, putting pressure on the vertebrae above it.

In the sit down, don't exercise, motion-starved society it's the third scenario, pelvis tilted too far back that is the cause of a high proportion of back, hip, neck and shoulder pain.

You can see the effect in these diagrams of a pelvis that tilts back, rotates and drops on one side.



'S'-shaped spinal curve turned into a 'C' shape



Gorilla position; pelvis tilted back, causing rounded shoulders and forward-facing knuckles.



Pelvis with one side lower than the other and rotated - the sign being that one hand is further to the front of the body than the other.



Uneven weight distribution. One side bearing more weight than the other.



An inability to sit up straight due to tight hamstring muscles.



An inability to sit up straight due to tight buttock muscles. Note the 'C' shaped curvature of the spine.



An inability to rest your foot and knee comfortably on the floor

When the pelvis tilts back, drops on one side and rotates you will probably experience pain. If you're not experiencing pain then it's a sure bet that sooner or late you will, as the misalignment gets progressively worse. Also the misalignment predisposes you to injuries doing the simple tasks that a person with good strength and good body alignment should be able to do with ease.

# FIX BACK PAIN

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## THEORY OF COLLATERAL DAMAGE

There's a high likelihood that the pain you're experiencing in one part of your body is actually due to collateral damage, caused by the action of muscles somewhere else in the body.

It's the positioning of the pelvis that seems to be a major contributor to collateral damage experienced in the lower back, shoulders and neck. Once the pelvis moves, the bones above it are likely to move. (The bones below it will probably move too and you may end up with hip and knee pain and perhaps persistent pulling of muscles in your thighs and lower leg.

Where does most of the tightness come from? It comes principally from **motion starvation**, in particular sitting down without a strength and flexibility training program.

Muscles, particularly calf, hamstring and buttock, become tight and weak. Bones are moved out of alignment. Muscles on one side are usually tighter than muscles on the other side, hence, as well as pulling you pelvis down and back, it rotates and drops on one side.

That it should come to this; your muscles are neither strong enough nor flexible enough to keep your body in correct alignment.

## WHO CAN YOU BLAME?

- blame tight calf, hamstring and buttock muscles - absolutely
- blame a weak musculo-skeletal ecosystem - definitely
- blame motion starvation? - you betcha
- blame sitting down - unequivocally
- under-use and immobility in older-aged adults - definitely
- blame poor alignment? - categorically
- blame work? - hardly
- blame overuse? - on the contrary
- blame the chair? - doubtful
- blame the equipment? - unfairly
- blame your food? - maybe
- blame your stress? - sure can
- blame your weight? - yessiree

## THE ROLE OF THERAPY

Therapy may speed up the rehab process but it won't take the place of that which you need to do for yourself.

If you do the right strength and flexibility exercises for your dysfunction, I reckon the therapy will count for 20% of your recovery. The strength and flexibility exercises will count for the other 80%.

By all means use every therapeutic trick in the book. There is a list of modalities on the next page. All have their strong points. Use whatever modality you can to speed up the rehab process - but don't expect to get and stay better without doing something to yourself.



Pelvis tilts, drops and rotates; bones above it move out of alignment.

## FORMULA 1 REHAB

Just as the technology developed in Formula 1 motor sport filters down to ordinary motor cars, so the rehabilitation of musculo-skeletal injuries benefits from the spin off from sports medicine, particularly in dramatically reducing the time for injuries to heal.

As well as what you can do for yourself, various therapeutic modalities, when used intensively will speed up the rehab process. Keep in mind though that what works for one person may not work for someone else. Some modalities will work wonders, others may be useless. You may need to experiment.

Taking the therapeutic route can be an expensive process. On the other hand a regular and systematic strength and flexibility program requires only a small amount of your time each day and may have a dramatic impact on musculo-skeletal function.

I frequently see people with musculo-skeletal dysfunction who have spent less time in a couple of years working on a systematic and intensive rehabilitation program than an elite athlete would spend in a couple of days.

It's my belief that if you're off work with musculo-skeletal dysfunction, your rehab program needs to be treated like a full time job. Lolling around waiting for something to get better is not a sensible rehabilitation strategy.

The Formula 1 Rehabilitation barometer contains a range of modalities, which can be banked up one after the other for hours at a time as a means of speeding up the rehabilitation process. However, the most important ones are those at the bottom of the barometer, the ones you can do for yourself.

Sports people can spend up to eight or more hours a day doing churning through the different modalities so they can get back on the playing field in the shortest possible time. You can do the same thing. You owe it to yourself to restore musculo-skeletal dysfunction to good function in the quickest possible time.

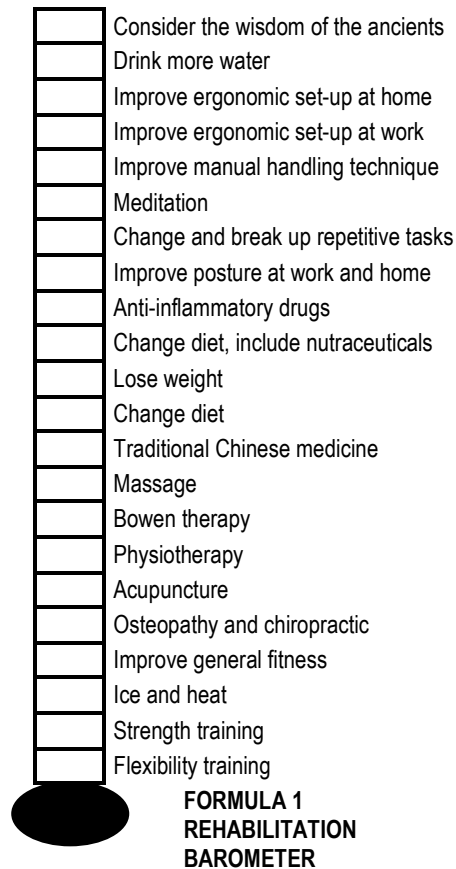
I suggest you adopt the same approach to fixing your body as you do for fixing your car. Spend some time, effort and money keeping it in good shape! And when it breaks down, do the things you have to do to fix it up quickly.

And just as you wouldn't think that a quick paint job was the best treatment for a spot of rust on your car, don't think that an anti-inflammatory, a hot wheat bag, a rub down, the ray lamp and a spinal crunch every three weeks is sufficient for your body!

### TIME AND INTENSITY OF TREATMENT

I frequently see people with musculo-skeletal dysfunction who have spent less time in a couple of years working on a systematic and intensive rehabilitation program than an elite athlete would spend in a couple of days. Lolling around waiting for something to get better is not a sensible rehabilitation strategy.

I saw one person with a crook back who had spent two years lying on a couch (and by the look of him eating Delta Cremes) and going to a physio twice a week and wondered why his back hadn't got better. No strength training, no flexibility training, nothing - and the insurance company kept paying. You couldn't run a Premier League football club that way.

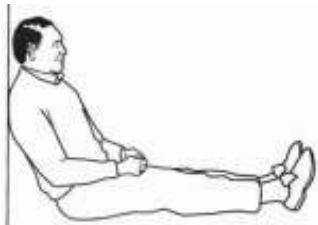


## LOOKING FOR CLUES

If the cause of the pain is rarely at the site of the pain how do you find out where the cause is? If you purchase the Fix Back Pain ebook I'll show you. If you sign up for the Back Pain Diagnostic Service I'll show you exactly what the likely cause(s) is.



Here's a clue



Here's another one

And there's plenty more.

### **THE BACK PAIN PRESCRIPTION - things change when you change**

So, if you were to ask me, 'What you can I do to eliminate my back pain?' my response would be to

1. Take responsibility for the cause. If it was caused by a traumatic event I'll take that back.

On the other hand, I see lots of people with crook backs that were caused by a traumatic event that happened over 20 years ago. When I give them the once over I can see that tight and weak muscles are preventing them from getting better. I see that therapy hasn't achieved its desired aim.

2. Take responsibility for the treatment. If, over the years, therapy hasn't done much to restore poor function to good, start doing something for yourself.

## BACK PAIN EXERCISE SYSTEM

If you purchase a copy of the **Fix Back Pain ebook** I won't just give you a few random exercises, I'll provide you with a back pain exercise system designed to get your body back into alignment.

But in there here and now, here is a selection of the key exercises you need to get back in alignment. Do that and there's a good chance your pain will go away. I've included a couple of strength exercises. If your muscles are not strong enough to support your skeleton you'll be in all sorts of strife.

Treat your back pain as the indicator of how well your body is aligned, of how strong and flexible it is.

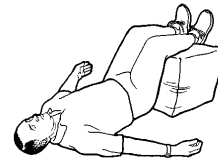
The exercises in the **Fix back Pain ebook** are designed principally for people who have gradually let muscles pull bones out of alignment. If you are experiencing lingering back pain from a traumatic incident, your lack of progress toward recovery may be being impeded by a body that is generally out of alignment and lacking in strength and flexibility.

I see this a lot. Someone with a crook back says it was caused by an accident that happened 20 years ago. I check them out and find they're tight and weak. No wonder they're not getting better. A rub down and a crunch every second week hasn't restored poor function to good. Time to start exercising.

### Static back – 20 minutes

This is the most comfortable position for anyone with a crook lower back. It lets the muscles supporting the hips relax and takes pressure off the lumbar spine.

Lie in this position for 20 minutes or more.



### Supine groin stretch – 20 minutes each side

Like the back rest exercise, this one helps to relax the muscles which keep pelvis and back in correct alignment.

Lie with one leg comfortably on a block or chair, the other extended on the floor. Have a smaller block in place to stop the foot of the lower leg from turning out. Lie in this position for 20 minutes or more.



You may notice the sides are different, which suggests that pelvis is twisted. Gradually, over the days, the weeks and the months, this exercise will help relax the muscles that are pulling your pelvis out of alignment; it will get you back into better alignment; pressure will come off your lumbar spine; pain will go away.

### Hip crossover – 40 minutes

This is a five star exercise for anyone with a crook back. It mobilizes the hip, groin and lower back.

Start with the heel of the right foot up toward the top of the left knee. Relax abdomen and lumbar spine and push the right knee further way from you. Then drop the right foot and left knee (together) onto the floor on the left side of your body. Repeat on the other side



Gradually push the right knee further away from you.

You might find the sides are different, suggestive of a pelvis that's out of alignment. Gradually, over the weeks and the months, this exercise will help get the pelvis back into better alignment.

Build up to 5 minutes one side, then five minutes the other side for 40 minutes.

If you can't get one of the feet on the ground because it's too uncomfortable, let the foot rest on a pile of books. Keep changing the side over every five minutes. As the hip loosens off, gradually keep taking the books away. There's a good chance that after 40 minutes the hip will have loosened up enough for the foot to rest on the floor.

## STRENGTH TRAINING PROGRAM AT HOME

The beauty of these exercises is that you can do them anywhere, any time, at home or at work, without expensive equipment. It's imperative that you do them - either to restore poor function to good, or to stay in good musculo-skeletal shape.

I find that it is not a difficult assignment to slip into a routine where you do a few strength exercises either as part of your morning exercise routine, or just before you go to bed.

For the strength exercises you might have to build up to it gradually by doing a minute's worth (or less) of exercise in small doses. (For instance, spacing 40 sit-ups out over five sets of 12, 10, 8, 6 and 4 repetitions will add up to a good minute's worth of activity. Sooner or later you'll be able to do 40 on the trot.)

### UPPER BODY STRENGTH

#### Pushups on the toes

King of core strength, plus arm and shoulder strengthening exercises.

The 'men's' pushup. Starting position: fingers forward, thumbs shoulder width apart and body straight. Lower body to the floor so the front of the trouser; shirt and nose almost touch the floor. Then push up. Aim for 25 in 30 seconds. When you can do 50, report back! This is an exercise you need to do at least every second day.



#### Pushups on knees

Queen of shoulder strengthening exercises.

The 'women's' pushup\*. Starting position: fingers forward, thumbs shoulder width apart, lower part of the body resting on the front of your thigh, not your kneecaps and body straight.



Keep the knees, bottom and shoulders in a straight line. Lower body to the floor so the front of the trouser; shirt and nose almost touch the floor. Then push up. Aim for 25 in 30 seconds. When you can do 40, report back! This is an exercise you need to do at least every second day.

### ABDOMINAL STRENGTH - situps in a variety of positions

Crook backs go with weak muscles down the front of your body.

#### Situps without feet held

The starting position is with your feet flat, shoulder width apart, knees bent at 90 degrees and arms extended with hands resting on the upper part of the thigh.

Sit up so that your fingers get to about the bottom of your kneecap. Build up to doing a minute's worth on the trot.



## STRENGTH TRAINING PROGRAM AT THE GYM

If you have any sort of musculo-skeletal dysfunction you need a good, all round general strength training program in the gym. It's an indispensable part of a good musculo-skeletal health program. Over the weeks and months, lift by lift your body will become stronger and more capable of doing every day tasks without breaking down. The gym program is the foundation on which is build specific exercises for particular body parts.

## BOOKS, GISMOS AND GADGETS

### BOOKS

If you go to the bookstore at <http://www.fitandhealthyonline.com/backpainbooks> you'll find a selection of musculo-skeletal books which come with my recommendation.

#### **Pain Free**

Pete Egoscue

This is the best book I've read about the causes and treatment of musculo-skeletal dysfunction. If you've got a crook back, stiff neck, 'cold' shoulder, bung hip, gamy leg, dicky knee or RSI, this book is a must.

I've been to Egoscue's clinic in San Diego as a paying client and I've been standing on his shoulders ever since. I do his exercises regularly and in the last year my back has gone from 10/100 to 95/100, (on a scale in which 1 is wretched and 100 is absolutely fantastic.)

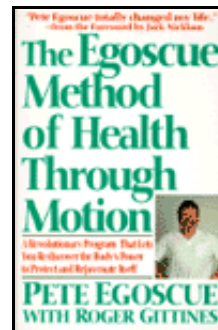


Click

#### **The Egoscue Method of Health Through Motion**

Pete Egoscue

The usefulness of the book is in the descriptions and illustrations of various types of misalignment and the exercises to correct them. You'll be amazed at what you see in the mirror after you've read this book! You'll be amazed at how useless an x-ray and the radiologists commentary is! Why useless? - because they don't tell you the likely cause of your dysfunction. They just tell you you have one (and you already know that, your back aches).

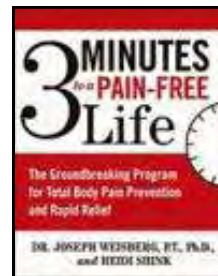


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#### **3 Minutes to a Pain Free Life'**

Joseph Weisberg.

Joseph Weisberg, MD, introduces 6 exercises that he believes you need to do for 230 seconds a day to attain a musculo-skeletal pain free state.

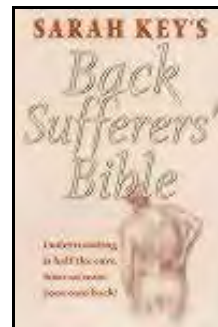


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Sarah Key's *Back Sufferer's Bible* is a thoughtful piece of work from a well known, practicing physiotherapist.

The gospel according the Sarah Keys? Segmental stiffness, muscle spasm, spinal compression. Fix that and you've fixed your crook back.

Seen through the eyes of the physiotherapist this is a good book. It contains good explanations of a variety of back complaints, including the stiff spinal segment, facet joint arthropathy, acute locked back, prolapsed disc and segmental instability.



Click

I've reviewed each of the books on the website and thoroughly recommend them.

# FIX BACK PAIN

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## GADGETS

### RELAXATION MAT

If you're going to be spending a lot of time lying on the floor you at least want to be comfortable.



### SACRO WEDGY - [www.sacrowedgy.com](http://www.sacrowedgy.com)

By lying on the Sacro Wedgy for 10 - 20 minutes you'll relax the muscles around the pelvis thereby bringing the sacrum back alignment.



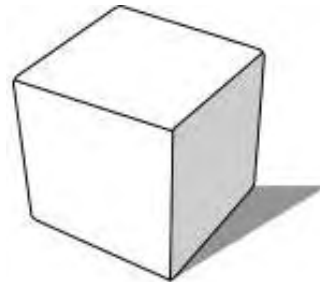
The sacrum is, according to a number of theories the keystone of your anatomy. Like any arch, if the keystone is out of alignment, the arch is at risk of collapsing.

The Sacro Wedgy has been found to be helpful in chronic back pain, knee and heel pain, ilio/tibial band pain, hip and groin pain

The most indispensable piece of equipment for getting your body back in alignment is the bolster.

You will have noticed it being used in many of the exercises, both legs up in static back, one leg up in supine groin stretch and several other hip exercises.

I bought mine from Freedom Furniture.



### ACTION STRATEGIES FOR A HEALTHY MUSCULO-SKELETAL SYSTEM

As a result of reading this ebooklet:

- What are you going to do?
- When are you going to do it?
- Who are you going to do it with?
- How long are you going to do it for?

Ask yourself this question; 'do I want to get better?'



### THE LAST WORD - synergy

Fixing up your back dysfunction may take some time.

It is highly likely that you will get better quicker because of the synergistic effect of doing a variety of exercises.

Do as many of the things I've recommended as you can, as often as you can, for as long as you can and you'll speed up the rehab process.

Once the pain is gone, keep doing whatever it is you need to do to stop the pain from coming back.

Churn through the rehab modalities. Follow the lead of the Formula 1 Rehab barometer.

Remember that therapy speeds up the rehab process - but doesn't take the place of that which you need to do for yourself.

If you are going to attain and then maintain good musculo-skeletal health, I believe it is imperative that you have a good, general strength conditioning and flexibility training program.

Being overweight dramatically decreases your mobility and increases your risk of musculo-skeletal dysfunction, so trim down to within 10 Kg of your ideal weight.

They say that when it's all said and done there's a lot more said than done. If that's the case expect your back pain to linger on.

They also say that once the pain goes away, most people stop doing the strength and flexibility exercises. Silly.

So stick with it.

Nothing in the world can take the place of persistence.



### THE STICK



Click

The Stick<sup>®</sup> is designed to treat muscles in various parts of the body. It is an essential aid for the treatment of Achilles tendonitis, calf and shin pain.

The purpose of The Stick<sup>®</sup> is to relieve tightness, increase flexibility, enhance blood flow, and to break up trigger points.

Clinical research on the product began in 1989 and two years later The Stick<sup>®</sup> was introduced to healthcare professionals and athletes. The Stick<sup>®</sup> was selected as an official training device at the 1996 U.S. Olympic Trials for track and field. Since then, it has been used as a training tool by athletes at the U.S. training centers in Colorado Springs, Colo., Lake Placid, N.Y., Marquette, Mich. and Chula Vista, Calif.

The Stick<sup>®</sup> is an effective device for relieving overworked and overstressed muscles. That's why it's an essential part of the athletic kit for any sports person, particularly those who uses their legs to propel themselves forward.

Many accolades have come from coaches and sports celebrities. Los Angeles Lakers' coach Phil Jackson said, 'I would recommend The Stick<sup>®</sup> to all athletes.'

Norm Miller, stretching coach for the U.S. bobsled team commented, 'This simple Stick concept will change the future of sports by allowing the athlete to train harder and more frequently.'

The most resounding endorsement came from the pen of Bob Anderson, author of the best-selling book 'Stretching,' who said, 'The Stick<sup>®</sup> is the only body tool I have ever recommended for use on the calf of an elite athlete.'

If it's good enough for a professional athlete, shouldn't it be good enough for the average runner and sports person? Yep, it sure is.

For more information on **The Stick<sup>®</sup>**, go to

<http://www.globalbackcare.com/back-pain-relief-products/>

### NUBAX®



The Nubax® Trio is a portable traction device that can be used safely, easily and effectively in your home.

Made in Perth and endorsed by the Department of Human Movement Studies at the University of WA, the Nubax® Trio provides you with spinal decompression in a way that is simpler, safer and more comfortable than hanging upside down.

The Nubax® Trio:

- helps relieve lower back pain by freeing up the vertebrae and taking pressure off the discs
- enables users to apply traction to the spine under their own control, wherever and whenever they need it]
- provides a credible alternative to intermittent traction
- applies a gentle but strong static traction force
- maintains a correctly aligned spine while the stretch is applied between the shoulders and the pelvis.

Click here [to find out how you can get your hands on this extremely useful piece of equipment.](#)

**Nubax®** is the first product we've recommended to help speed up the back pain rehab process and restore poor function to good.

We bought one and we liked it so much we're recommending it to Global Back Care customers.

Go to the next page and learn more about how this simple piece of equipment can dramatically [relieve your lower and thoracic back pain.](#)

We recommend you use it in conjunction with the exercises in our fix back pain ebook series.

[Click here To find out more information about the Nubax® Trio.](#)

Fix your  
back pain  
**now**  
Click Here

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## WAIT THERE'S MORE - Global Back Care ebooks

You've reviewed the Fix Back Pain ebook. Purchase the Fix Back Pain ebook and get all the ebooks in the back pain series?



You can have all the Global Back Care ebooks for **\$29.95USD**.

Click on the buy now button to order the complete suite of global back care ebooks



<http://www.globalbackcare.com>

### Back Pain Diagnostic Service

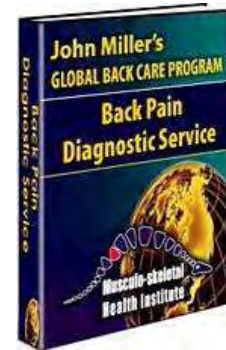
If you're serious about fixing up your back, neck, shoulders, (wrists, hips, knees, Achilles, calves and shins) I highly recommend you sign up for the **Back Pain Diagnostic Service**.

The investment for the diagnostic package is **\$69.95US**. That's \$10 us off the normal price. You can read all about it, on this link.

<http://www.globalbackcare.com/back-pain-diagnosis>

You'll get

- the Back Pain Diagnostic Service - valued at \$49.95 - and
- the complete set of ebooks - valued at \$29.95 - for



**\$69.95us**

Click on the buy now button to order the Back Pain Diagnostic Service and the complete suite of global back care ebooks



<http://www.globalbackcare.com/back-pain-diagnosis>

If the links won't open from this page, cut and paste them into your internet browser.