



CHILTERN
PHYSIOTHERAPY

9 Tips to TAKE CONTROL of Low Back Pain

& live the Active Life you DESERVE

**Created specifically for you
by Nicky Edwards MSc MCSP**

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About the Author: Nicky Edwards



Every week for the past 15 years, Nicky has consulted with 100's of people looking for answers for their most concerning back pain questions and looking for ways to end their back pain fast.

Nicky's undergraduate degree in Sport, Health & Exercise followed by her Masters degree to become a Physiotherapist give her a unique insight on the needs of her patients and what it takes for them to remain active doing what they love, without pain.

Nicky works to empower active people to find **LASTING Solutions to END PAIN and Stiffness, and LIVE the life they DESERVE**

In this Special Report on ending back pain and stiffness I share with you 9 VERY important strategies and techniques you can use to improve your daily life. Be sure to try everything you're comfortable with, some of these strategies work almost instantly, some over time.

There's a great saying that goes, "Masters today were starters yesterday, so begin now". These easy to follow steps will lead to a better, stronger version of yourself. However, without knowing your specific back pain history, there is no telling which of these will work best for you. Not every strategy is appropriate for every user as well. But as an expert with years of experience, I have been able to take my extensive library of knowledge and narrow it down to these principles of what works and does not work when it comes to easing back pain and avoiding prescription drugs and surgery.

But imagine this... how great would it be if you can try just one of these "tips" every day. With consistency, over time you could have all 9 of these incredibly powerful strategies working for you - giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

So, here's my 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 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 Tips for taking control of your back pain

1.) Avoid Sitting For Too Long

Far too many of us spend extensive hours sitting down with very little movement e.g. stuck at our desk, commuting to work, and while relaxing watching TV in the evening.

When sitting, there is up to 10x more pressure pushing down on your spine than when you are standing -- imagine that! And it's because most of us slouch, or flop when we do sit, meaning that the muscles in your spine (called your core muscles) that are designed to protect you, aren't as effective as they should be. This causes inevitable aches, pains and stiffness.

Movement is key remaining pain free. One of my favourite sayings is "**motion is the lotion**", because movement stimulates the production of our body's own natural lubricant for our joints. The best approach is to change position approximately every 20-30 minutes to avoid placing too much pressure on any one part of the spine or it's nerves. At work, take regular breaks, even if it is as simple as standing up and marching on the spot for 60 seconds and doing some stretches before sitting back down again.

2.) Wear sensible shoes

Make sure the shoes you're wearing are **comfortable!** This might sound pretty simple, but most people tend to wear shoes for fashion, not necessarily for comfort. Sandals, high heels, flip flops and slim style trainers or shoes may look nice however may not provide the best support for your lower back.

Did you know that shoes with a heel can increase the pressure in your back by up to 25 times? To decrease stress on your back consider wearing shoes that fasten securely, with a soft cushion base that provide a support suitable to your instep.

3.) Sleeping Position

This tip typically gets the **QUICKEST results**. We spend anywhere from 6-8 hours in bed every night. It's important to keep your spine supported to decrease stress and pain. The best way to support your back while sleeping is by using pillows.

If you are a **BACK SLEEPER**: add a pillow under your knees.

If you are a **SIDE SLEEPER**: add pillows between knees AND ankles.

4.) Avoid sleeping on your stomach

This position will wreak havoc on your spine and shoulders. It puts all of the joints in poor positions! Even if this position doesn't hurt now, you are setting yourself up for pain and spinal deterioration in the future.

5.) Avoid carrying things on one side

When carrying a work bag or a handbag, first of all make sure that it's not too heavy. Secondly, avoid carrying it on one side as doing so means that the weight of the bag is not evenly distributed and you will end up with one side of your body under more pressure than the other. If possible, try to use a bag with two straps that you can place across your two shoulders!

This advice is relevant when carrying babies and toddlers too!

Try to avoid carrying your baby in their car seat. When carrying a baby or toddler try to carry them on your front or back in an appropriate carrier. When carrying them short distances, alternate the side that you hold them on so as not to overload one side.

6.) Avoid sitting with your legs crossed

Your spine is designed to move in multiple directions but sitting with legs crossed causes your spine to twist and side bend which puts uneven stress on your discs. Over time this can lead to pain and discomfort.



7.) Daily Stretching

Your health lies in your habits.

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. As you get older your muscles begin to lose strength and flexibility, so you must do something to reverse it or at least slow it down. If you can get in the habit of doing simple stretches and strengthening exercises for your lower back muscles you will benefit for the rest of your life.

8.) Regular Physical Activity

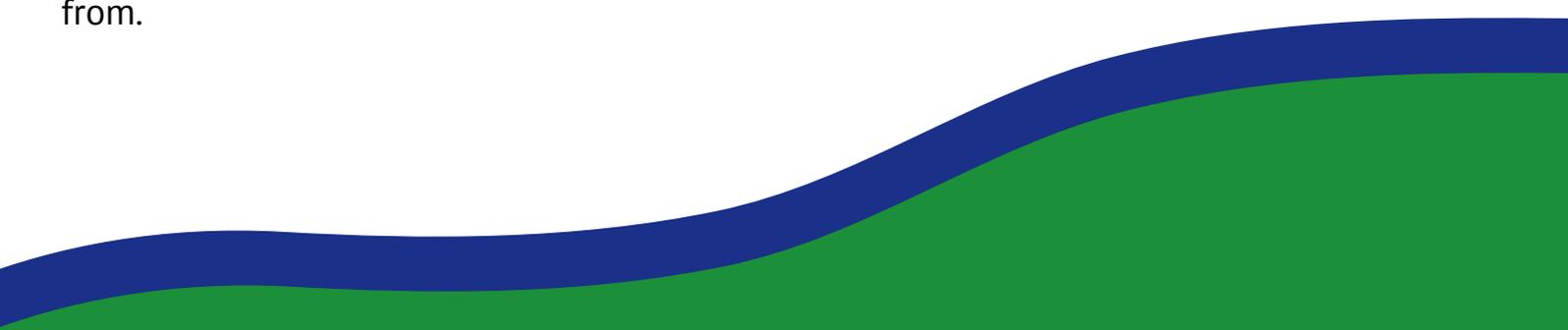
Regular physical activity is so important for maintaining a health body. You can start off by simply walking a little more and eventually work up to partaking in regular exercise classes such as Pilates or Yoga. Exercise classes such as Pilates are helpful if you want to avoid repeat low back pain. Don't worry, we won't make you join a gym if you don't want to!

9.) Physiotherapy!

There isn't a better way to **END low back pain** and really **take control** of your symptoms than by going to see a physiotherapist. When you have to be careful about what you can or cannot do, because of your back or neck hurting, it's time to do something about it. Medication masks the pain and does not treat the underlying problem. Surgery and injections are a last resort and should only be considered when all else has failed.

For the vast majority of back pain, sciatica and neck pain sufferers, physical therapy is the perfect solution that naturally restores spinal health. 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 stiff, 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 physiotherapist, and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.



Conclusion

So, there you have it: 9 things that you can incorporate to your routine to eliminate low back pain and maintain your active lifestyle. There's obviously so much you can do, and I could go much more in-depth on ways to end back pain than the principles I'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.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues from Chiltern Physiotherapy become the source of leading edge health advice for you and make a real difference to your life.



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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice throughout this guide. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of our Chartered Physiotherapists at Chiltern Physiotherapy. 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

Always consult your physiotherapist before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription.

If you experience any pain or difficulty with these tips, stop and consult your healthcare provider.