

10 FAST AND SIMPLE WAYS

TO STOP

Annoying Back

Pain & Stiffness

**Without Relying On Painkillers,
Injections Or Having To Visit
Your Doctor's Office...**

**By: Physical Therapist Ben Shatto
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BIO:



Ben Shatto, PT, DPT, OCS, CSCS is a leading physical therapist who helps active adults get back to the activities they love from running, to hiking or just playing with their grandchildren so they can live without pain and be free from painkillers.

He specializes in addressing the whole person and not just a specific body part. So often a person's pain point or medical condition needs a multifaceted approach to insure complete and long lasting recovery. He does not believe in a "mill" type approach and when in the clinic, he works one-on-one with each individual patient.

Ben has worked in a variety of private practices and healthcare settings. He recognized that physical therapy care was no longer serving the patient. Healthcare (and specifically, physical therapy) had become so focused on money and bureaucracy that some practitioners had lost the focus on the individual patient with unique needs. Healthcare costs continue to rise, yet patients get less care for the price paid.

Ben's specialty is orthopaedic care and specifically how to treat the active aging adult. Ben is the author of multiple books and creator of the website www.ThePhysicalTherapyAdvisor.com. Ben is also a frequent contributor to popular websites and podcasts including: Marathon Training Academy; The Longevity and Biohacking Show; Smart Strategies for Successful Aging; and Competitor Magazine. He is also co-creator of the The Resilient Runner, the ultimate resource for self-treating and preventing running injuries.

Ben graduated with a Bachelor of Science in Health Science with a minor in Gerontology from Boise State University as well as a Master of Physical Therapy Degree and a Doctor of Physical Therapy Degree from Idaho State University.

He is a doctor of physical therapy and is a board certified Orthopaedic Certified Specialist in Physical Therapy as well as a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association (NSCA).

INTRO:

Are you struggling with back or sciatic pain? Or maybe just low back stiffness that just won't go away?

If so, you're not alone.

Medical terms can be very confusing. Having a common ground when it comes to terminology is helpful to insure that we truly understand the subject matter.

Do I have back pain or sciatic pain, and what exactly is sciatica pain anyway?

Sciatica pain originates from the sciatic nerve whose origination is in the low back and it travels down the entire leg. There is a sciatic nerve in the left and right leg. Pain is often experienced as a shooting, searing or electric-like pain that radiates down the back of the leg. Others have more of a dull gnawing constant pain. Sometimes a person can have numbness, tingling or burning that is felt along the nerve. The pain usually affects only one leg and may get worse when you sit, cough or sneeze. The leg may also feel numb, weak or tingly at times.

Although there may or may not be pain exactly in the low back, sciatic pain most often originates in the low back. The most common symptom of sciatica is lower back pain that extends through the hip and buttock and down one leg. Typically only one leg is affected. **The term sciatica is actually describing a type of low back pain and the term is typically used synonymously with low back pain.**

(For our purpose, please understand that sciatica type pain is low back pain and vice versa. It is just a descriptor of what type of low back pain.)

Did you know that approximately **80% of adults** will experience back pain or sciatic type pain during their life and that an estimated \$50 billion dollars is spent annually on back pain related issues? Low back pain (LBP) is one of the most prevalent medical conditions treated in the United States and throughout the western world.

Back or sciatic pain can come on quickly and very painfully or it can slowly build over a period of time. Either way, if **left untreated it can develop into a chronic and debilitating issue.**

Back and sciatic pain is the leading contributor to missed work days and the most common cause of work-related disability.

In this free guide, I will share with you **10 powerful strategies** you can take to help ease your pain. Some of these tips work over time and others work instantly.

Without knowing your specific history, I cannot tell you which tip will work best for you. What I do know is that these tips have helped hundreds of others just like you to find relief from back and sciatic pain.

Imagine, what if you **tried just one of these tips every day?** Then you would know what strategies work best for your back, giving you the active and healthy lifestyle you desire.

TAKE THE CHALLENGE: With this new knowledge, try at least one of these strategies each day. It won't cost you anything but a few minutes of your time. I think you'll be surprised by how much better and healthier you will feel for doing so.

TIP #1: AVOID PROLONGED SITTING

Your body was NOT designed to sit all day. Slouching increases the forces transmitted through your low back **TENFOLD**.

Less sitting = 10 times less force on your painful back.

Because most of us slouch when we sit, the muscles that support our spine (“core muscles”) are very weak, making it even harder to support our backs.

Limit sitting to 20 minutes at a time (then take a break by standing or walking). When you do have to sit, be sure to sit upright, preferably with your back supported by a chair.

TIP #2: CHECK YOUR FOOTWEAR

Sandals, flip-flops, high-heels, and hard-bottom shoes are all proven to **ADD** pressure and stress on your spine.

Wearing comfortable, cushioned shoes can decrease the force through your low back by 20-25%.

Imagine how you would feel with 25 times less stress on your back?

Remember that poor footwear choices have a cumulative effect. Pressure builds up over years and can eventually cause a weak and stiff back around age 40.

To decrease stress on your back, be sure to wear comfortable, cushioned shoes that do not have heels.

TIP #3: BENDING WITH YOUR KNEES

Most people bend over with their back and forget to bend their knees and hips.

When you bend with your back, you place a lot of stress on your low back...even more than when you're sitting and slouching in a chair! *(continued)*

To take the pressure off your back, be sure to bend with your knees. If you need to get something off the floor, bend with your hips and keep your back straight and stick your buttocks backwards (just like performing a squat).

TIP #4: CHECK YOUR SLEEP 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.

Note: Avoid sleeping on your stomach. This position can 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 could be setting yourself up for pain and spinal deterioration in the future.

TIP #5: WORK ON YOUR ABS

Having a six pack does not mean you have the abdominal muscles needed to support your back. In fact, even the US Army is phasing out sit-ups because they increase the risk of back injury.

So how do you get strong abs? Try planks.

To safely strengthen your abdominal muscles, do planks, making sure your back is flat and buttocks down. If you haven't done a full plank in a while, start with your knees on the ground.

Plank Exercise

Keep your chin tucked down so you're looking straight into the ground. Your thighs, buttocks, stomach and back muscles are all engaged. Your elbows should be directly under your shoulders. Keep your body straight, do not tilt.

Perform 2 sets of 30-60 seconds once per day.



TIP #6: CHECK YOUR MATTRESS

You spend a third of your life in your bed. Using an old mattress can put a lot of stress on your spine. When was the last time you bought a new mattress?

Without knowing more about you, it's hard to recommend a specific mattress. However, if your mattress is older than 5 years, it may be time to make a change.

Invest in a mattress that is comfortable for your spine. Change your mattress out every 5-10 years.

TIP #7: STAY HYDRATED

One of the biggest mistakes that could be contributing to your pain and zapping your energy is being dehydrated. Dehydration can cause muscle aches, pains, fatigue, and dizziness.

Try to drink water throughout the day. Avoid excess caffeine, including coffee, tea, alcohol, and energy drinks as these will dehydrate your body even more.

TIP #8: USE ICE AND HEAT

This may be the question I get the most. Do I use ice or heat?

Heat is best in for loosening up stiff muscles and joints. A lot of people find it useful in the morning when they're stiff and having trouble moving.

Ice is good after activity or in the evening when your back is aching or painful.

Without knowing your personal situation, the best advice I can give you is to try both ice and heat and keep using the one that makes you feel better!

TIP #9: AVOID CARRYING THINGS ON JUST ONE SIDE

This tip also often leads to quick results. It's surprising how habitual habits and movement patterns can contribute to your pain. Whether it's a work bag, purse or shopping bag, you should switch which shoulder is doing all the work. Another thing to make sure of is to always wear backpacks on both shoulders. *(continued)*

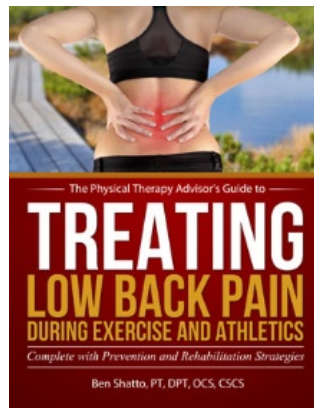
If you carry your bag on the same side every day, not only may it cause muscle tension but you could end up causing a small curve in your spine.

TIP #10: LEARN HOW PROPER EXERCISE AND MOVEMENT CAN BE A LONG TERM SOLUTION FOR YOUR BACK AND SCIATIC PAIN

I have written a comprehensive book and have created instructional videos that will give you the tools to self-manage and treat your back and sciatic pain *without* pain killers, injections or surgery--all for less than the cost of a typical medical co-pay.

If you combine all of these tips from this special guide along with the information in the video package, you will see a dramatic decrease in your back and sciatic pain and lumbar stiffness. With the proper advice and treatment, you can even prevent your pain from returning!

The [Treating Low Back Pain \(LBP\) during Exercise and Athletics Book and Video Package](#) includes:



Treating Low Back Pain during Exercise and Athletics eBook

In this eBook, you'll learn why it is critically important to prevent the first episode of low back pain. LBP and sciatic pain has reoccurrence rates as high as 90%. If you have already experienced an episode of low back or sciatic pain, you'll learn why exercise is an important component to long term management. Most importantly, you will understand how to avoid pain and injury in order to take your training to the next level. Topics include:

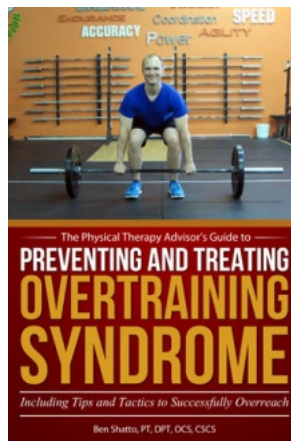
- Specific strategies for low back and sciatic pain prevention.
- How to address specific causes of low back and sciatic pain.
- Best practices on how to prevent and self-treat when you experience an episode of low back and sciatic pain. *(continued)*

- A step-by-step low back and sciatic pain rehabilitation guide complete with photos and detailed exercise descriptions.
- How to implement prevention and rehabilitation strategies.

7-part Series of Instructional Videos

Nearly 60 minutes of actionable advice to prevent and treat low back and sciatic pain as it relates to active individuals, sports, and athletics. An in-depth look at treating low back and sciatic pain with a 7-part series of instructional videos in which I address the following:

- Potential Risk Factors for Lower Back and Sciatic Pain
- What are the Core Muscles?
- Prevention during Exercise (Part 1 and 2)
- Initial Treatment
- Further Treatment and Taping
- Long Term Management Strategies and Final Recap



Preventing and Treating Overtraining Syndrome BONUS eBook

In this BONUS eBook, you'll learn how to recognize the risk factors and symptoms of Overtraining Syndrome (OTS). You'll learn how to utilize prevention strategies to help you develop a personal training strategy that will allow you to push past your limits and prior plateau points in order to reach a state of what is known as overreaching (your body's ability to "supercompensate"). This will speed up your results, so that you can train harder and more effectively than ever before! Topics include:

- How to recognize the warning signs.
- Specific strategies for OTS prevention.
- How to self-treat OTS.
- How to safely overreach.
- A complete guide to **Foam Roller Stretches and Mobilizations** with photos and detailed exercise descriptions.

TAKE HOME MESSAGE

Are you finding yourself afraid to move because of fear for your back? **You are NOT alone.**

Most people deal with back pain or discomfort during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

I hope this information has given you some ideas of **how to ease your back and sciatic pain.**

You can learn more about the [Treating Low Back Pain \(LBP\) during Exercise and Athletics Book and Video Package](#) [HERE](#).

MEDICAL DISCLAIMER

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