

7 SIMPLE WAYS
TO STOP
BACK PAIN

WITHOUT

**PAIN MEDS,
INJECTIONS, OR
SURGERY**

GUIDE BY CHARLES P. KINNEY, PT, DPT, ATC

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About The Author Charlie Kinney



For over a decade, 100's of people have turned to Charlie Kinney to address their concerns and questions regarding a solution for their low back pain and stiffness. Charlie has become a trusted health care provider in Denver to help individuals reduce pain medication, prevent back surgery, and return to a healthy lifestyle.

Charlie works with people aged 40 to 60+ on a daily basis to help them relieve their low back pain. He has extensively researched the most effective ways to help patients resolve repeated episodes of low back pain and stiffness.

Charlie previously worked in collegiate and professional athletics at the University of Denver, Michigan State University, and with the New York Giants. He is currently the owner of Kinney Physical Therapy in Denver, Colorado.

Introduction

In this special report on solving Low Back Pain, I will share 7 powerful strategies you can implement right now to help you find relief.

The key points are in no particular order and have one thing in common - they all help with low back pain.

Over the last decade, I've been able to streamline the advice I give to provide focused information on easing back pain. The 7 principles which you are about to read are helpful for knowing what really is effective to stop low back pain.

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 7 strategies. The only cost to you is a few minutes of your time! I think you'll be pleasantly surprised by how much better and healthier you will feel following this plan.

7 Simple Ways To Stop Back Without Pain Meds, Injections, Or Surgery

1. Change Positions Frequently

Ideally, try to change positions every 15-20 minutes. Remaining in the same position for extended periods will aggravate muscles leading to unwanted pain and stiffness. Change positions frequently from sitting to standing to walking to stretching - just move!

2. Avoid Holding Your Breath

Holding your breath is a common adaptation of the body to protect your spine during periods of low back pain. Although this can seem helpful, it is counterproductive. Holding your breath creates pressure on your low back which can lead to increased pain. This phenomenon happens in the absence of core muscular support. Your "core" muscles should always be engaged to support your back.

3. Drink Plenty of Water

Muscle spasm is a major contributor to low back pain. Because muscles consist of approximately 60-70% water, even slight dehydration can cause your muscles to tighten up and subsequently be prone to muscle spasm and pain.

4. Keep Your Feet Flat On The Floor When Sitting

Recent research indicates that prolonged sitting is hazardous to your health. Additionally, sitting is not an ideal position for your spine. However, if you have to sit, make sure to keep both feet flat on the floor which will help to support your spine and engage the core muscles to help reduce low back pain. Yes, this means you will have to hold off on crossing your legs!

5. Avoid Daytime Bed Rest

A good night's rest is great for full body healing, but daytime bed rest should be avoided if possible. While lying in bed may feel like the only measure that relieves pain, current low back pain guidelines do not recommend bed rest which has been shown to exacerbate pain overtime.

Although it is okay to lie down for short periods, avoid lying in bed during the day for periods greater than 20 minutes.

6. Take Several Short Walks Daily

Several short walks for 5 to 10 minutes each will improve circulation and help ease muscle spasm leading to reduction of overall back pain. The key is to keep your walks short and frequent.

Remember to breathe! It is best to have someone go with you if you are just starting out.

7. See A Physical Therapist

There isn't a faster way to SOLVE back pain than going to see a physical therapist. A visit with a hands-on specialist equates to getting fast access to care that will soothe and relax those tight, aching muscles; loosen stiff, stuck and painful joints; and strengthen your body so you can get back to doing the things that you love.

You can often leave a good physical therapist with your concerns eased and physical pain reduced, inside of 45 minutes. Patients that see a physical therapist within 2 weeks of onset of back pain have been shown to need less pain medication, injections, and unnecessary surgeries.

Combine all of the "tips" in this special report with a trip to see a hands on physical therapist and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

Bonus Section:

1. Wear Appropriate Footwear

Your most comfortable tennis or running shoes will be best during episodes of back pain.

Although work and social life may require heels or dress shoes, these types of footwear will increase the stress on your back during periods of back pain.

2. Travel Wisely

Your luggage choice can make a huge difference on back symptoms when you are traveling. If you are traveling, a “spinner” bag is most recommended to reduce back pain. This specific type of roller luggage allows you to push your bag in any direction and will decrease unnecessary strain on your back. Although a backpack is not recommended, if you must use, make sure to use both straps.

3. Ice Vs Heat

Ice can be very beneficial in the first few days following onset. However, after a few days, heat will provide more relief. If you are just experiencing some “stiffness,” heat is best. For each modality, a 15-minute increment is appropriate several times a day.

Conclusion

So, there you have it: 7 pieces of advice (plus 3 bonus tips!) that you can do TODAY to improve your posture, general health, and ease your back pain. As a physical therapist, my education regarding low back pain is extensive, but if you apply these fundamentals with discipline, you will see a surge in the quality of your daily activities.

In the weeks ahead, I'll be sending you even more tips and advice on how to restore your active, healthy lifestyle and will share with you how Physical Therapy can make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where I become a trusted source of leading health advice for you and make a real difference in your life.

Dedicated to Restoring Your Health,

Charlie Kinney

Doctor of Physical Therapy

Back Pain Specialist

Denver, Colorado

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physiotherapy clinics. The information given is not intended as representations of every individual's potential injury. 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 physio advice and various other physical factors.

It is impossible to give an accurate diagnosis and prognosis without a thorough physical examination. The advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from a physical therapist at Kinney Physical Therapy.

Kinney Physical Therapy does not assume liability for any injury sustained following the advice in this report.