

About our clinic.....

Oregon Spine & Physical Therapy has been taking care of **people like you** since 1999. In fact, over the years our clinic has become the gold standard for people searching for answers to questions about their Back Pain. Our Physical Therapists successfully **identify the root cause** of patients' pain, teach them **how to self-treat**, and most importantly **prevent the problem from returning**. We are the only BBB (Better Business Bureau) member in Lane County and we have been recognized for multiple years as Favorite Physical Therapy Group in the Register Guards Annual Readers' Choice Award.

We work with people between the age of 35 and 65 on a daily basis. We also help local employers reduce on the job injuries, teach Pain Seminars, and educate members of our community about how to treat themselves. Our clinical staff is **specially educated and trained** in techniques to help you **get back to doing what you want to do** ...starting with this report.

Introduction

This special report helps you understand how simple it is for you to start turning your pain off, in many cases immediately. Back pain can totally interrupt everything you do and stop you in your tracks. You seek pain medications, rest, ice, heat, and may often face the possibility of surgery... but still the problem persists.

Throughout the years of successfully treating people like you, we have been able to narrow down a special set of tips that you can begin using immediately. These can be used frequently throughout the day whenever the pain begins. Hopefully you can begin to "flip the pain switch" off and lengthen the time between painful episodes so you can get back to the activities you enjoy.

Remember to track your pain response to these tips and see if you immediately changing pain behavior. This gives an understanding of how you can begin to get a handle on what you need to take control of the pain **instead of it controlling you**.

So, here's a challenge to you... now that you have this knowledge in your hands, take time every day to try out at least one of these strategies. It really won't take you long and it won't cost you anything but a few minutes of your time.

I think you'll be pleasantly surprised by how much better and healthier you will feel.

6 Quick Easy Ways To End Back Pain WITHOUT Taking Medication Or Having to Visit The Doctor

1. Avoid Sitting For More Than 20 Minutes At A Time

Most of us sit a lot during the day, either at a desk, in a meeting, or riding in a car. Changing positions at least every 20 minutes means... **stand up, put your shoulders back, move around for 60 seconds then sit back down.** How you sit is also just as important as changing positions. While sitting, you must maintain the natural curves to your spine. Place a small round cushion or towel roll at your lower back, just above your sacrum, to help maintain support while working. Make sure your hips are positioned to the back of the chair.



2. Limit Time In Chairs, Couches And Recliners

For those of you who love those soft, comfortable inviting pieces of furniture, these are a typical problem and can be fueling your back pain. When your back is not supported your knees are higher than your hips your back flattens. Have you ever noticed that when you sit like this it is hard to get out of the chair? Follow the principles of sitting with support for your low back, **keep your hips higher than knees and get up frequently.**



3. Correct Your Driving Position

For those of you who drive a lot for work, recreation, or family tasks, following the same recommendations for sitting will help. As a note – many auto seats are tipped back placing your knees about your hips. Your **car seat may need to be evaluated** so that you can better support your spine while driving.



4. Obtain Proper Sleep Posture

Surface and Position are two important variables to address to help you get the sleep you need!

--**Surface:** make sure your **mattress is firm enough** to maintain your natural spinal curves

--**Position:**

Side lying- you may need a **small roll under your waist** above the hip bone, do not curl up into a fetal position, keep your legs as straight as possible, but with slight bend in knees.

Back lying: **do not put a pillow under your knees**, why? This flattens your back and you want to keep the natural curve maintained as much as possible. You may need a small roll under your low back in this position.



5. Properly Bend While Picking Up Items

Bending and stooping are activities that we perform about 3000 times per day just to complete regular tasks. When bending-- whether you are picking up a shoe or a heavy item-- your spine must be kept in the same alignment as when standing or sitting, maintaining the 3 curves. Thus **bending should occur from your hips**; your hips are the hinge used for bending. This will take a lot of practice at first, but gets easier as you make an effort to use it each time you bend.

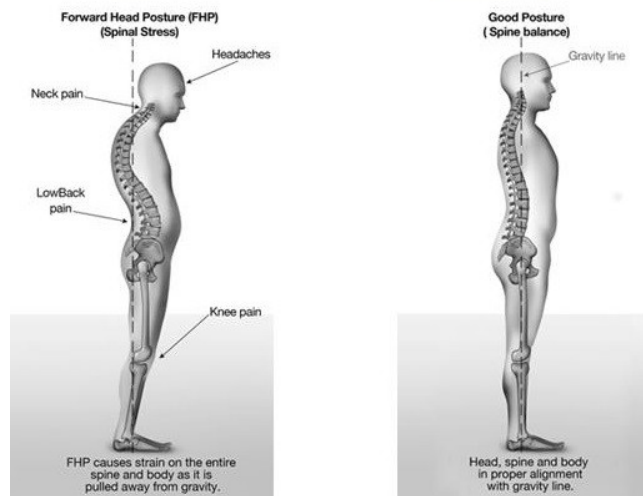


6. See A Physical Therapist (PT)

There isn't a faster way to END back pain than by going to **see a Physical Therapist**. 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 stiff, stuck and painful joints, and strengthen your body so that you can go back to doing the things that you love. You can often leave a good PT with concerns eased and physical pain reduced, inside 30-40 minutes. Combine all of the "tips" in the Special Report with a trip to see a Physical Therapist and you will see a dramatic drop in the back pain you are currently suffering from.

Bonus Section...

What to look for in proper spinal alignment



The following self-help exercises are much more effective when combined with the above Special Report tips

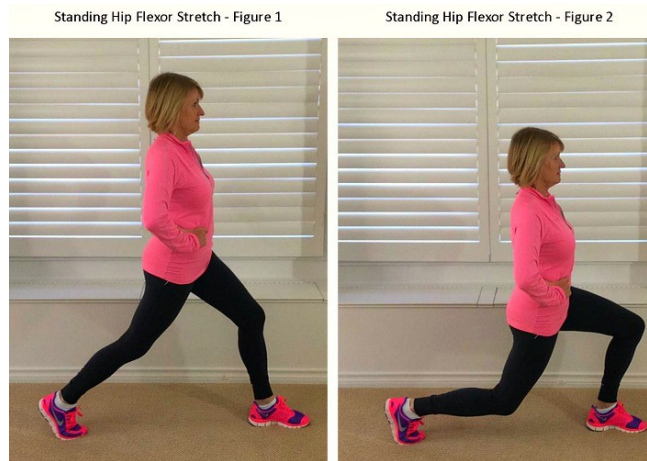
STANDING BACK BEND 1. Stand with your feet apart (about 2') 2. Place your hands on your lower back 3. Lean back slowly as far as possible 4. You will feel the stretch across your low back which lessens as your flexibility increases 5. Repeat 10X –perform this OFTEN during the day



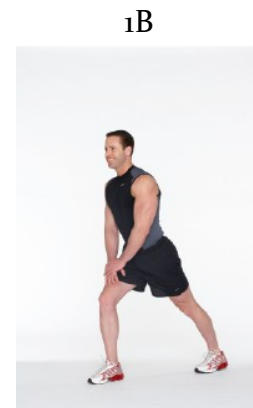
SHOULDER / CHEST STRETCH 1. Reach arms back, clasp hands (if possible) 2. Roll shoulders back and squeeze blades together 3. Feel the stretch in your chest and shoulders 4. Hold 5 sec. and repeat 3-5 X



QUAD / HIP FLEXOR STRETCH 1. Step back w/ one foot far enough that the front knee is positioned over the ankle (not the toes) 2. Keep back heel up, back knee bent slightly 3. Keep posture erect 4. Feel stretch on front of thigh 5. Hold 5 sec 6. Release by straightening both knees 7. Perform 3X/ leg



CALF ANKLE STRETCH 1. 1A lean against wall with both forearms resting on wall, keeping heels down, feel stretch in calf hold 5 sec, repeat 5-10X 2. 1B step forward with one leg, keep back heel down and knee straight, feel stretch in back calf hold 5 sec repeat 5-10x



HEALTH ADVICE DISCLAIMER: We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our practice. 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 PT 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 the licensed physical therapists at Next Level Physical Therapy, LLC. 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