



Ending Back Pain Forever

Simple tips to get your life back on track
and get you

PAIN FREE!!!!!!

A natural and cost effective approach to
managing your pain.

Your Health is your Wealth

Information compiled by Dr. Patrick
Newman (Chiropractor), Valued at £10

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About the author, Dr Patrick Newman:

Dr Newman originates from South Africa and moved to the Isle of Man in 2019 to help the Manx population achieve their optimum health goals. Dr Newman currently works in Douglas in an advisory role within Align 4 Life, the largest provider of private Chiropractic and Physiotherapy wellness services on the island.

Chiropractic and Physiotherapy are hands-on and natural. Both professions acknowledge the truth within each and every person –The truth is that we are all self-healing, self-regulating beings with an inborn innate intelligence that redefines our understanding of health.

1. Ladies!! Avoid those high heels

Wearing high heels will significantly increase the pressure throughout your back by roughly 25x. This pressure builds up from wearing the wrong footwear over a period of weeks and years and results in a weak and stiff back somewhere around the age of 40.

Imagine how much happy your spine would be if you removed those heels and wore some comfy shoes?

2. Sitting is the new smoking

We were not designed to sit for prolonged periods. You don't see any other animals sitting for hours on end so why do we do it? Sitting for extended periods goes against every basic, fundamental rule of the way we were designed. As bipedal organisms we were designed to be upright.

When we sit we create 10x more pressure pushing down on your spine than when you stand tall. Add bad posture to the mix and we develop aches pains and stiffness as the muscles in your spine (called your core muscle group) that are designed to protect you, just don't work.

My lifesaving tips:

- Ensure you move about every 20 min or so
- Buy a decent chair to ensure that your spine follows its natural curves
- Get someone to check your ergonomics and your work station set-up.

3. Ice vs Heat

Ice is by far the best way to ease acute back pain. My tips are to use ice (for the first 72 hours) whenever you have had an acute injury which causes achy or painful muscles (E.g. lifting an object incorrectly). Apply an ice pack for 10 minutes or so (no less). Ice is great at encouraging blood flow but reducing inflammation. Heat can have the opposite effect in acute back pain. In cases like these you want to avoid heat as it can exacerbate inflammation and make your condition worse. NB always ensure you apply oil or a towel on the skin before using ice. Direct contact without an assisting layer may result in an ice burn. OUCH!!

Heat is useful for chronic conditions with associated muscle dysfunction. The heat is a great way to lengthen the tissue fibres and to encourage blood flow into the area which is very useful in flushing out the toxins and metabolites that build up in dysfunctional muscle groups. Apply for roughly 10 minutes at a time. NB: Ensure you use a towel to cover your heat pack as you want to avoid burning the skin.

4. Sitting Cross Legged is a NO go

While your spine can twist and bend it really was not designed to do this. This responsibility is held by our muscle groups. When sitting in a cross-legged position your joints are being twisted and the muscles around those joints are being stretched and in this position your spine/lower back is weak and you're vulnerable to injury. Spending an excess of time in this position will catch up on you – Usually between the ages of 40-60.

5. Place a Pillow between/under your Knees

This might be difficult at first, but if you can persist, it will lower the amount of rotation/twisting in your spine. If you sleep on your side, try a pillow between your legs to keep your spine aligned; this will reduce tension in your lower back. By placing a pillow under your knees when laying on your back you will cause your abdominal muscles to relax and your pelvis to be placed in a normal resting position which will take off any unwanted pressure on the back.

6. Avoid sleeping on your belly

There isn't a more effective, faster route to self-inflicted damage to your spine/lower back. Avoid this position at all costs. Every part of your spine will twist in the wrong position and if you sleep like this, it's no wonder you are suffering from back pain. Instead focus on sleeping on your back, if you are finding this difficult then shoot for second best which is sleeping on your side.

7. Change Your Mattress Every 5 Years

This is the bedroom question that I get asked on a daily basis. People want to know about their mattress and what type they should sleep on. Almost impossible to answer as the question is too generic. But what I can say is that if you haven't changed your mattress in the last five years then it's about time that you did! And invest as much as you can in finding the most comfortable one that works for you. After all, if you're going to spend a third of your life in it, might as well get the best one that you can. And the key isn't to finding a firm one or a hard one - finding the right mattress is about finding the one that works best for you and your spine.

8. Choose Sensible Footwear

Bizarre choices of footwear include high heels, sandals, flip-flops and plimsoll style trainers or shoes. Why bizarre? Because they're all proven to ADD to your back pain. It's because there's a lack of cushioning to absorb shock with these types, so your lower back must take all the impact every time your foot lands on the floor (not good for your

knees and hips either). If you can absorb some of the shock by wearing nice soft, well fitted and cushioned shoes/trainers, then you could reduce your back pain by as much as 20-25%.

9. Get Healthy With Chiropractic and Physiotherapy

There isn't a faster way to END your current back pain than by going to see a Chiropractor or Physiotherapist. These professions are great at soothing and relaxing those tight aching muscles. Manual thrusts loosen and lubricate those stuck and painful joints. Postural exercises will help strengthen your body so that you can go back to doing the things that you love.

A combination of all the above listed "tips" and you will undoubtedly see a dramatic drop in the back pain and stiffness you are currently suffering from. Chiropractors and Physiotherapists look for the root cause of your mobility and pain problems, providing natural solutions to produce the fastest results possible, without the use of drugs and surgery.

Bonus Section:

1. Daily Lower Back Exercise Rituals

Closely linked to going to see a good physio – because you want to be sure that any exercises you are doing are right for you and will work. If you can get into the routine or good habit of doing simple stretches and strengthening of your lower back muscles, you will benefit right through your 40's, 50's, 60's and beyond. 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. Particularly as you're now in the 40-60-age bracket where your muscles lose strength and flexibility.

2. Avoid Carrying Your Back Pack or Bag on One Arm, or In One Hand

For this, you're going to need to completely 'flip' everything you've likely done for years when it comes to carrying bags. This one is a very common mistake. Carrying a workbag or even shopping bag over one shoulder, means that the weight is not evenly distributed. And the result is one side of your spine is under more pressure than the other. Guess what happens to the side of your body carrying the extra weight all these years? (Likely to be the side you're feeling the pain most). More, if you carry the bag over your left shoulder all the time, you could end up with a curvature of your spine and it would mean that your left side is working too hard taking the weight of the bag every day, and certainly much harder than your right side.

And this would cause tension and pain, not to mention a funny and unhealthy looking posture.

3. Regular Pilates

This is the 100 year old tradition that if you do regularly, can really transform your health. Pilates is joint number one on my list (with yoga!) of the most important things that anyone can do to prevent back pain. And in case you were wondering, Pilates is a series of exercise designed to improve muscle tone and control. Understand that it's the latter (control) that is often missing from lower back muscles and the root cause of most people's back pain and stiffness. So, by joining a class, or doing these exercises every day on your own at home, you'll steadily increase your muscle control, and with it, slowly decrease your muscle tension and pain. We recommend all our private patients to do these exercises and go so far as to create personal plans for each of them.

4. Stretch Yourself at the Beginning And End Of Every Day

Another daily ritual that will transform your health. Along with Pilates, Yoga is a must! Now that you're in the 40-60 age brackets, every day you wake up your body is tightening and losing flexibility. So, you must do something to reverse it or at very least, slow it down. And it's Yoga that you need to find - fast. It's a series of stretches designed to make your body suppler and more flexible.

5. Stay Hydrated

This is the BIG Office worker mistake that could be zapping your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as consequence of drinking too much of them. And being dehydrated can cause muscle aches and pains, fatigue and dizziness. So, it's important that you keep your water intake up to ease off any extra or unwanted tension in your lower back muscles. My tip, drink water little and often throughout the day.

Conclusion

So, there you have it: 9 things (plus 6 big bonus tips) that you can do TODAY to improve your posture, general health, as well as Ease Your Back Pain. There's obviously so much you can do too, 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.

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

I hope this is the beginning of a great, long-term relationship where myself and my colleagues from the Align 4 Life Team.

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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 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 on 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 accurate in the absence of examination from one of the General Chiropractic Council Registered Chiropractors, or Health Care Professions Council Registered Physiotherapists at Align 4 Life clinic.

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