



THE 9 QUICK, EASY WAYS TO: END BACK PAIN & STIFFNESS

**EVEN IF YOU'VE
SUFFERED FOR YEARS**

**WITHOUT
DRUGS,
INJECTIONS
OR SURGERY.**

by ALEX GOMETZ, DPT, CIC

Manhattan leading back specialist, founder of Prehab USA

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About the author, Alex Gometz

Over the last ten years, thousands of people (or hundreds on a weekly basis) have consulted Dr. Alex Gometz looking for answers to questions about a Fast End to Back Pain and stiffness. Alex is now a trusted health advisor, lecturer at local universities, hospitals and business. He is a mentor to other clinicians and active researcher of injury prevention with publications in Clinical Neurology and Neurosurgery and The Orthopedic Journal of Sports Medicine.

Dr. Gometz mostly works with highly motivated people aged 35-55 on a daily basis. At Prehab, people with back, joint pain and stiffness, successfully meet their expectations due to excellence in care, the latest in rehabilitation technology, research guided approach and an exceptional team.

His patients are teachers, stay-at-home moms, construction workers, law enforcement, firefighters and stage performers. He specializes in treating patients with current conditions that are limiting. He helps patients finding solutions to the cause of their pain, lack of strength and restoring an enjoyable, wonderful, flexible and active body

Introduction

In this special report on ending back pain I share with you 9 very powerful principles and strategies you can make work for you, some over time and others almost instantly. They're in no particular order, and they all have only one thing in common: They all work.

There's a great saying that goes: Small hinges swing big doors. And it's often the simplest advice that wins in the end. The truth is, without knowing your back pain or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your back pain, there are no guarantees that any one single strategy will work. But over the last decade, I've been able to narrow down what really does and doesn't work when it comes to easing back pain. And the 9 principles you're about to read are included in that. But imagine this: how great it would be if you try just one of these "tips" every day. Within a few weeks you could have all 9 of these incredibly powerful strategies for easing back pain in play and 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.

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without the need for Drugs, Injections or Surgery

1. Avoid High Heels

Here's why: Wearing high heels will increase the pressure through your back by about 25 times. Reverse that, and it means if you wear a nice soft cushioned pair of shoes instead, your lower back would be experiencing 25 times less pressure and force placed upon it. Imagine how much relief you'd feel if you could take that type of stress off your lower back right now? But understand that it's a cumulative effect. 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.

2. Avoid Sitting For More Than 20 Minutes at a Time

There's so much 'gossip' that surrounds back pain. But this is FACT: you and I were not designed to sit. It goes against every basic, fundamental rule of the way we originally evolved as humans. When you sit there is approximately 10x more pressure pushing down on your spine than when you stand tall. And it's because most of us slouch, or flop when we do sit, meaning that the muscles in your spine (called your core muscle group) that are designed to protect you, just don't work. This causes inevitable aches, pains and stiffness.

3. Use Ice (Not Heat)

Ice is by far the best way to ease back pain. My tip: use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply an ice pack for 10 minutes or so every hour. Apply a hot water bottle when your back is more stiff than painful. Again, 10 minutes should do it.

4. Avoid Sitting Cross Legged

Your spine isn't designed to twist or turn. And sitting in a cross-legged position is doing just that. Your joints are twisted, muscles stretched and in this position your spine/lower back is weak and you're vulnerable to injury. Spending an excessive amount of time in this position will catch up on you – usually by age 40-60.

5. Sleep With a Pillow Between Your Knees

This might be difficult at first, but if you can persist, it lowers the amount of rotation/ twisting in your spine. Remember I said in principle number 4 that it was important to avoid sitting cross-legged? Well it's the same when you're asleep. If you sleep on your side, try a pillow between your legs to keep your spine aligned and this will reduce tension at your lower back.

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6. Avoid Sleeping On Your Stomach

There isn't a more effective, faster route to self-inflicted damage to your spine/lower back. Avoid this position like the plague. Every part of your spine is twisted and in the wrong position. If you sleep like this, it's no wonder you are suffering from back pain.

7. Change Your Mattress Every 5 Years

This is the bedroom question that I get asked every day. 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! 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, 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 plimsole style trainers or shoes. Why bizzare? 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 has to take all of 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 Physical With Physiotherapy

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 and lubricate 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 physical therapist with concerns eased and physical pain reduced, inside 30-40 minutes. Combine all of the tips in this Special Report with a trip to a hands-on physical therapist, and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

Note: The hospital-based or doctor-owned practices do not and will not provide you with the hands-on type of treatment that you need to end back pain as fast as you would hope. Disappointing, but true.

Bonus Section

1. Daily Lower Back Exercise Rituals

Closely linked to seeing a good physical therapist who will offer you different choices specifically tailored to you (because you want to be sure that any exercises you are doing are right for you and will work), is getting into the good habit of doing simple stretches and strengthening of your lower back muscles. This will benefit you right through your 40's, 50, 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 work bag 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 - your left side is working too hard taking the weight of the bag every day, and certainly much harder than your right side. This would cause tension and pain, not to mention a funny and unhealthy looking posture.

3. Do 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 of the most important things that anyone can do to prevent back pain. And incase you were wondering, Pilates is a series of exercises 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 peoples 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 of 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

Along with Pilates, Yoga is a must! It is another daily ritual that will transform your health. Now that you're in the 40-60 age bracket, every day you wake up your body is tightening and losing flexibility. So you must do something to reverse it or at 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 more supple and flexible.

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 Physical Therapy can make a huge difference to your life. I hope this is the beginning of a great, long-term relationship where I and my colleagues from the Prehab Health Team become the source of leading-edge health advice for you and make a real difference to your life.

The biggest take away is that you don't have to accept back pain as a part of your daily life.

For your convenience we offer FREE discovery consultations, in person or over the phone, to answer questions about your condition and help you make proactive decisions to start feeling better.

Dedicated to Restoring Your Health,
Alex Gometz, DPT, CIC



FREE 20-Minute Discovery Consultations



Why Not Come In For FREE?

“Did You Know We Are Offering FREE 20-Minute Discovery Consultations?”

A FREE Discovery Consultation will help you better understand your injury and how we can help you RECOVER.

A FREE 20-Minute Discovery Consultation with our back specialists would help you BETTER decide if physical therapy is right for you. We set time aside EVERY DAY to listen to patients' questions and provide simple and easy to understand answers. Our goal is to get you on the road to recovery immediately.

If you've recognized you need help, but don't know where to start, then reaching out to a Physical Therapist for FREE is the next step. You will be giving yourself the knowledge required in this ever-changing medical world. Let me and my physical therapists explain to you WHY you are hurting and HOW we can help you.

In your Free Consultation you can expect to learn:

- What causes your pain?
- How can we specifically help your injury?
- What is your unique treatment plan?
- How long will it take?
- What simple exercises can you do?
- Why do our patients LOVE us and keep returning?

Call us at any time at: 212 • 717 • 8330



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 physical therapy 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, medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination. Likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Physical therapists at Prehab USA. 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.



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215 E 73rd St, New York, NY 10021
212-717-8330 • www.prehab.com