

# BACK PAIN

## 10 WAYS TO REDUCE OR ELIMINATE LOW BACK PAIN AND SCIATICA

WITHOUT PAINKILLERS AND REDUCING  
THE NEED FOR SURGERY



# Allied Physical Therapy

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WITHOUT PAINKILLERS AND REDUCING THE  
NEED FOR SURGERY

By ALLIED PHYSICAL THERAPY

America's leading authority on  
Physical Therapy for the Spine

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# About Allied Physical Therapy



## The Goal

### *Get Back to What you Love*

We know that the true reason why guests visit us isn't just to relieve pain, it's to get back to what they love doing. Whether that be running, playing sports, gardening, or playing with your grandchildren, our mission is to get you back to what you love doing.

## Our Approach

### *Outcome*

The outcome of following the journey is a change in lifestyle and habits that keeps the guest doing what they love. They reach the destination but have a change in identity by following the path to get there.

### *Journey*

The guest begins a journey by following the path that their guide, and expert physical therapist, lays out for them. The therapist gives them the direction and tools they'll need to reach their destination.

### *Guest*

The story begins when a guest visits us with an issue that they need help to solve. They have a destination where they want to be, but are unsure how to get there.



## Health Advice Disclaimer

The information provided in this report is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

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 Therapy Specialists.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. Allied Physical Therapy shall not be held liable for injury or death occurring from following any of the advice in this report.

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## Introduction

Have you heard the saying, “Use it or lose it”? Of course you have...

Yet, the first instinct most people follow when experiencing a pain is to stop moving. Sure, it may be good to rest it from time-to-time, especially when a back injury has first occurred. However, many patients stop moving altogether because they become afraid that they are going to do more damage. Not good :-)

You must also educate yourself before seeking the advice of a physician, who is likely to follow the traditional medical model of expensive MRIs, pain medication prescriptions, and surgical treatment – as this is not necessarily the best advice for managing lower back pain and sciatica.

Sometimes, granted, surgical intervention is necessary to repair injuries that will not and cannot heal on their own. But, for the 99 percent of pain caused by other factors, there's a much easier way – and that is seeing an EXPERT physical therapist who specializes in the conservative and non-invasive management of conditions affecting the spine.

In this special report, we share some of the most common strategies for the management of acute and chronic lower back pain and sciatica – and we'll warn you now – this approach is not for patients seeking a miracle cure. It is for patients who are sick of resting and taking painkillers, who value their health, who want to avoid surgery, and who want to get back to being active – and are willing to put in the work to get there.

Since there are many reasons why a person will experience lower back pain and sciatica – from incorrect posture to decreased mobility, stiffness, trauma, and even psychological distress – not all therapeutic strategies will be successful for eliminating or lessening lower back pain. However, for the other 99 percent of you, you may find that some of these strategies may actually work to relieve or eliminate your lower back pain and sciatica – if you take the time to read and understand them – and implement them correctly.

While these strategies address the most prevalent and common causes of lower back pain and sciatica that we see day-to-day in the clinic, we cannot guarantee which one strategy will be the most beneficial to you. Indeed, even when the root or cause of lower back pain is known, there is no guarantee that any therapeutic strategy will work. Therefore, if you are still experiencing pain after a few weeks of trying out these strategies, you may find that human intervention is necessary – and our clinic door is always open.

Disclaimers<sup>1</sup> aside, these ten strategies, when followed as prescribed, are very often successful in relieving the most common lower back pain and sciatica symptoms. Just imagine.... you may no longer need to take painkillers to enjoy 18 holes of golf, or to get a good night's rest. Imagine traveling the world as you always dreamed, or playing with your grandchildren, or dancing; exercising and staying active, living without fear of pain, and getting back to the lifestyle that you deserve – potentially avoiding expensive and invasive surgeries. (Note: Not all physical therapists can treat lower back pain and sciatica.)

*1. See full disclaimer on page 15*

# Back Pain: 10 Ways to Reduce or Eliminate Low Back Pain and Sciatica

## 1 Sit with a Lumbar Support to Restore Your Normal Arch

It's true! Our bodies were not made to sit for long periods of time. In fact, if we sit with poor posture and rounding of our spine, it increases the stress and strain to your back muscles and discs. Sitting produces the most pressure on your lumbar discs.



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*Photo provided courtesy of Physiotech  
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**The Fix:** Sit with a towel or lumbar roll behind your back to make sure your low back keeps its natural arch. To see examples of a lumbar roll, Google “McKenzie Roll.” Make sure your feet are on the floor and that your chair height keeps your hips at a 90-degree angle.



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## 2 Stretch your Hips

Our hips can become tight when they are not stretched appropriately or receive too little exercise. When this happens, our hips stop moving properly, causing our lower backs to work harder to pick up the slack, which in turn results in pain. To help take the strain off your back, especially as we age, we need to stretch our hips. Some of the best stretches include stretching your hips' flexor, adductor and piriformis muscles, which are located on the front and midline of your thigh. Below you will find some basic hip flexor and groin stretches that you should perform.



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### 3 Exercise

Lower back pain can be annoying and debilitating. Many of us here at Allied have experienced this first-hand – so we can certainly understand your avoidance of exercising while in pain. However, you should know that exercise provides blood flow and nutrients to your spine, which will allow it to heal. In fact, too often, lower back pain will debilitate a person, creating a cascade effect because many people stop moving and exercising all together; trading a previously active lifestyle for the sofa. Thus, although it may be painful at first, exercise remains your best shot at reducing or eliminating lower back pain, while preventing the onset of a chronically painful condition.

In all cases, you are urged to use sound judgment. Nothing beats seeking an opinion from a Spine Specialist who can evaluate your unique situation before prescribing a course of action specially developed for you.



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## 4 Bend at Your Hips and Not Your Back

Lifting accidents occur every day in the workplace and at home when people bend over to pick up an object. To keep your back healthy, you must bend at your hips to prevent your spine from overworking. Therefore, bend at your hips and not your back to decrease stress and strain on your back.



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## 5 Do Gentle Self-Mobilization Exercises to Your Spine

Gentle self-mobilization exercises provide gentle motion and nutrition to the spine. After a lower back injury, we have an inclination to stop moving, which causes our muscles and joints to become stiff, which further exacerbates our pain and stiffness. Getting your spine moving in a gentle manner can make a world of a difference.



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## 6 Use Ice or Heat to Decrease Pain

Depending on your body's preference, use ice or heat instead of painkillers to reduce pain. Painkillers not only make your body reliant on medicine, they impair your thinking as well as your digestive functioning. Instead, use this natural effective remedy to decrease the pain in your back.

With new back injuries, it is best to apply ice for the first few days, switching over to heat thereafter.

## 7 Proper Shoe Wear

It all starts with your feet! When we walk and perform other daily activities, if your feet do not provide the necessary support and stability, you can develop lower back pain. Therefore, make a habit of wearing shoes that have more support – especially when you are on your feet all day, or while walking.



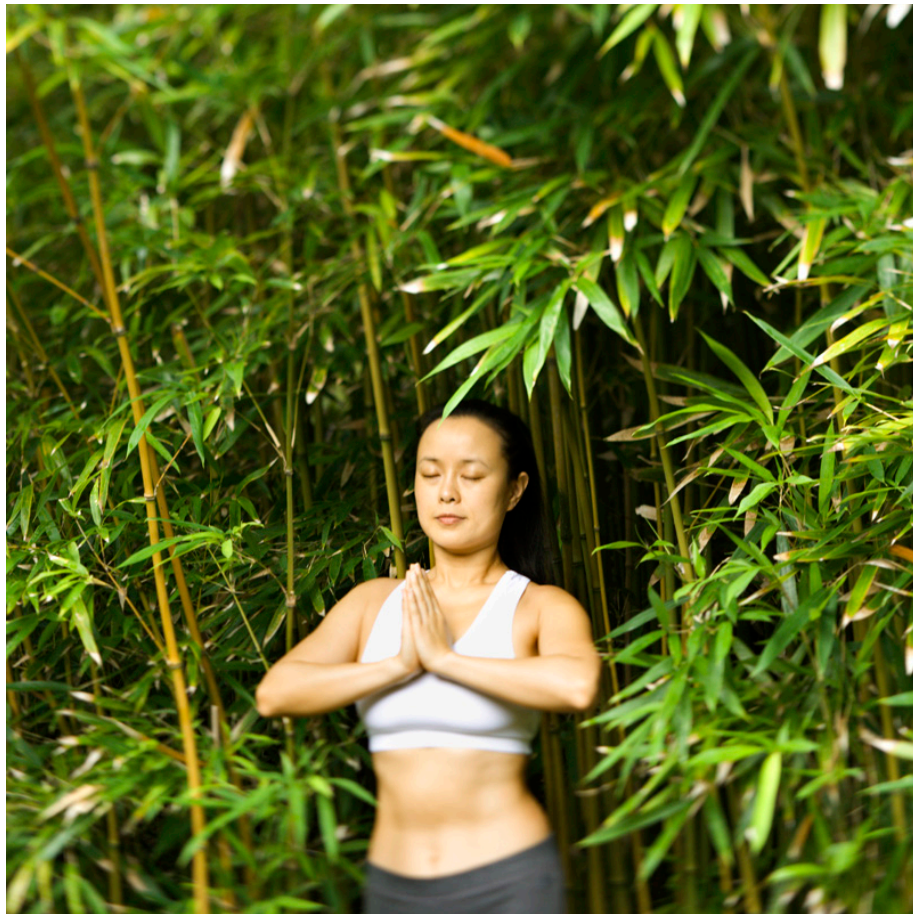
## 8 Decrease your Weight

This is a no-brainer. It does not matter how strong you are or how bio-mechanically efficient you may be, the more you weigh, the more stress and strain is placed on your lower back muscles and joints. Losing 10 to 15 lbs. can be the easiest way to reduce your lower back pain.



## 9 Change Your Mind-Set

Most patients do not understand why they are in pain, so they actually think about their pain all day. The truth is, most lower back pain cases are not serious. In fact, less than 1% of patients seeking treatment for back pain actually have a serious condition. Your spine is just like your knee or elbow joint, with many joints and muscles surrounding it. In most cases, pain is caused by injury to the joint or surrounding soft tissue. So, think less about the pain and get back to moving again. When you constantly think about pain, your brain will make it seem worse than it really is.



## 10 Get Physical Therapy

There really is no other better way to help alleviate your lower back pain. When consulting a qualified physical therapist who specializes in treatment of lower back pain and sciatica, they will be able to detect the root and source of your lower back pain and give you customized instructions to help you feel better **FASTER**. In return, you will be able to carry on with your life, avoid taking pain pills, live without fear of pain, and get back to working and living your life again.

**Note:** Not all physical therapists are qualified to help manage and treat lower back pain and sciatica.



## Conclusion

Lower back pain can be an expensive and frustrating experience for all patients. Using the 10 strategies listed in this report may help alleviate your back pain once and for all. These are just a few of the most common approaches to lower back pain treatments, among a plethora of effective therapies. If you apply these strategies daily, you may very well see a decrease – or even disappearance – of the lower back pain or sciatica that has been keeping you from enjoying your life, and ultimately get you back to doing what you love to do.

We hope this is just the beginning of a relationship between you and our physical therapy team. As your local area experts, we hope to become your trusted guides in managing and overcoming your aches and pains – and helping you live an active and fulfilling life.

Dedicated to Your Health,

*The Allied Physical Therapy Team*

# BACK PAIN

## 10 WAYS TO REDUCE OR ELIMINATE LOW BACK PAIN AND SCIATICA

### “ Real Patients, Real Results



“I suffered with chronic lower back pain since 2008 and I am amazed at how much I have improved with physical therapy. I tried everything from pain pills to injections and nothing worked.”

~ Alice K.  
Cape Coral, Florida

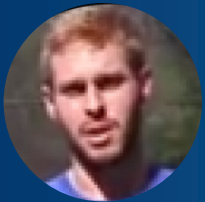
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“Most people are skeptics of physical therapy, but I was able to avoid lower back surgery after herniating a disc.”

~ Kyle M.  
Cape Coral, Florida

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“After three visits of hands on physical therapy mobilizing my left hip, my lower back pain went away for good. I am now able to Cross Fit and compete pain-free week-in and week-out.”

~ Doug H.  
Sarasota, Florida

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“I have had eight surgeries on my neck and back and I am now able to move my neck again and no longer have to take pain pills.”

~ Chrissy T.  
Fort Myers, Florida