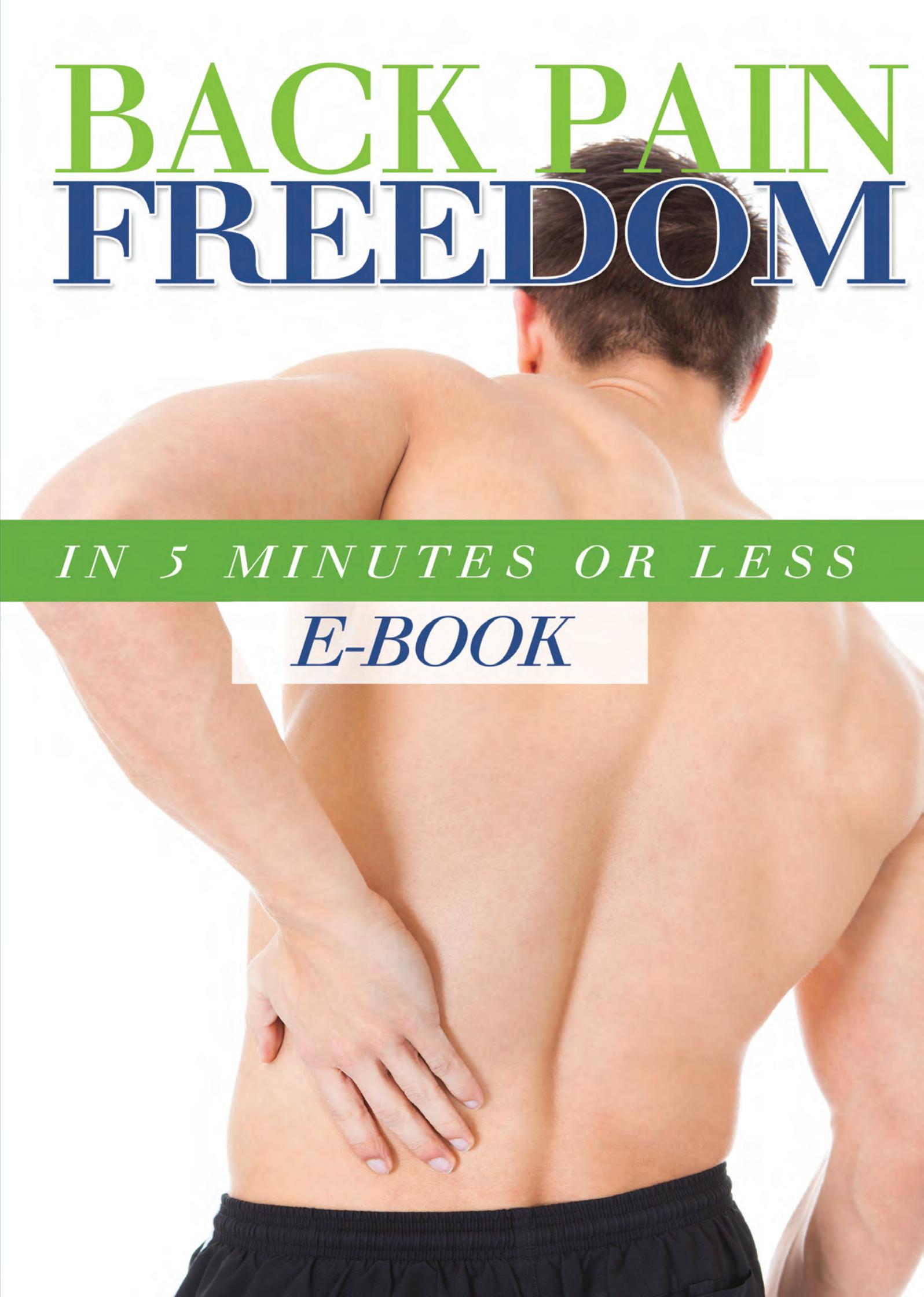


# BACK PAIN FREEDOM



*IN 5 MINUTES OR LESS*

*E-BOOK*

## Disclaimer:

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Before taking on any exercise or treatment it is recommended that you seek professional diagnosis and consultation from a physiotherapist or medical practitioner. If you feel any pain or discomfort or if your pain increases after exercise cease activity immediately. The information in this guide is not meant to replace a professional opinion and treatment strategy.

In no event will Physio INQ, be liable for any decision made or action taken in reliance on information in this guide or for an consequential, special or similar damages, even if advised of the possibility of such damages.

# Back Pain Freedom in 3 minutes or less

## Anatomy of the spine

Back pain is a common problem that affects most people at some point in their life. It usually feels like an ache, tension or stiffness in your back. The back has three main jobs: to support the weight of your body, to allow movement and to protect the spinal cord. It usually copes with the normal stresses of every day life if you are fit and conditioned to the task but if you subject your back to abnormally high or repeated stress, then the muscles, ligaments and joints can become overstretched and strained which results in pain.



# Causes of back pain

## Disc Bulges

A disc bulge is a very common spine injury sustained to your spine's intervertebral disc. It can occur in your lower back (lumbar spine), upper and mid back (thoracic spine) or your neck (cervical spine). Pressure from the central core of the disc can stretch to the outer rim, causing the disc to potentially press against or irritate the nerve where it exits from the spine. This nerve pinch can cause back pain, spasms, cramping, numbness, pins and needles, or pain into your legs.

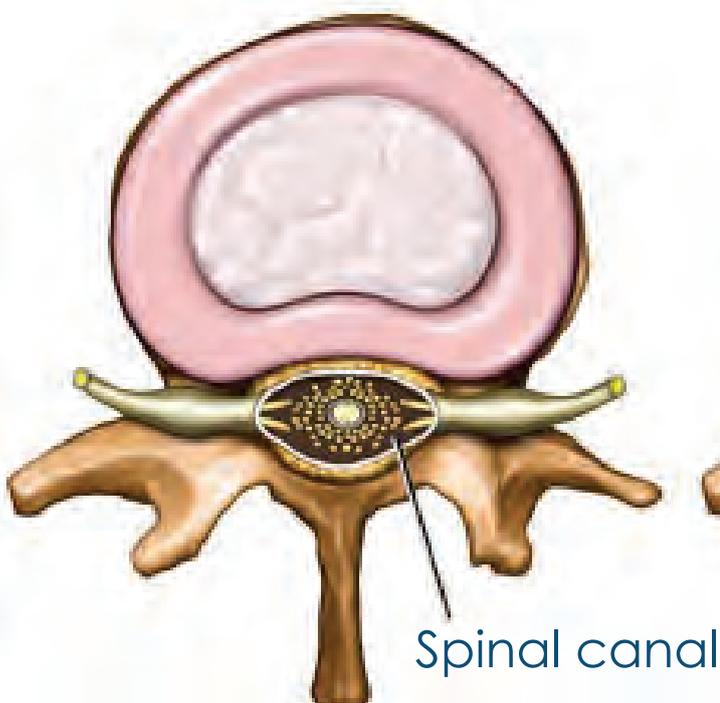


If your back pain is aggravated by sitting, forward bending, coughing, sneezing or lifting there's a good chance that you have a disc bulge.

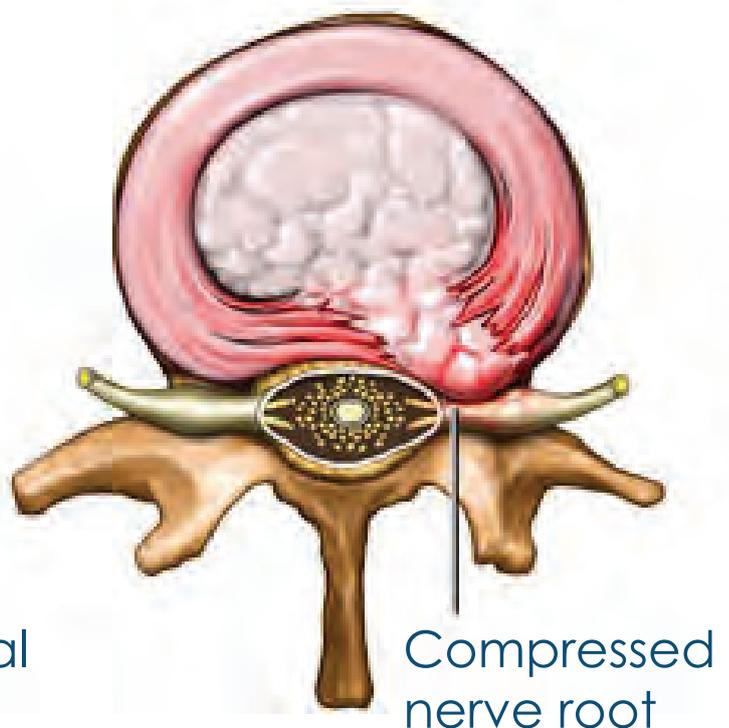
A bulging disc can be commonly referred to as a slipped disc or a protruding disc.

## Top views of vertebrae

Normal disc



Herniated disc

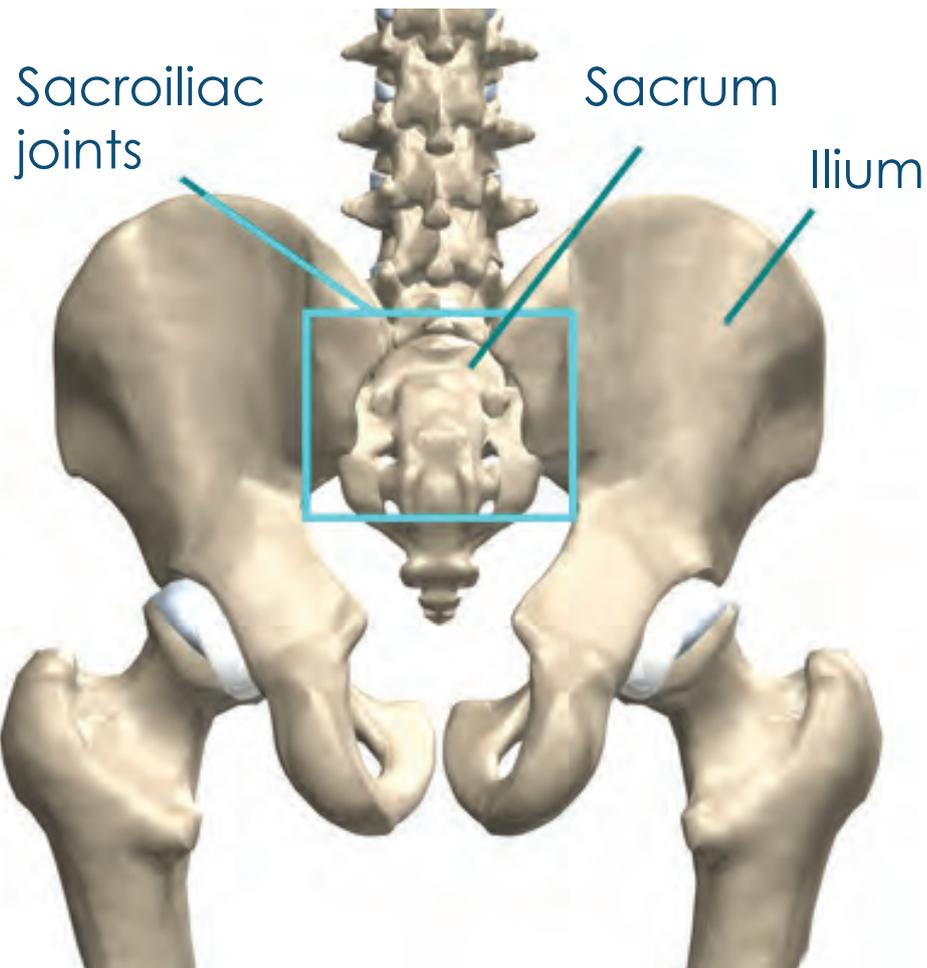


## Facet joint irritation

Facet joints are the small joints located between each vertebra. These joints are in constant motion providing the spine with stability and the flexibility to walk, sit, bend, twist and run. The joint surfaces are lined with cartilage, as we age this cartilage gradually wears away leaving room for friction between the bones. The friction leads to tenderness, swelling and stiffness.

## SIJ

Sacroiliac Joint Dysfunction (SIJ) can cause low back pain. The sacroiliac joint lies next to the bottom of the spine, below the lumbar spine and above the tailbone, connecting the sacrum with the pelvis. It is generally small and very strong, doesn't have much motion and acts as a shock absorbing structure. If the pain is in the lower back and/or hip and radiates into the groin area it may be caused by too much movement. If the pain is felt on one side of the low back or buttocks and radiates down the leg, this may be caused by too little movement.



## Muscular

When the facet joints of the spine become injured or inflamed, the muscles supporting the spine can spasm causing low back pain and limitation in motion. Typical symptoms of muscle back pain are localised back pain with no radiation in your buttock of leg, back muscle tenderness and/or spasm, protective back stiffness, sudden back pain onset.

## Constipation

Intestinal problems and bowel abnormalities can be a cause for lower and middle back pain. Constipation can lead to a backup in your colon which as it increases over time can place stress on your lower back. Common signs that constipation is causing your back pain include: consistent and persistent pain that gets worse during your motions, the pain spreads above your lower and middle back. the pain becomes more intense with time.

## Postural imbalance

Our modern lifestyle increases the risk of posture imbalance. All muscles have an optimum length and tension. If any part of your body is out of alignment, your muscles adapt by shortening or lengthening leading to muscle imbalance. For example those who spend all day hunched over a desk often develop shortened, tight chest muscles and weak, lengthened back muscles. This imbalance often results in pain and injury.

# Treatment

Each of these causes of back pain have a few extremely common threads. And you can perform these simple to follow exercises at home, in under three minutes.

## 1. Treat your inflammation

### a. NSAIDS

Non-steroidal anti-inflammatory drugs are commonly used to manage the pain and inflammation associated with back pain. Some commonly used NSAIDS include aspirin and ibuprofen.



### b. Rest

Stop normal physical activity for the first few days. This will help relieve your symptoms and reduce any swelling in the area of the pain.

# McKenzie Extensions

The McKenzie approach is a set of exercises designed for you to do on your own.

-Seated



-Standing



-Lying prone



-Progress to Elbows



-Full press up



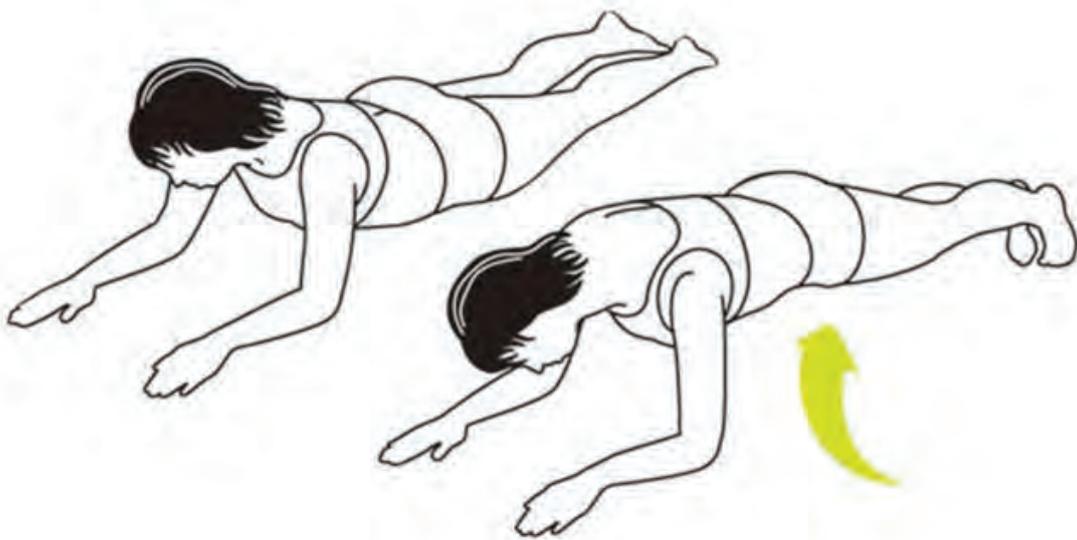
### 3. CORE stability exercises

#### Plank

Watch this video to learn how to perform a plank.

YouTube

Link: <https://www.youtube.com/watch?v=GBFejdw3TGU>



TIP: If you start to feel lower back pain it's an indication that you are losing form and your abominable muscles are getting tired, stop immediately.

- Lay down on your stomach and prop up on your elbows, engage your pelvic floor muscles.
- Lift up your torso and pelvis so that your body makes a horizontal line. Your only contact with the floor should be with your elbows and knees/toes.
- Actively tuck your chin in and lengthen your spine at your upper back.
- It is normal to feel uncomfortable in this exercise but there should be no pain.
- Hold for as long as you can maintaining the correct form as you continue to breathe normally.

1

Variation 1: Extend one leg.

2

Variation 2: Extend one leg and one arm.

## Bridge



Watch this video to learn how to strengthen your glutes and hamstrings.

Link: <https://www.youtube.com/watch?v=GT42rQB66MU&index=2&list=UU-dOd5HouEv8DKNNATsGcVg>

## Basic Bridge:

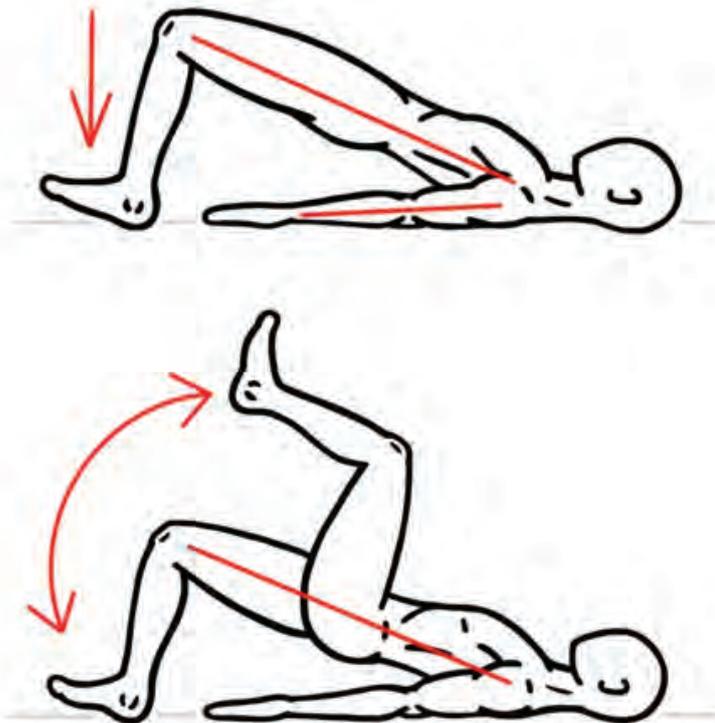
- Lay down with your back on the floor, knees up, raise your feet and push down through your heel
- Squeeze your glutes and slowly raise your buttocks up into a bridge position, hold and slowly lower.

1

Variation 1: One leg bridge - raise one foot off the ground.

1

Variation 2: Elevated bridge - place feet on a box.

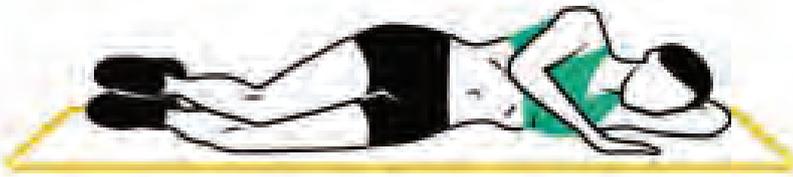


## Clam

Watch this video to learn how to perform a clam.



Link: [https://www.youtube.com/watch?v=QaleWwXf\\_X-I&list=UU-d](https://www.youtube.com/watch?v=QaleWwXf_X-I&list=UU-d)



- Lay down on your side, bend knees, make sure your hips are stable (you can place your hand on your hip or place your back against a wall)
- Keep your heels together and open up the knee

Do 2 sets of 15 for each exercise.

1

Variation 1: Separate the feet

2

Variation 2: Add a weight (2-5kgs)

## 4. Posture Correction

### a. Find your neutral position

This is the natural position of the spine when all 3 curves of the spine; cervical (neck), thoracic (middle) and lumbar (lower) are present and in good alignment. This is the strongest position for the spine when we are standing or sitting.

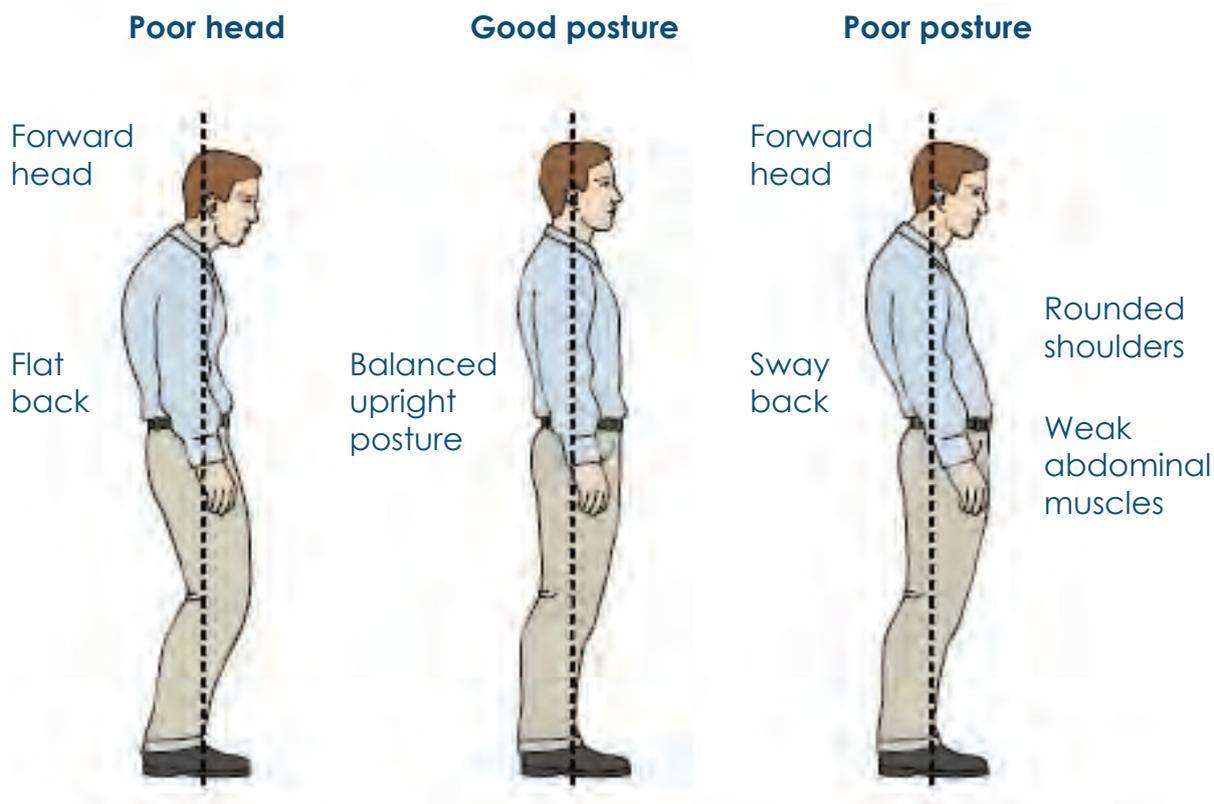
### b. Don't slouch

### c. Change your position frequently

If you spend a lot of time sitting down, changing your position could be as simple as standing every time you have to speak on the phone.

### d. Look at your environment for possible risk factors

Consider your workspace, how you're positioned when you watch TV, how your seat is positioned in your car.



For more information on back pain and to make an appointment with a qualified physiotherapist contact Physio INQ.

# Back Pain Freedom in 3 minutes or less



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