

Back Pain Relief

Solutions for Your Aching Back



Table of Contents

| | |
|---|---|
| Introduction..... | 2 |
| 5 Common Culprits of Back Pain..... | 3 |
| Home Remedies to Relieve Back Pain..... | 5 |

Introduction

Dear Friend,

In this ebook I'm going to fill you in on ways to naturally relieve your back pain. These techniques have been proven time and again to produce powerful results.

In fact, this is information that many other personal trainers typically charge for... but, I'm more than certain that, once you discover and apply these solutions for your aching back, you too will become one of my happy and satisfied clients.

Are you over the age of 30 and experiencing back pain every day? Do you find yourself wondering when and why this aching pain started, and how you can get it to stop? If so, you are not alone.

Millions of people suffer from excruciating back pain every day with little or no hope for a cure. While some of these conditions are serious and need special medical care, most back pain can be relieved with a few simple behavioral modifications.

The following pages will cover these topics:

- Common culprits that lead to back pain
- Simple, effective solutions for these culprits
- Drinking water for back pain relief
- Weight loss
- Walking
- Heat and ice

But before we dive into it, I want to let you know you can easily obtain even more health and fitness advice from me, Pittsburgh's top fitness expert on a regular basis by requesting a free subscription to my newsletter. You can get your subscription **via email** by visiting my web site at: www.JM-Fitness.com

So sit back, relax, and allow me fill you in on these helpful tips to alleviate your aching back...

5 Common Culprits of Back Pain

1. **Excessive Sitting:** Do you sit for long periods of time?

Sitting is hard to avoid these days. We commute through traffic in our cars, we sit for hours at our desks, and then we commute back home in our cars. Most of the population sits for at least 8 hours a day. All of this sitting could be taking a toll on your back.

It is important to get up at least once every 2 hours to avoid adverse effects on your back.

Get up and take a walk around your office, or walk around the block on your break. If you are in your car all day make sure to make a stop every 2 hours to stretch your muscles. If you spend a lot of time on the phone, stand for at least 10 minutes every hour while you talk. Pay attention to the length of time you spend sitting each day, make sure that you are not sitting for long stretches at a time.

2. **Back Injuries:** Do you practice proper lifting techniques?

Since most back injuries occur during an attempt to move a large or heavy object, it is very important to practice proper lifting techniques.

The proper way to lift an object is to first bend your knees, grasp onto the object, and then straighten your knees while keeping your back straight.

Make sure that you are not bending over at your waist, as this will put unnecessary strain on your back. Practice proper lifting techniques even when the object that you are lifting does not seem very heavy—this will protect your back from injury.

3. **Lack of Back Strength:** Do you have weak back muscles?

Weak unconditioned back muscles account for many an aching back. If you don't exercise regularly, whether in the traditional way or by being active in sports or other physically demanding activities, then chances are good that your back pain is a direct result of weak muscles.

Protect your back against unwanted pain by regularly strengthening your stabilizing back muscles.

You can strengthen these muscles by doing the following exercise right in your own home. The Superman Pose: *Lie on your stomach with your arms and*

legs stretched out on the floor (as if you were Superman flying through the air). Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up off of the matt. Hold this position as long as you can. Repeat on the other side. For a more advanced pose, start on your hands and knees, rather than on your stomach.

4. Poor Posture: Do you slouch?

Your mom was right when she told you not to slouch! Having poor posture is another classic reason that people suffer from back pain.

While sitting keep your head and shoulders erect with your feet on the ground, make sure that your lower back is supported, and that the chair is not pressing into the backs of your knees.

Be aware of your posture throughout the day to avoid slouching. If you continuously find yourself slouching place a mirror at your eye level while sitting properly, and periodically check to see if you are aligned with it or not.

5. Stiff Muscles: Do you stretch regularly?

Do you find it hard to touch your toes? Do your legs and lower back feel stiff and unmovable at the end of the day?

Limbering up your tight muscles is a great way to relieve back pain.

Make it a habit to reach down towards your toes to stretch out your hamstrings. You should hold this for at least 30 seconds. For another good stretch, sit on the floor with your legs straight out in front of you. Lean forward at your waist, keeping your back straight, and reach toward your toes. Exhale and reach even further.

Home Remedies for Back Pain Relief

It has been reported that 90% of the adult population suffer from back pain. The only ailment more common than back pain is the common cold. With so many suffering, it is no wonder that chiropractor care and physical therapy are in such demand.

But what about the back pain sufferer that doesn't have the time or desire to seek professional help? The following are home remedies aimed to bring back pain relief in the comfort and privacy of your own home.

Drink Water

Water is probably not on the top of your list for back pain remedies, but believe it or not it works. Here's how:

- Inadequate hydration interferes with your body's complex biochemical processes that are important for normal health.
- This interference leads to build up of toxic chemicals.
- Without proper hydration, muscles tighten and exert pressure on your spine.

So you can see how drinking an adequate amount of water each day can relieve your back pain, and also treat the cause of your pain. To avoid muscle-tightening dehydration check out the following tips:

5 Hydration Tips

Tip #1: Caffeinated beverages—such as coffee, soft drinks or energy drinks—cause your body to lose water. After you enjoy a dose of caffeine replace the lost water by drinking 2 times that amount in water.

Tip #2: Add a slice of lemon to your water to spice things up.

Tip #3: Always carry water with you throughout your day—keep a bottle in the car, at your workplace and next to your bed.

Tip #4: Exercise and hot summer days both increase your body's water requirements—make a mental note to drink before, during and after exercise or while out on a hot day.

Tip #5: Make it a habit to begin your day with a large glass of water then drink a glass before each meal and one between meals.

Lose Weight

Add this to your list of reasons you should lose weight: losing an inch or two from your waist can help alleviate your back pain. That being said, not all back pain is caused by excess weight, and skinny people experience back pain too.

So when does losing weight help to alleviate back pain?

If you are overweight and carry your excess weight in your belly, then chances are high that your weight is causing your back pain. A belly that protrudes puts strain on your lower back. The good news is that losing as little as one pant size can greatly reduce the strain on your back.

Losing weight doesn't have to be difficult. The following tips are for beginners who are ready to begin the weight loss process:

5 Weight Loss Tips

TIP #1: GET MOVING

The first thing you need to do, as a fitness beginner, is to start moving! I mean this literally. Get up, and walk out your front door. Now walk down the street. Now turn the corner. Keep going! Do you get the picture? Start introducing your body to fitness by going on walks. These walks will probably start out slow and short, but before you know it they will be brisk and long. Try to work up a sweat as you tour the neighborhood. Make it a habit to wake up early to go on your walk, or consistently go on a walk before you go to bed. These walks will get you to start burning calories each day, and will also begin to build your cardiovascular endurance.

TIP #2: STRETCH

Once you become a pro at walking, you will need to add something new to your routine. Stretch before and after your walks. Start by reaching down to touch your toes and holding it for 30 seconds. You will feel tightness on the backs of your legs, in your hamstrings. Now place your palm against a wall at chest level and turn your body away from it. As you hold this for 30 seconds you will feel a stretch in your chest. Most inactive people have tight hamstring and chest

muscles due to prolonged sitting, so it should be your priority to stretch these muscles out. You will be pleasantly surprised at what this will do for your posture!

TIP #3: CLEAN YOUR DIET

Fitness professionals like to claim that 80% of what your body looks like is directly related to what you eat. In other words, if you are eating burgers and fries and visiting the gym everyday, you are still going to look like you are eating burgers and fries! It is time to clean up your diet, so you can continue on your fast track to fitness.

- Rule #1: No more fast food. Fast food is cheap, available, and quick, but it is far from healthy. You are better off avoiding it completely.
- Rule #2: Eat 5 servings of fresh fruits and vegetables everyday. Your body needs the nutrients found in these foods, and they will fill you up without empty calories.
- Rule #3: Eat 4-5 small meals a day, rather than 2 large ones. This will keep your metabolism high all day, and turn you into a calorie-burning machine!

TIP#4: HIRE A PROFESSIONAL

After you have mastered walking, stretching, and have started to clean up your diet, you are ready to call in the professionals. Don't be intimidated or scared of this concept, your local fitness professional is trained and eager to turn you into a calorie burning, muscle building machine! Meet with your fitness professional and outline your specific goals and desires. The key to getting the most out of your sessions is to attend them consistently. Meet with your fitness professional no fewer than three times a week. Your program will likely consist of both cardiovascular and resistance training.

TIP #5: FIND A BUDDY

There is no better motivator to get you to the gym than knowing that someone is there waiting for you. If you find yourself slacking off in your workouts, or skipping the gym, a workout buddy might be just what you need. Find a friend with whom you share similar fitness goals, and become workout buddies. Agree to meet three times a week at the gym, and encourage each other throughout your workout. You will find that this makes workouts motivating and fun.

Use Heat and Ice

Most people are unsure how to properly use heat and ice as effective therapy for their back pain, or when to use each method. Here's the best way to use each method:

Using Ice for Back Pain Relief

Ice is the correct method to use if your back pain is new or if you have recently suffered a strain or injury. Ice should be used for 2-3 days to control swelling.

Use ice when your injury is in an acute stage, usually the first 48-72 hours. The ice will reduce swelling and inflammation and will also help to control the acute pain.

- Use ice bags or chemical ice packs
- Always apply a sheet of paper towel between the ice and your body.
- Limit ice to 12 minutes with a minimum of 60 minutes between applications.

Using Heat for Back Pain Relief

Heat is the correct method to use if your back pain is not new or if you've tried ice with no relief. Also heat will help if you suffer from osteoarthritis.

The method of using heat works by increasing circulation to assist the body in healing itself. The increased blood flow brings nutrients to your injured muscles and assists in repairing them.

- Use moist heat for the deepest penetration, such as a moist heating pad, shower, hot tub, bath or hot wet towels
- Do not exceed 30 minutes of heat exposure
- Allow your body to cool down for at least 60 minutes before re-applying heat
- Never go to bed with a heating pad or other heating device. Prolonged heat exposure will do more harm than good to your injured muscles

You don't have to suffer from back pain any more. Make the decision to change the behaviors that cause your back pain. Exercise regularly, making sure to get at least 30 minutes of continuous activity 3-4 times each week.

To gain the most from these tips I suggest that you hire an experienced personal trainer who can guide you all the way to your goals, and lucky for you...I'm available to coach and guide you every step of the way.