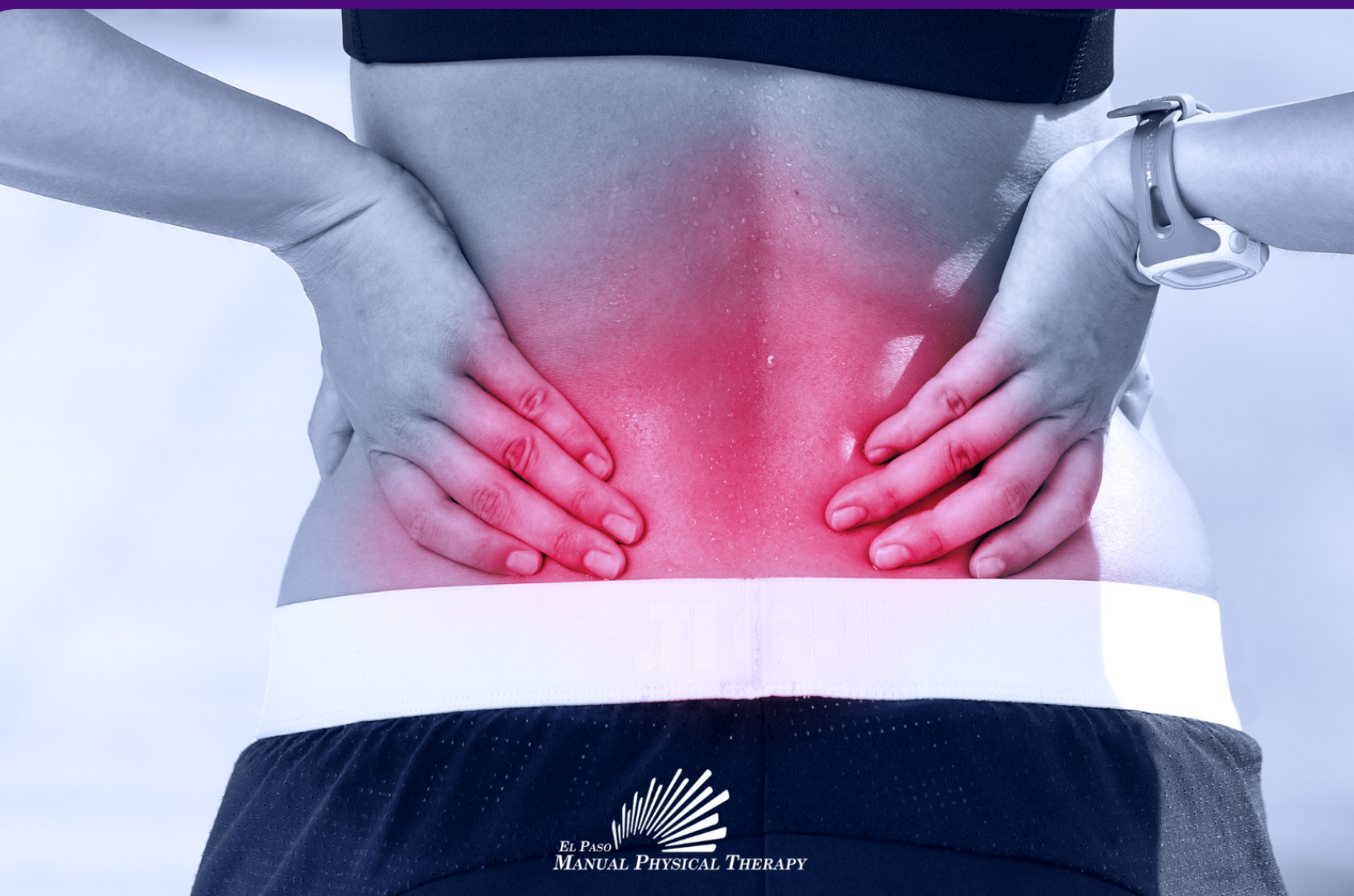


4th Edition

10 Proven Tips To Start Fixing

BACK PAIN



El Paso
MANUAL PHYSICAL THERAPY

**Avoid injections, prevent surgery, and
stop taking pain medications.**

By Leading USA Physical Therapist, Dr. David Middaugh, PT, DPT, FAAOMPT

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About The Author

Dr. David graduated from Jefferson High School in 2004. He then attended the University of Texas at Austin through 2007 on a full-ride scholarship completing a 4 year degree in 3.5 years. He then went on to complete a doctorate in physical therapy at Texas State University - San Marcos in 2011. Dr. David then completed a unique fellowship/ residency training in 2015.



Less than 1% of physical therapists in the nation have completed this level of specialization. Having only been a PT for a little over a decade, this gives Dr. David the skills and knowledge of an expert clinician that has practiced for 30+ years.

Dr. David founded El Paso Manual Physical Therapy with the intent of helping people avoid surgery, get off pain medication and keep up an active lifestyle. In 2019, Dr. David started posting regularly to YouTube and has since then seen the EPMPT channel grow to over 250,000 subscribers. He continues to use the platform to share expert tips, advice, and exercises to people all around the world.

Introduction

Hey there!

Thank you for downloading “10 Proven Tips to Start Fixing Back Pain.”

The quick tips shared here are very common treatments I use with my patients everyday. They will certainly improve and possibly eliminate your back pain.

I never have my back pain clients do all these things at the same time.

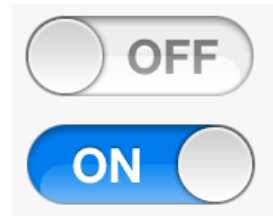
Usually there’s just one or two of these tips that have the greatest impact on their back pain. My best advice is to only try one tip at a time. This will allow you to find the one or two things that will work the best for you.

Without a thorough examination of your low back, hips and legs taken into consideration with your personal health history, there is no way to tell you which of these tips are most important for you to start with. In order to give you a sure fire way to fix your back pain, we must find the root cause of the pain through a physical therapy examination and treatment.

With that out of the way: **Enjoy the tips!**

Tip #1 - Turn On Your Abs

Most people know they probably need stronger abs. The truth is that you don't need to get a six-pack to make your back feel better.



If you just flip the switch and turn on your ab muscles by tightening them up you will make yourself feel so much better!

There's lots of research showing that when we fire our abdominals it makes our spine move better, takes pressure off discs, and naturally improves posture! Just be sure not to cut off your breathing.

Think of a 0-10 scale for how intense you fire your abs.

0 = nothing is on and 10 = you're firing as hard as possible.

Only fire your abs at a 2 or 3. Be sure that you continue to breathe normally. You should not be holding your breath while doing this. Work to keep your abs turned on all day!

Set an alarm to go off every 60 minutes as a reminder to get you to engage your abs. You'll certainly get tired from doing this, but that's just because **you've got some strengthening to do!**

Give it a week and the fatigue and soreness should reduce along with your back pain.

Tip #2 - Learn Good Back Posture

Be honest, are you slouching right now? Did you read the word posture and then straighten up?

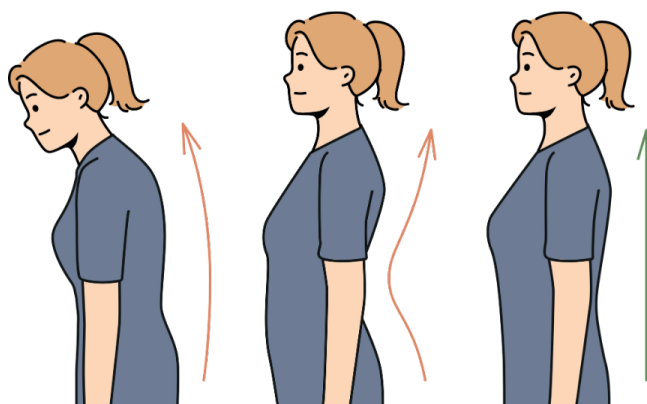
Slouching happens to the best of us (even me, the expert physical therapist!) The trick is to minimize how much time you spend in bad posture each day.

Think about it, when do you tend to have the worst posture?

At work? While driving? When using your phone or tablet?

Pick one of these times/places that you can intervene first. Don't over complicate your posture, just straighten up. It doesn't matter whether you're standing or sitting either.

Keep in mind that you'll be turning on back muscles when doing this so it's normal to feel them burning when doing this. **Aim to be in good posture for about 80-90% of your day.**



Tip #3 - Don't Stop Moving

This can seem counterintuitive when you're in pain. Most people want to lie down and relax or avoid movement altogether.

As long as your back pain is not debilitating you really need to move on with your day as best as you can. Chances are the pain will lessen as you keep going.



The movement you do should be within your pain tolerance. Use common sense, avoid activities that make your back pain worse! The idea here is to keep your muscles and joints from locking up further.

You need to figure out what you can and can't do at your current level and avoid slipping into thinking that you can't do anything.

Remember to monitor yourself and celebrate all your improvements as time goes on. It may be little things like putting your shoes on or getting into the car without pain!

Tip #4 Stop Sitting With Your Legs Crossed

Crossing your legs, especially knee over knee, tends to shut down our core spine muscles. It's our body's way of cheating on our posture when we have a weak core.

When you cross your legs it gives you some stability by winding up your hip muscles. This way your abdominals and back muscles don't have to work as hard to keep you upright.

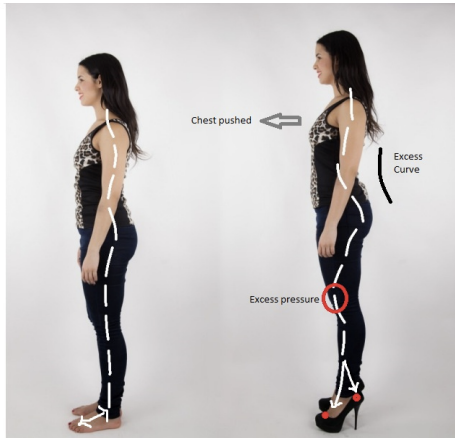


Start catching yourself when you do this! Then do tips 1 & 2 instead.

Turn on those abs and straighten up your posture!

Additionally, there's growing speculation that leg crossing could be associated with varicose veins and major circulatory problems like pulmonary embolisms (blood clots in the lungs).

Tip #5 -Stop Wearing Heels (Temporarily)



High heel shoes are not all that bad when you don't have a back issue.

However if your back is sore and tight, wearing heels could make it worse.

Heels force you to lock out your knees which in turn causes you to extend your back more.

Walking even short distances like this can really send someone with back pain over the edge. Sometimes even a 1 inch heel can do this.

Men, how many of you wear boots or dress shoes that have a small heel?

This might be a contributing factor to your back pain. Find some flat shoes that you can wear while you deal with your back issue. Once it's resolved you should be able to return to wearing heels.

It is not advisable to wear high heels most days of the week if you're on your feet or walking a lot.

You are setting yourself up for **more back pain later** when you do this!

Tip #6 - Stability Balls

Many people with desk jobs have really nice chairs but still have chronic back pain! That chair probably makes you want to lean back and relax many times throughout the day.

Sitting on a stability ball forces you to sit up straight. If you slouch, the ball will want to roll out from under you.

It's a surefire way to get you to sit up straight.



These balls come in different sizes but I recommend you get one that is larger than what you think you'll need. You want to inflate it enough so that it is very firm.

When you sit on it, your hips should be higher than your knees and there should be some pressure going through your feet. It may cause your upper body to lean slightly forward.

If you're used to sitting in a nice, comfortable executive computer chair, I recommend you gradually begin to use the ball.

Try it out for an hour at a time. It can be tiring and you'll probably want to take a break from it. Give yourself 2 to 3 weeks to work up to sitting on the ball all day.

So far, every patient I've had that has switched to using a stability ball has had **excellent results!**

Tip #7 - Get Regular Exercise

Exercise is truly a MIRACLE drug.

Besides improving your cardiovascular health, helping you sleep better, and keeping you from becoming depressed, getting consistent general exercise has been shown in research to reduce low back pain.

People who exercise, regardless of the exercise, tend to feel less back pain. There's **NO** other drug that has so many great benefits!

When choosing what exercise to pursue keep in mind what your body responds to the best. If you've never been into weight lifting maybe you should take on running or cycling.

Are you more of a yoga or pilates person? Perhaps you like to do team sports like basketball or baseball?

Whatever you decide, monitor your back pain.

If you are worsening or stuck on a plateau, you need to try something different. Please speak to a PT soon to get some professional direction in your exercise.



Tip #8 - Lose Weight

Aside from the weight stressing your spine joints, extra mass around your midsection can pull your spine into an extended position.

This can drastically change the way your core muscles stabilize your back.



When your back is more extended it tends to set up a muscle imbalance in which your abdominal muscles become very weak and the back muscles become too strong.

You can work on strengthening your abdominals, but the better long term solution is to lose the love handles.

It's just better for your health on so many levels.

Tip #9 - Wear a Back Brace

If your back pain is quite severe, I recommend using a lumbar support brace TEMPORARILY.

It doesn't have to be a fancy brace, the one from Walmart will usually work well.



Once your back pain is subsiding, it is critical that you wean yourself off the brace.

Think of using the brace in the same way you would use a crutch to get you through the first day after a really bad ankle sprain.

Once your ankle starts to get better, you can get rid of the crutch and start to put more weight on it.

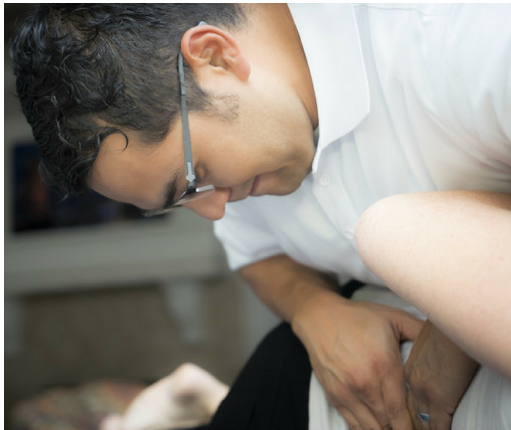
The same goes for severe bouts of back pain.

If you find that you feel you need to back brace for more than 4 days in a row, please visit your physical therapist to have your condition assessed.

Tip #10 - Go to Physical Therapy

Seeing a physical therapist specialist is by far the fastest way to get rid of your back pain.

Research shows that manual therapy (hands-on treatment) in combination with the right exercises is proven to improve pain and function way faster than exercise only.



Manual therapy consists of precision massage and sometimes joint popping techniques designed to loosen the tightest joints and muscles in your back.

We combine this with advanced exercise science to help you get off pain medication and avoid surgery as fast as naturally possible.

At [El Paso Manual Physical Therapy](#), we strive to provide our clients with the most up to date and proven techniques for rapid recovery.

All our patients get specific home exercises that reinforce the improvements achieved during the treatments.

Online Programs

I have created some amazing online programs that are easy to follow, step-by-step programs that will walk you through expert advice, stretches, and exercises all geared towards helping you improve and maintain a healthy back!

The best part is that you receive LIFETIME ACCESS to these programs and are able to access them from your phone, tablet, laptop and even your TV.

Here are our current programs available for back pain:

28- Day Back Health & Wellness Boost Program

Enroll now: www.epmanualphysicaltherapy.com/back-health

Designed for people with concerns about their back health and is specifically designed to help people keep their back healthy so that they have the best chance at avoiding surgery, injections, or have to rely on pain medications in the future.

Virtual Consultation

Did you know you can request a virtual visit with our clinic? Ask questions, get coaching, and receive feedback to make sure you're doing your exercises correctly. You can even discuss your X-rays, MRI, or CT scan with us.

You can meet with me, Dr. David, or with one of our specialists.

Learn more about how you can schedule your appointment here:
www.epmanualphysicaltherapy.com/virtual-visit/

Hope to talk to you soon!

Conclusion

I really hope you find the one or two solutions here that helps you get rid of your back pain.

The tips here have been tried and tested by experts and are successfully used to prevent surgeries and help people to stop taking pain medication.

If applied well, they are sure to give you significant relief of your back pain.

Keep in mind that these tips are generalized to best fit most people.

There's so much more detail and individualization you will get by going through a physical therapy examination.

Remember that our YouTube channel is packed with helpful content as well!

Your partner in healthcare,



Dr. David Middaugh, PT, DPT, FAAOMPT

Back Expert

Fellowship Trained Manual Therapist



Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and information 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 practice. 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, 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 fully accurate in the absence of this examination from El Paso Manual Therapy, PLLC.

We are able to offer you this service at a standard charge. 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 ebook.