

9 Quick Easy Ways ....

**TO END  
BACK PAIN  
(AND STIFFNESS)**

**WITHOUT TAKING  
PAINKILLERS  
OR HAVING TO CALL AND  
SEE THE GP!**

Guide by  
Dr Luc Archambault , Chiropractor  
(value £75)

**sp**neworks  
CHIROPRACTIC



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## About the author, Dr Luc Archambault, chiropractor

Clinic director at **SpineWorks Chiropractic**, Luc Archambault D.C. is a passionate chiropractor with over 20 years of clinical experience in Canada and in London UK. Graduated in 1999 from Université du Québec à Trois-Rivières (Canada) with a Doctorate of Chiropractic, he has helped thousands of patients with various musculoskeletal conditions and has witnessed the fantastic transformations that chiropractic has made to people's lives.

He has specific interest in postural correction, neurology, spinal rehabilitation, management of scoliosis, wellness and treatment of disc injuries. He became certified in 2006 in Chiropractic Biophysics (CBP® [www.idealspine.com](http://www.idealspine.com)), the most researched, evidence-based technique in the profession in corrective spinal rehabilitation.

He also worked for the development of his profession. He has been an examiner for the Canadian Chiropractic Examining Board, a representative for his provincial chiropractic association and has been involved in being a mentor for new graduates.

Luc strives to grow professionally and personally and he believes that a healthy body and mind lead to a happier life. He empowers his patients to become more proactive and responsible in leading a healthier life and in reaching their own innate potential.

# *The 9 Quick Easy Ways To End Back Pain (And Stiffness) Without Taking Painkillers Or Having To Call And See The GP!*

## **1. 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.

## **2. Ice vs Heat**

**Ice** helps to reduce the inflammation. It is by far the best way to ease a sudden onset of back pain, like after an injury. Also use ice if you suffer from chronic back pain due to arthritis. Apply an ice pack for 10 minutes or so, little but very often (every hour).

And when to use **heat**? – my tip would be to apply a hot water bottle or a hot pack when your back is likely to be feeling more stiff than painful. Heat helps to increase blood flow and to reduce muscle tension. Again, 10 minutes should do it.

## **3. Watch your Posture**

**Bad posture is a leading cause of back pain.** The curves in your spine act as levers, shock absorbers and resistance to gravity: they also protect and reduce forces acting on the spinal cord and nerve tissues. If you catch yourself leaning forward at a desk, looking at your phone or slouching to watch TV; know that you are **putting stress on your spinal joints** and as a result, on your entire body

#### 4. Avoid Sitting Cross Legged

Your spine isn't designed to twist or turn for long time. 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 excess of time in this position will catch up on you – usually aged 40-60.

#### 5. Sleep With A Pillow Between Your Knees

It 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.

#### 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 and 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!

And 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, 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 perfect mattress is about finding **the one that works best for you** and your spine. Your perfect mattress will provide a good balance between a **good support and comfort**. It should allow your spine to rest in neutral alignment: balanced curves when you sleep on your back and in without bending your spine when you lie on the side. When you shop for your mattress, have someone taking a picture of you lying down to observe the alignment.

## 8. Avoid High Heels and Choose Sensible Footwear

Bizarre choices of footwear include high heels, flat sandals, flip-flops and *plimsoll* style trainers or shoes. Why bizarre? Because they're all proven to ADD to your back pain.

Wearing high heels will increase the pressure through your back by about 25 times. Because of the lack of cushioning to absorb shock with these type of shoes, your lower back must take all 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%.

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.

## 9. Get Healthy With Chiropractic

There isn't a faster way to END back pain than by **going to see a Chiropractor**. 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 stuck and painful joints, and strengthen your body so that you can go back to doing the things that you love.

Combine all the "tips" in this Special Report with a trip to see a hands-on, private chiropractor and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

Chiropractors look to the root cause of the mobility and pain problems, providing natural solutions to produce the **fastest results possible, without the use of drugs and surgery**.

Note: The NHS physio departments 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, since 2013.

## ***Bonus Section:***

### **1. Daily Lower Back Exercise Rituals**

If you can get into the routine or good habit of doing simple stretches and strengthening of your lower back muscles, you will benefit right through your 40's, 50's, 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 if you are now in the 40-60-age bracket where your muscles lose strength and flexibility.

### **2. Avoid Carrying Your Back Pack / 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 workbag 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 and it would mean that one side is working too hard taking the weight of the bag every day, and certainly much harder than your right side. And this would cause tension and pain, not to mention a funny and unhealthy-looking posture.

### **3. Regular Pilates or Yoga**

This is the 100 years old tradition that if you do regularly, can really transform your health.

Pilates is one of the most important things that anyone can do to prevent back pain.

**Pilates** is a series of exercise 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 people's backpain 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.

#### 4. Stretch Yourself At The Beginning And End Of Every Day or practice yoga

Another daily ritual that will transform your health. Along with Pilates, **Yoga** is a must! When you enter 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 very 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 flexible. Yoga is also a spiritual discipline which focuses on bringing harmony between the mind and the body. It will also help to improve your breathing and to relax your mind.

#### 5. Stay Hydrated

This is the BIG Office worker mistake that could be zapping your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as consequence of drinking too much of them.

And being dehydrated can cause muscle aches and pains, fatigue and dizziness. So, it's important that you keep your water intake up to ease off any extra or unwanted tension in your lower back muscles.

My tip, drink water little and often throughout the day. A common advice is to drink 8 glasses a day (about 2.5 litres)



## ***Conclusion***

So, there you have it: **9 things (plus 5 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 **chiropractic** can make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at SpineWorks Chiropractic become the source of leading-edge health advice for you and make a real difference to your life.

*Dedicated to Restoring Your Health,*

**Luc Archambault,  
Doctor of Chiropractic**



## ***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 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 on 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 accurate in the absence of examination from one of the General Chiropractic Council Registered Chiropractors at SpineWorks Chiropractic.

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 report.