

9 Easy & Effective Tips

For Curing Stubborn

BACK PAIN & STIFFNESS

... Without Using Injections, Painkillers Or
Surgery



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About the Author



Hasan Al-Talib

For more than a decade, thousands of individuals suffering from back pain have reached out to Hasan looking for answers they never had. Hasan's unique holistic approach hasn't only helped people recover faster but empowered them to stay mobile, active, and happy. Most people come to see him to get freedom from pain killers and prevent surgery. He has helped them return to what they love doing best... PAIN-FREE.

Introduction

I am writing this eBook so I can share with you 9 easy and effective tips that can help you relieve your back pain. Some of these tips will work instantly while some may require more dedication and time.

These suggestions are quite identical to what I share with my patients who come to my clinic for consultation. The tips and recommendations aren't categorised in any particular order so you can start with any tip that you find easy. What I really care about is that you get better.

I will take this moment to caution you though. Without diagnosing your symptoms and learning about your personal and professional background, it is not possible for me to recommend a tip that will be the most effective. In the event that I was aware of your medical history and underlying cause of your back pain, there still aren't any guarantees as all patients are different and respond differently.

During the last decade, I have been able to successfully identify what can and cannot cure most back pains. Each one of these 9 tips is a result of my intensive experience of treating back pain.

Draw this mental picture - how great it would be if you start applying one tip every day so, within two weeks, you would have applied all 9 tips and identified which ones work the best for you. This way you will be able to do what you love doing as you will find yourself to be more agile and mobile. Regaining your freedom of mobility will help you live your life to its fullest.

I want a commitment from you. Now that you have this exceptional opportunity in the form of effective recommendations, you will try at least one tip a day. They are easy and simple to do so you won't have to invest too much effort or time.

I think you will be surprised by how much mobility and health you can regain with these simple tips - without any painkillers, surgery or injections!

9 Easy & Effective Tips to Cure Back Pain Without Painkillers, Surgery or Injections

1. Make Yourself More Active

You might not believe it but there is something called too much rest. So many patients are surprised when I tell them that they need to get moving instead of resting all day long. The only activities that you should rest from are those that aggravate your back pain. Take naps and rest for a brief time but also keep yourself active.

This may not be what you expected but contrary to conventional wisdom, resting all day long isn't the place you want to be in. Don't lose your mobility as it can push you into a depressive state where you might not even have enough confidence to move. That's why you need to be mobile and active.

What's My Suggestion?

Make yourself active within your pain restrictions. Keep in mind that pain doesn't necessarily mean that you're causing more damage. It simply means that there is something damaged in your body that needs to be fixed. Every car that's making noise doesn't need engine replacement.

2. Treat Back Stiffness with Heat Packs

The majority of my patients use a heat pack as soon as they get home. Heat pack helps your blood flow, especially within the problem region and enables you to move better. Heat packs might be a temporary relief on occasions but when you are experiencing terrible pain, even temporary relief is a win.

What's My Suggestion?

Apply a heat pack every 3 hours for 10 minutes on your lower back. Control the temperature so there aren't any skin burns.

3. Don't Sit for More than 20 Minutes

Sitting upright for long periods of time can make your back stiff which can lead to pain. According to some recent studies, every hour we sit, we lose more than 20 minutes of our life. You can figure out the damage you're causing to your body by calculating how long you sit in a day. Our bodies are made for survival and that's why they benefit from mobility. Being active is what stimulates our cognitive function, emotions, and personal limits.

If you have a toddler around, observe them. Do they ever sit in a single spot for long? Never, unless they are sick. They continue to run, jump, sprint, climb, squat, and you will never find them in the same position for more than a few minutes. What would happen if you start moving like a toddler? People will think you are crazy. Being civilized now means restricting our movement. Here's what you can do.

What's My Suggestion?

Taking your pain restriction into consideration, do something that's out of your comfort zone. Commit to a certain activity whether it's simply walking, yoga, basic workout, swimming, or anything else. Challenge yourself to do and move better.

If you have a desk job where you find yourself sitting for long hours, make it a habit to take multiple breaks. Don't sit for more than 20 minutes. Prior to standing, warm up your lower back with pelvic movement. After you've stood up, take a short walk, squat, stretch, and get moving. Make sure that every activity is within pain restriction.

4. Place a Pillow between Both Knees

If your sore back isn't letting you sleep, then you can use this tip that will help you sleep better. All you need to do is place a pillow between both knees as it will restrict the compression of muscles in the lower back keeping it in a rather comfortable position.

What's My Suggestion?

If you are sleeping on your back, the pillow should be under your knees while if you are sleeping on your side, it should be between both your knees. If you want to achieve better results, give the body pillow a shot. Many of my patients tell that a body pillow provides a more supportive and cosy sleeping experience.

In order to achieve optimal spinal position from the neck down, ensure you're placing a pillow that adequately covers the cavity between your head and shoulder when you're lying on your side. The pillow should provide support to your neck and upper back when you are lying on your back.

Remember that in the beginning, these changes won't feel natural which is expected. It's hard to break habits and learn new ones. However, it wouldn't take more than a few days to notice that you feel more refreshed, relaxed, and enthused as you start getting a good night's sleep.

5. Don't Use One Shoulder for Carrying Your Hand Bag

This is one of the most frequent causes of lower back pain. When you use only one shoulder for carrying a bag, the load on your spine is one-sided which leads to unbalanced tension on the lower back. Over time this constant and irregular strain can result in pain.

What's My Suggestion?

Remove everything that's unnecessary from your handbag. Don't carry around things that don't have any immediate usage.

Apart from that, determine whether you have to carry all those things around. If you do have use for all the things, it is better to use a rolling tote. This won't only reduce the tension on your spine but you will also be able to switch between sides.

6. Start Swimming to Improve Mobility

Even if you don't know how to swim, simply walking in chest-deep water can help you with your pain. The water around you gives you the confidence to be more active and that's not just the buoyancy. It is that different environment that enables you to focus on something else instead of routine work. This can also help you if you have a fear of movement.

What's My Suggestion?

Find an indoor swimming pool so you don't have any excuse to go regularly. Give yourself at least half an hour in the water doing light to moderately intensive workouts.

Make sure that you are well-hydrated. Even when you are working out in the water, your body loses fluids through sweat.

7. It's Time to Replace Your Mattress

Our mattress is quite possibly the most overlooked items we use. Although we spend a decent time on it, we sit tight for quite a long time until the bedding has totally surrendered and gets difficult to rest on. Draw a comparison with another long-term item we use - a vehicle. Do you stand by until all tires are exhausted or do you tune in to your technician who requests you to do tire substitutions after each 10,000 km of driving?

It's the equivalent of your mattress. No sleeping mattress should be utilized for over 5 years irrespective of how it feels. Aside from that, get in touch with the sales rep cautiously to ensure you're utilizing your sleeping mattress the correct way. We wouldn't drive a tire-less vehicle and will not utilize an awkward seat, why are we so able to sleep on a worn-out old mattress for quite a long time each night that has lost its integrity and capacity to provide support to your body?

What's My Suggestion?

The best time to buy a new mattress is when you're tired. This will help you get a better feel of how effective a mattress really is. There's a reason why my wife doesn't let me go to a grocery store while I'm starving because I will naturally buy more!

8. Rethink Your Breasts and Bras

8 out of 10 Australian ladies wear a bra that doesn't accommodate their breasts. It implies that just 20% of ladies are wearing the correct size bra and even they don't wear the right size each day. On the off chance that you ask yourself how long it has been since you've tracked down the correct fit, you'll know the appropriate response. It's very odd that the bra is likely perhaps the most private bits of our apparel yet we don't place a lot of thought into it.

You may feel like I'm excessively fixated on bras but the truth is that most ladies don't wear one that can uphold their breasts. They work the entire day; strolling, running, moving up and down the steps, lifting things - all with the constant bouncing which causes high spinal strain.

What's My Suggestion?

Well, for starters, get a sports bra that fits you perfectly and has a strong and broad strap that won't leave marks on your shoulder.

Consult a professional bra fitter to do it right or if you want me to refer someone who can get the job done, reach out to my clinic.

9. Change Your Life with Holistic Physio's Assistance

While you can perform minor fixes on your vehicle, the best arrangement is to take it to an expert technician who knows your vehicle back to front. Their specific experience and range of abilities put them in a better situation than you to assess various parts of the vehicle and let you understand what you need to fix. On a similar note, consider your physio your body's repairman. Their mastery permits him to analyse the entirety of your body including ligaments, tendons, joints, muscles, nerves, and even behaviour, conduct, and feelings.

That is the reason a physio is capable to conduct an exhaustive diagnostic and will not treat you unless you are seeing any improvements. Utilize the above tips with active meetings with your physio and you'll see substantial improvement in your condition prompting superior personal satisfaction.

Note: Remember that not all physios are as all-encompassing or active as you need them to be which is needed to fix your agony at the earliest opportunity.

Bonus Tips!

1. Fix Your Sleep

When you are experiencing back pain, you don't just battle to nod off but the nature of your sleep is affected too. You awake aimlessly to comfort yourself. At the point when it's an opportunity to begin your day, you feel exhausted constantly rather than fresh and cheerful. Here's the manner by which you can get a decent night's sleep.

My Suggestions for a Good Night's Sleep

- Eat dinner at least 3 hours before you hit the bed.
- Stop using any electronics including your phone, tablet, and television at least 2 hours before sleep. Studies have demonstrated that brain stimulation right before sleep can lead to a lack of satisfying and deep sleep.
- The famous rhyme tells us "Early to bed, early to rise; makes a man healthy, wealthy, and wise". I don't know about the other two but it does make you healthy.
- Then what to do in the final 2 hours before sleep?
- Try aromatherapy! Rely on essential oils such as lavender which help you reduce brain stimulation and helps you feel relaxed.
- Perform deep breathing exercises and gentle spinal workouts.
- Use heat packs on affected areas for 10 minutes each.
- Read a few pages from a book, identify good things you did in the last 24 hours, and forgive people who wronged you.

2. Find Adequate Footwear

I am not a fan of putting your feet through tough experiences and see how long they can last before they are extremely sore. If you suffer from feet issues such as sensory changes, corns, or bunions, I recommend that you consult your podiatrist at once or at least prior to purchasing a new pair of footwear.

What's My Suggestion?

Your footwear should be comfortable as though you are walking on clouds. It doesn't really matter what the salesman says, buy a pair in which you feel comfortable.

We need to talk about high heels. Get rid of your old high heels and buy comfortable flat shoes. If you really want to wear high heels, make sure you are wearing them occasionally.

3. Let's Learn About Ergonomics

Ergonomics is a concept that empowers designers to make items that fit your body, developments, and normal stance. Since you can't change your body to utilize a specific item, items are changed so you can utilize them. Take a look at the highest point of your mouse - how it is tightened and bent to accommodate your palm since that is its common shape. Essentially, everything around you from the table and seat to vehicle, each item is intended to fit you.

This is why you need to analyse your workspace and make it as ergonomic as possible. You spend at least 6 hours on your workstation consistently which is over 30% of your whole day. That is the reason it's important to 'ergonomise' your workspace by placing some thought into it.

What's My Suggestion?

Sit straight up on your chair and keep your chin aligned to your body. Ensure there's proper back support for you and use a cushion if necessary. Don't make it a habit to sit on the edge of your chair and ensure your eyes level with the top screen part of your monitor.

4. Regular Yoga/Pilates Workout

When a physio has analysed the underlying reason for your back pain, they may propose a customised exercise to assuage your agony and distress. That being said, you can begin doing yoga and Pilates immediately as they are simple and easy to learn and you can scale and modify activities to your condition. They additionally help you tone and reinforce your muscles.

Conclusion

So, now you have 9 + 4 bonus tips that you can start using right away for general health improvement along with your back pain. This is not an exhaustive list as there are many more things you can do. Apart from the tips I've given, you can reach out to me so I can find the root cause of your pain and treat it accordingly to improve the quality of your life.

Working with hundreds of patients, I have observed that it's effective to use one tip a day and be persistent with it. This will help you transform your life in the long run.

In the coming days, you will get more useful guidance and tips from me in terms of how you can achieve an active and highly mobile lifestyle. I'll also tell you how physiotherapy can completely transform your life in a matter of weeks.

That being said, I am hopeful that this is just the beginning of a tremendous and long-term partnership where Complete Care Physio will be your reliable guidance counsel adding healthy and happy years to your life.

Wishing you an active and mobile lifestyle.

Hasan,
Back Pain Expert
Complete Care Physiotherapy & Osteopathy
41 Queen Street, Wallan VIC 3756

Our Guarantees

1

We **guarantee** that you'll get a complete diagnosis during your first session and will leave you with a clear understanding of your condition and an effective treatment plan.

2

We **guarantee** that you'll get individual attention from our highly experienced and empathetic physiotherapist(s).

3

We **guarantee** dedicated appointments for you so the full attention of our physiotherapist(s) is on you and nobody else.

4

We **guarantee** that you'll find our staff to be friendly, cooperative, and exceptionally helpful.

5

We believe in our diagnosis and treatment plan, that's why we stand behind it and give you a **100% Money-Back Guarantee** if the treatment isn't up to your satisfaction.

Book a FREE Pre-Assessment Appointment Or Call Today!

If you're suffering from chronic back pain, don't hesitate to reach out to us at (03) 5769-1731 to discuss how we're able to help get you out of pain and back to doing what you love best.

FREE Phone Call

Talk to Hasan for 15 minutes completely free and ask any questions that you might have about back pain.

FREE Pre-Assessment

You can also book a no-strings-attached 10-minute appointment to discuss your condition in person and get one-on-one advice.

Disclaimer about Health Advice

We take every possible step to make sure that the injury-related suggestions and prognosis presented in this guide is accurate.

Nonetheless, illustrations and examples of health conditions along with their prognoses are based on a frequent and usual representation that we observe in our physiotherapy facility. The information contained herein isn't a true representation of each patient's injury and symptoms combined with recovery path may vary from person to person depending on a number of factors including genetics, posture, professional background, medical history, workout routine, and more.

We concur that it's not possible for us to provide a 100% accurate prognosis as well as a diagnosis without a comprehensive physical evaluation and thereby the advice contained herein for neck and pain management cannot be deemed to be fully accurate if a patient hasn't been examined to the full extent from Complete Care Physio Pty Ltd.

We offer you this service at a standard rate. Major injury risk potential is there if you do not exercise due diligence and seek advice from a professional physiotherapist related to your injury. No guarantees of specific results are expressly made or implied in this guide.