

An anatomical illustration of a human spine, showing the vertebrae and intervertebral discs. A hand is shown pointing to a specific vertebra in the lower back, which is highlighted with a red and yellow glow, indicating a point of focus or pain. The rest of the spine and the surrounding ribcage are shown in a blue, semi-transparent style.

HOW TO END BACK PAIN

WITHOUT THE USE OF
DRUGS OR SURGERY

Prepared by Mark Fairclough, MChiro, DC

Value £65

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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 are based on typical representations of those injuries that we commonly see in our practice. The information given is not intended as a representation 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. The exercises provided are intended to aid recovery and keep good spinal mobility. It is impossible to know the extent to which these tips will help you without a thorough physical examination and hence the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of our Chiropractors, or Sports Therapists at the Care For Health practice. We are able to offer you this service at a standard charge. 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.

If you have any questions about the techniques outlined in the document please get in touch with us at enquiries@care-for-health.co.uk or subscribe to our mailing list where we send monthly information with more strategies on how to prevent back pain and stay healthy. Thank you for reading this guide – I hope that you can use it as a stepping stone towards better health and Care For Health is here to support you along the way.



MARK FAIRCLOUGH

MCHIRO,
DOCTOR OF CHIROPRACTIC (DC),
DIRECTOR OF CARE FOR HEALTH

Mark originally found chiropractic after suffering with joint pains during his teenage years. He was so impressed with the benefits and the realisation that there was more to health than just taking medications and painkillers, that he knew early on he wanted become a chiropractor.

Mark studied at WIOC (the Welsh Institute of Chiropractic) and spent 4 years in developing his skills to gain his Doctor of Chiropractic certification in 2011.

Mark has worked at Care For Health since 2013, first as an associate, before taking over as practice director in 2018.

He has helped thousands of people throughout his years of experience, working with babies, the elderly and even Fijian Rugby players.

He created this guide as he was seeing a lot of people were suffering needlessly with back pain each day and that this was beginning to affect their quality of life. These strategies and techniques are what we use in the clinic day to day with our patients to help them alleviate back pain quickly and effectively in order to keep our patients fit and strong. Now you can benefit too.



In this special report on ending back pain I'll take you through the anatomy of the spine to explain how and why things can go wrong.

I'll also explain what you can do, not only get through your back pain episode, but also maintain it longer term and end your repeating cycles of pain.

The following principles, strategies and advice will work for you; some straight away and some over time. They are based on scientific foundations and years of clinical experience helping males, females, athletes, the elderly and even children.

Quite often the simplest advice is the advice that we need the most - we already know what we need to do, we just need guiding through it.

As with any issue we are all individuals - functioning differently, experiencing pain differently and also improving differently. As such and without knowing you personally, I cannot tell you which of these tips will work best for you. When it comes to the body, there are no guarantees but over the last decade, I have been able to narrow down what does and doesn't work when it comes to easing back pain.

Healing takes time, so imagine how much improvement you could get if you were to perform these tips on a regular basis, everyday. So, here's my challenge to you...now that you have this knowledge in your hands, why not take some time every day to try out at least one of these strategies. It really won't take long and most of them won't cost you anything but a few minutes of your time.

I think you'll be pleasantly surprised by how much better and healthier you will feel for doing so.

So here's your guide to kickstart your health.

Enjoy....

1) Move, Move, Move

One of the best things you can do to prevent back pain is to keep moving. If you are in pain, this might seem like the last thing you will want to do but honestly it's the best thing for you. Gone are the days of bed rest...

Little movements and walks, frequently throughout the day will be your best friend. We have a saying at Care For Health that "motion is lotion". This is because when your joints are moving, you are limiting the chance for them to stiffen up and lock causing you more pain.

If you are going to sit down, make sure it's in a hard chair with a straight back and your knees are below your hips (this goes for driving as well).

2) Don't Sit Too Long

Prolonged sitting or standing in the same position can cause muscle and joint stiffness resulting in pain and further immobility. Take frequent breaks from sitting or standing and to stretch and move your muscles.

Sitting jobs have become the norm and we are collectively spending more and more time at desks without a break. This wreaks havoc on our backs. If you work at a desk, make sure you get up and walk around for a few minutes every hour. The other thing you could consider is investing in a standing desk. Standing takes a huge amount of pressure off our spinal discs compared to sitting. However, the transition from sitting to standing desk needs managing; begin by standing for 30 minutes and sitting for 30 minutes. Set a timer on your phone to remind you to change between positions.

3) Avoid High Heels

High heels tilt your pelvis forwards causing your lower back to arch excessively, loading the discs and tissues of your lower back by up to 25 times more and leading to pain and discomfort. The problem is cumulative too so if you wear heels every working day, for months or years, think of the damage that does to you over time.

If you absolutely have to wear high heels, choose ones with a lower heel height and wear them for shorter periods of time. Alternating between high heels and comfortable shoes can help reduce the strain on your lower back.

4) Stay Hydrated

Drinking plenty of water is essential for maintaining good overall health and reducing back pain. Dehydration can cause muscle cramps and spasms, particularly in the muscles around the spine which can lead to back pain. Another reason is that the discs between the vertebrae in your spine are largely made up of water. When you are hydrated the discs are strong and full, this means they can absorb shock more in the spine, acting as added protection. Aim to drink at least 2 litres of water per day. I'm sorry but a large coffee doesn't count here.

5) Strengthen Your Core with Pilates

Pilates is a form of exercise that focuses on flexibility, mobility and strengthening the core muscles, including those in the back. By strengthening your core, you can help reduce the risk of back pain and improve your overall posture. Your core absorbs pressure and strain placed on the body, so a good core means less stress and pressure on the spine and therefore less back pain.

6) Pelvic Tilts Exercises

Originally a pilates exercise, pelvic tilts involve lying on your back, standing or sitting and gently tilting your pelvis forward and backward. This exercise helps to strengthen the muscles in your lower back helping to relieve back pain. It also helps to mobilise the joints in the pelvis and lower back and as we discussed before, joints that move freely means less back pain.

7) Sleep Great

Choosing the right sleeping position is amazingly important in helping to alleviate back pain. We spend about a third of our life sleeping so it's important to get it right. One of the most common things I hear at Care For Health is "I always wake up with back pain in the morning" and is often linked to bad sleeping positions. If you spend 8 hours per night in a bad, unsupported position, this is easily going to contribute to problems.

Sleeping on your back with a pillow under your knees opens up the joints of the lower back, often reducing the pressure on your lower back. If you prefer to sleep on your side, place a pillow between your knees and draw them slightly up towards your chest to help keep your spine in a good alignment.

However, I frequently hear; "Well I start like that and then I end up on my stomach with my head turned to the side". Sleeping on the stomach is probably the worst position to be in, it puts a lot of stress on the spine and also your neck as it has to be turned to one side. Using a pillow between the knees can help prevent this but isn't foolproof unfortunately.

8) Change Your Mattress

The mattress quality can also play a huge part in how well your spine is supported during the night. I can't recommend which mattress firmness will suit you best as everyone is different but normally a medium to firm mattress is best for most people. Most retailers these days offer a 30 day (or maybe even more) satisfaction guarantee. Make sure to use this so that if you're not happy you can get a refund. The other big recommendation I have is to use a pocket sprung mattress with as many springs as you can (or want to) afford. Oftentimes they come with built in memory foam toppers for extra comfort. I don't tend to recommend pure memory foam mattresses as (in my experience) they hold and emit heat through the night and also tend to sag quicker. What I must emphasise is how important it is to change your mattress once every 5-8 years, as they get worn down and the support reduces.

9) Use A Wobbly Stool

Using a wobbly stool may seem strange, but it's a great way to improve your posture and reduce back pain. When sitting on a wobbly stool, your body must work to maintain balance, which helps to engage your core muscles. It also helps keep the joints in your pelvis and lower back mobile, all of which reduces the load on your spine, decreasing pain and improving your posture.

10) Keep It Cool

One of the most common questions I get asked is "Should I use ice or heat"? The last thing you probably want to do on a cold winters night is put an ice pack on your back. However, this is probably the best way to reduce inflammation in the spine and alleviate pain.

Throw away your peas and get yourself a proper, flexible, gel ice pack. They don't cost much but will be much better and easier than a bag of peas.

An ice pack should always be wrapped in a tea towel (or sleeve if the ice pack comes with one) to prevent ice burns and only used for 20 minutes at any one time. Always wait 2 hours before you use it again.

11) Get Rid Of Your Wallet

Not literally of course. But a lot of people still sit down with a wallet in their back pocket. By doing so, this raises up the pelvis on that side, causing a tilt and shift in the lower spine. Subsequently, this asymmetrically loads the discs and joints of the spine resulting in more pressure and likely more pain. So just take it out and stick it in the front pocket instead.

12) See A Great Chiropractor

Naturally I'm biased here but genuinely, seeing a Chiropractor is one of the best things you can do. The aim of Chiropractic is to remove stress and pressure from the spine and nervous system, allowing the body to function and heal better. Often pain is just a symptom or warning sign that something has gone wrong and although that's why most people come to see us, in reality it's just the tip of the iceberg.

Chiropractors are known for working on the spine because it protects (and acts like a gateway) to the nervous system. The nervous system is like a communication highway running from the brain to every single cell, tissue, organ, muscle and joint in the body. This means that everything in the body is controlled by the nervous system.

Our lifestyles, habits and activities can cause stress on our body. Stress comes in three forms:

1. Physical - lifting, bending, twisting, driving long distances, sitting in poor postures, traumas during sport or even falling over.
2. Chemical - drinking alcohol, smoking, taking medication, consuming sugar.
3. Emotional - difficult work load/environment, family and relationship difficulties.

These can all impact our body causing it to work in a sub-optimal way. Because the body is amazing at compensating over a number of months and even years, it can be a long time before it becomes apparent that something is wrong. Often we hear people say that they don't recall a particular incident or that they simply bent down to put on a sock and their back "went". This is due to month and years of low level, repetitive strain and stress on the body whereby eventually your body says "I've had enough". A bit like the straw that broke the camel's back.

So What do Chiropractors do?

Our aim is to find the root cause of the issue and provide a natural solution to correct it and prevent it from coming back, so that you can lead a healthier happier life.

These are 12 steps that you can start using today to improve your overall health, posture and help alleviate your back pain. There's obviously so much you can do too, and I could delve deeper into ways to end back pain than the principles I've mentioned here, but these fundamentals, applied consistently will make a huge difference to the quality of your life.

Over the coming days and weeks, I will send you some more advice and tips on how you can build on these simple strategies. I will also be sharing with you how Chiropractic can make a massive difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues at Care For Health can become your source of leading edge health and advice and we can make a real difference to your life.

Please get in touch if you have any questions or want to take things further and get your back assessed fully by a member of our team.

Many thanks for reading,
Dr Mark Fairclough, DC, MChiro