

# 7 Easy Steps...

TO END  
LOW BACK PAIN  
AND STIFFNESS WITHOUT  
TAKING PAIN MEDS OR SEEING  
YOUR MD!!

Guide by: Jeremy Sutton

VIVIAN PHYSICAL THERAPY, INC. 318-375-5500

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# ABOUT THE AUTHOR JEREMY SUTTON



For 8 years Jeremy has treated people with all sorts of low back pain resulting from posture, injuries and overuse of their bodies. He has researched low back pain causes, prevention and treatment. Jeremy treats people ages 35 to 64+ daily in his outpatient clinic in Vivian, Louisiana. He is dedicated to providing expert care.

## **Introduction**

In this Special Report on Ending Low Back Pain I share with you 7 easy steps that you can use to decrease and even get rid of your low back pain.

Some of these steps will work instantly, and some will work over time. There is no specific order in which these steps should be used.

HOWEVER, all of these steps have one thing in common... they work! There is an old saying that says “A journey of a thousand miles begins with one step.” Take 5 minutes to read this special report, and take that ONE step to get rid of low back pain once and for all!

Without knowing your back pain or history, I cannot tell you which of these will work best for you. Also, there are no guarantees that any one thing will work. But over the last 8 years, I’ve been able to narrow down what does and does not work when it comes to decreasing low back pain.

These 7 steps are included among the steps that do work. But imagine this...how great it would be if you could just try one of these tips every day.

Within a few weeks, you could have all 7 of these easy steps working for you – giving you back the healthy and active lifestyles you have lost or are in danger of losing.

Here's my challenge to you!

Take time daily to add at least one of these steps to your daily routine. It won't take long and they will only cost you a few minutes of your time each day.

I think you will be amazingly surprised at how much better you feel for following these steps!

# 7 Easy Steps To End Low Back Pain And Stiffness Without Taking Pain Meds Or Seeing Your MD!

## 1. Don't Sit Longer Than 20 Minutes At A Time

Our bodies were not designed to sit for a long time. When we sit, we are putting about 10x more pressure on our spines than when we stand. Our core muscles stop holding us up after 15-20 minutes of sitting. Most of us don't sit up with correct posture anyway, instead we sit slouched, bent or leaning to one side. All of this can put our spine and other joints in positions causing...

**STIFFNESS, SORENESS, AND PAIN!**

## 2. Drink Plenty Of Water Each Day

We all know we need to be drinking water every day, but most of us just do not. Drinking water helps improve everything from increased energy levels to decreased headaches. It also helps to decrease low back pain. We have discs in our backs between the vertebrae or bones. These discs need water to cushion our spine correctly throughout the day, and will have less difficulty doing that with a good supply of water each day.

Drink small cups of water throughout the day to stay hydrated.

## 3. Wear Comfortable And Sensible Shoes

Avoid wearing high heels, flip-flops, sandals, or any other troublesome shoe. There is no shortage of information that all of these types of shoes ADD to your low back pain.

Wearing these types of shoes adds to your low back pain because they all have a lack of cushioning or support. Our shoes need good support so they can cushion our steps when our feet hit the ground. If not, our back, knees, and hips are taking the BRUNT of the force each time.

You can DECREASE your low back pain by as much as 20% by wearing well made, well fitted, cushioned shoes. They are several places you can go to learn about what shoe is right for YOU.

## 4. Sleep With A Pillow Between Your Knees When You Sleep

Try sleeping on your side with a pillow between your knees. It may not sound like your ideal sleeping position at first, but it can be extremely good for your low back pain. Our spine isn't meant to be in a twisted position for long periods of time... say during 6-8 hours of sleep at night. Placing a pillow between your knees while sleeping on your side helps keep your spine aligned and low back muscles relaxed.

Also, try rolling up a towel long ways and placing in your pillow case to support your neck during sleep.

## 5. Know Your Limits

Overuse injuries are one of the most common causes of low back pain. Trying to lift something you know is too heavy for you can lead to a trip to the ER and a few weeks of AGONIZING low back pain. Be safe... Get help!

On average a person should only lift about 15-25 pounds from the floor. Some job sites require a person get help with anything over 50 pounds. The question isn't "Can I lift it?", but "Should I lift it?".

## 6. Start A Daily Stretching Routine

Our low back and hips get tight throughout the day. Start your day with some gentle stretching to the muscles of your low back and hips to prime them for the day ahead. Think of this in the same way that we brush our teeth daily to keep them healthy. If you can stretch your back a couple times daily you can keep your back HEALTHY as you get into your 40's, 50's, and 60's.

## 7. Get Physical By Seeing A Doctor Of Physical Therapy

There isn't any quicker way to END your low back pain than by seeing a good physical therapist. Going to see a hands-on specialized physical therapist means you're going to get fast access to someone who knows how to soothe and relax those sore and painful muscles. Physical therapists know how to help you loosen and lubricate those stiff, stuck and painful joints in your low back. They help people every day get back to living life and doing the things they enjoy the most!

Usually, you will leave your physical therapist after the first session feeling less concerned and in less physical pain!

Follow all the steps in this Special Report combined with a trip to see a good, hands-on physical therapist and you will

see a dramatic drop in the back pain and stiffness you are currently suffering from.

## Conclusion

There are 7 steps to improving your posture, stiffness, and Ending Your Low Back Pain. This is definitely not an exhaustive list of steps you could take. However, if you add these steps into your daily routine with discipline, then you too will see an improvement in your low back pain and overall health.

In the months to come I will be sending you more helpful tips and advice to improve your life, continue to live the life you want, or get back to doing the things you enjoy again. I also hope to show you how physical therapy can improve your quality of life.

I hope this is the beginning of a long and beneficial relationship where myself and my colleagues from Vivian Physical Therapy, Inc. become the source of quality health advice that will be a real benefit to your life!

Dedicate to Keeping You Moving Longer and Better!

*Jeremy Sutton*

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# Health Advice Disclaimer

We make every effort to make sure we accurately represent injury advice and prognosis given in this Special Report. However, everything in this Special Report is based on typical representations of those injuries and their prognosis that we commonly see in physical therapy. This information is not intended to represent every individual and potential injury. Every person and injury can be completely different and varied in so many ways. Recovery from injuries can also be completely varied depending on the person, medical history, posture, activity level, posture, motivation, and many other factors. We CANNOT give 100% complete accurate diagnosis and prognosis without a thorough physical therapy evaluation. The advice given here for management of low back pain cannot be deemed fully accurate without an evaluation from our physical therapist at Vivian Physical Therapy, Inc.