

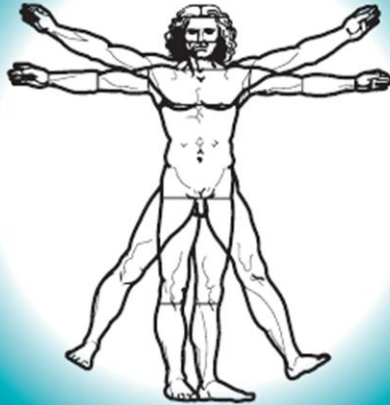


HOW TO AVOID BACK PAIN

5 Best  
Secrets  
Revealed

Dr. Chris Youakim

# *Chiroflexion*



## *Health in Motion*

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# **The 5 Best *Kept* Secrets to Avoid Back Pain**

Dr. Chris Youakim B.S.c M. Chiro



**Why so many people get back pain and the positive lifestyle Habits that prevents it!**

***In this e-book we will discover the most important **5 SECRETS** that promote spinal health. The majority of people that get back pain are missing these basic key factors. You will learn the most common health tips that will remove the stress and strain associated with back pain. This is the most simple, easy and fun way to experience the joy of healthy living and the freedom of movement in a pain-free body!***

# 10 signs that indicate you have a Back problem!

- 1. Chronic pain in your joints, muscles or head that hasn't improved with traditional medical treatments.**
- 2. Your job requires you to sit for long periods of time or to perform repetitive physical tasks.**
- 3. An injury to a muscle, joint or spine hasn't healed with initial medical treatment, medications or physical therapy.**
- 4. Sharp pain shoots from your hip down your leg (sciatica).**
- 5. Pain, achiness, a burning sensation or stiffness comes and goes in parts of your body, with no explainable cause.**
- 6. You want to address joint or muscle pain without drugs or surgery.**
- 7. The soles of your shoes consistently wear differently. For instance, the left outer heel of shoes for your right foot wears down more quickly (pelvic tilt).**
- 8. The hem of your skirts or pants hangs unevenly (short leg syndrome).**
- 9. Your head is positioned forward rather than directly over your shoulders (forward head carriage).**
- 10. One of your shoulders is lower than the other (spinal curvature).**

"One day in the life of a man's body is enough to steal all the lustre from fiction."

Emmerson

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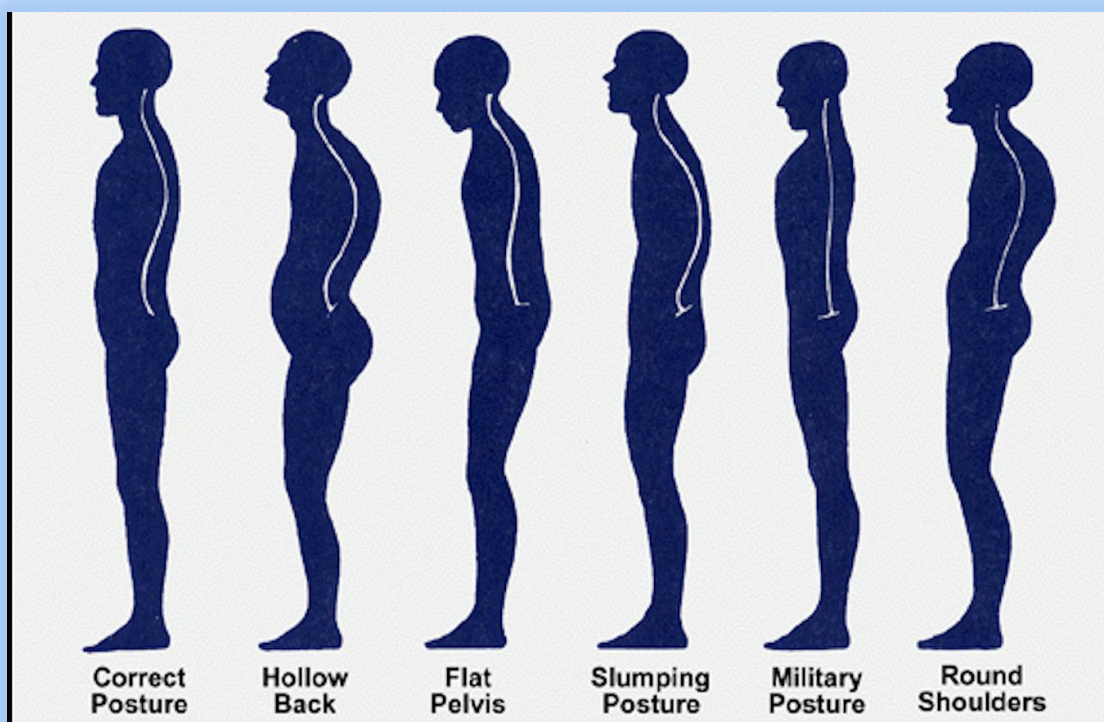


## STEP 1: GOOD POSTURE

**“Watch your posture, others do!”**

Your posture is a dynamic habit that responds to your moods, work habits and body type. In the predominantly sedentary world that we live in our posture is moulded by the type of activities that we mostly adopt.

Keeping in mind that gravity is a constant force that compresses our body and pulls it downwards and forwards, the challenge is to be aware of how you hold and position yourself.



***The 7 Habits that promote good Posture: Awareness is the KEY!***

1. *Keep moving – limit your sitting to a maximum of one and a half hours. Your body is similar to a three dimensional machine. It thrives on a variety of constant movement.*
2. *Whenever you feel tense take a few deep breaths, shrug and roll your shoulders and then drop them down as you exhale.*
3. *Manage your weight as that puts extra strain on your lower back and maintain good core strength in your abs.*
4. *Sit on an ergonomic chair that fully supports your spine. Otherwise, invest in a lumbar support cushion that can prop up your lower back.*

5. *When sitting, make sure your knees are in alignment or slightly below your hips.*
  6. *Avoid sleeping on your stomach or on an unsupportive mattress/pillow.*
  7. *Avoid wearing high heels as that increases the arch in your lower back causing excessive stress and strain on the joints.*
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## **STEP 2: EXERCISE REGULARLY- The importance of stretching**

Stretching is the key to fine-tune your muscles. This is a general routine that emphasises stretching and relaxing the muscles most frequently used during normal day-to-day activities.

In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular rigor mortis sets in. If you can set aside a minimum of 10 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.

Stretching should be done slowly without bouncing. Make sure you warm up or have a warm bath with magnesium or Epsom salts. Hold each stretch for a minimum of 30 seconds while increasing the tension slowly. Hold only stretch tension that is comfortable to you and stop if it feels too painful. Do each stretch 2-3 times.

The key to stretching is to be relaxed. Breathe deeply and slowly while concentrating on the area being stretched. Regular stretching retrains your muscles and ligaments to better flexibility and movement.

In most Eastern traditions like Yoga and Tai Chi the emphasis is on Awareness through Movement, Breath and Relaxation.

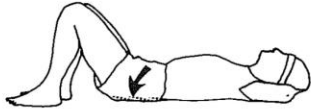
### **LOWER BACK STRETCHES (see chart below)**

- 1 The Rest Position: Rest on your back with knees bent and fingers interlaced behind your head.
- 2 .Pull your knees one at a time to your chest.
3. Pull your knees one at a time diagonally towards the opposite shoulder.

4. Pull both legs to your chest with head on the floor and then curl head towards knees.
5. With one knee bent to 90 degrees, pull that leg with your opposite hand to the floor while turning your head towards the straight arm.
6. With one leg crossed over the other, pull down on the lower leg towards the floor.
7. With fingers interlaced behind the head, pull your shoulder blades together.
8. Relax with both knees bent and the soles of your feet together while gravity stretches the groin.
- 9 Sit cross legged and lean forwards until you feel a comfortable stretch. Hold and relax.
- 10 While sitting pull your knees and chin to your chest and then roll up and down your spine on a mat.
- 11 The Spinal Twist: Sit with one leg straight while crossing the other leg over. Pull across with the elbow of the opposite arm on the outside of the bent leg. Turn your head in the opposite direction to look over the shoulder of the straight arm resting behind you. Do both sides while gently breathing.
- 12 AB Curls: Curl up your upper body bringing your shoulder blades off the floor by about 30 degrees. Keep your chin close to your chest all the time while doing 5-15 curls at a medium speed.
- 13 The Squat: Squat down with feet comfortably apart and toes pointing out. Keep your knees outside your shoulders and directly above the big toes. To gain more balance try this stretch while leaning your back against a wall or while holding onto a stationary object with your hands.
- 14 While sitting lean forward to stretch and take the pressure off your lower back

**Cherry pick 4-6 that you can do on a daily basis for 30 days**

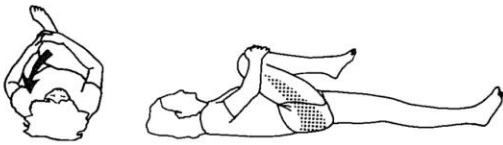
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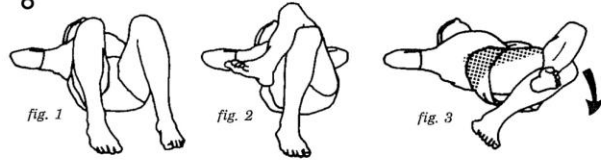
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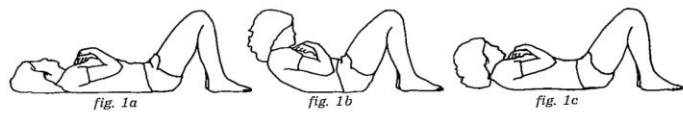
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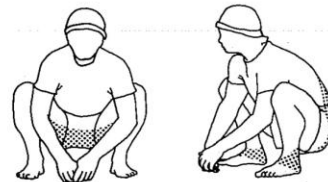
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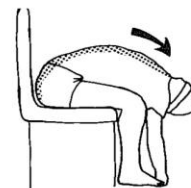
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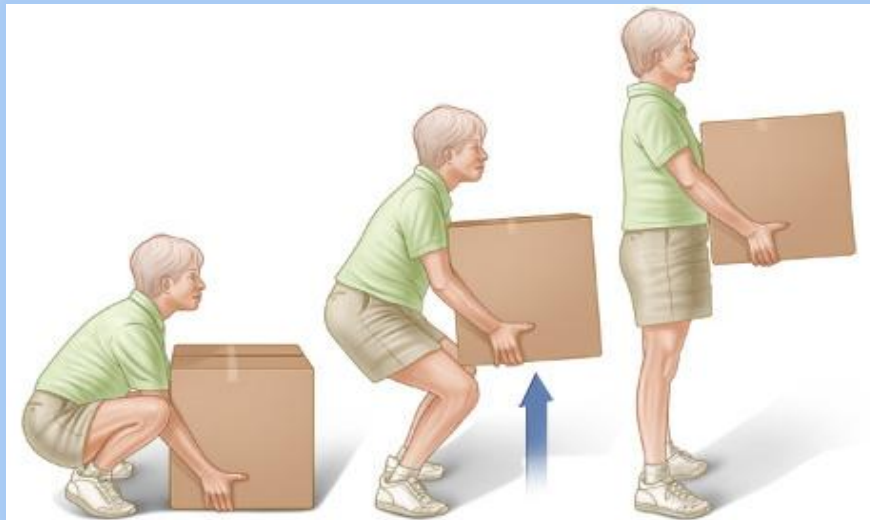
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## ***STEP 3: PROPER LIFTING***



- Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).
- Squat down, bending at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle (half kneeling).
- Keep good posture. Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.
- Slowly lift by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
- Hold the load as close to your body as possible, at the level of your belly button.

### **Keep in mind:**

- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.
- **Childrens' School Bags**
- School bags for children are best not to exceed 15% of their body weight and to be carried as a back pack with the straps equally distributed on both shoulders.

## ***STEP4: SLEEPING HABITS***

**“Early to bed and early to rise, makes you Healthy, Wealthy and Wise”**

**Sound sleep for 6-8 hours a day helps revive and recharge the body. Make sure you also take time to Rest, Relax and Meditate.**

- A good night sleep is enhanced by a therapeutic pillow and mattress.
- Your posture during sleep is vital to a healthy spine. One third of your day is spent sleeping and the best time to go to bed is around 10 pm or earlier.
- When in bed good posture is maintained by sleeping on a firm mattress (I prefer medium firmness) that hugs your body contours and allows you to comfortably sink into it.
- A therapeutically contoured or flat pillow acts to prop up the gap between your shoulders and neck.
- This keeps your neck in a neutral alignment and is ideal for side sleepers.
- A slightly lower pillow can be used for back sleepers.
- Sleeping on your stomach is not ideal for your neck or lower back.



### **These two positions can help:**

1. When sleeping on your side, place a pillow between your knees.
2. When sleeping on your back, place a pillow under your knees. You also can put a small, rolled-up towel under the curve of your back.

**Both positions allow your lumbar spine to be in a neutral position.**

## ***STEP5: PROLONGED SITTING***

Prolonged sitting inevitably leads to slouching. Your body is designed for 3D movement, so prolonged sitting is counterproductive.

"**Sitting is the new smoking**". Researchers have found and continue to find evidence that prolonged sitting increases the risk of developing several serious illnesses like various types of cancer, heart disease and type 2 diabetes.

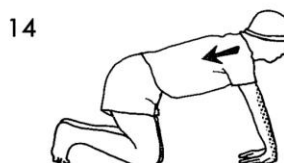
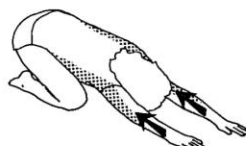
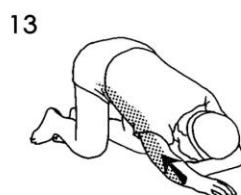
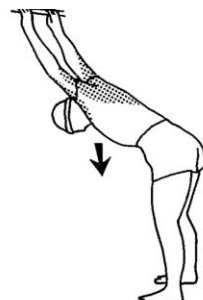
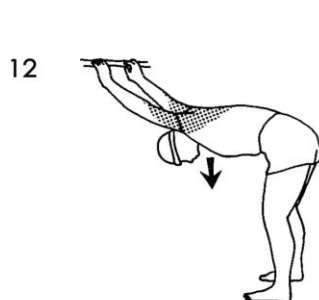
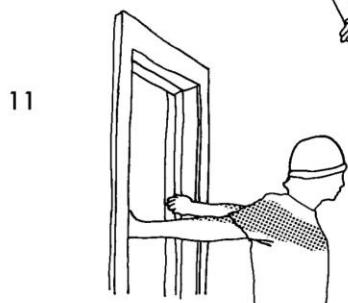
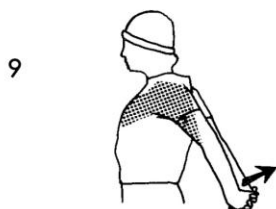
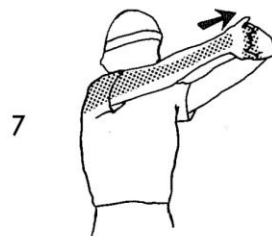
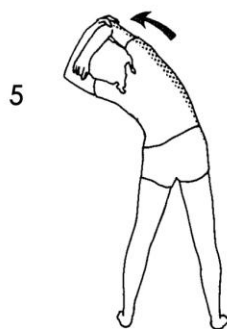
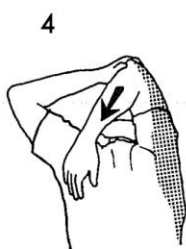
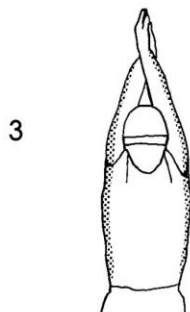
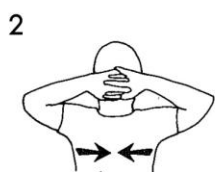
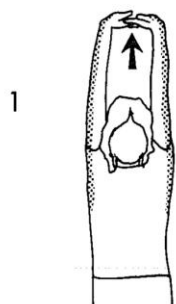


**When sitting make sure you sit all the way to the back of the chair and frequently get up and move around.**

**Every hour go for a walk or stretch!**

## **NECK AND UPPER BACK STRETCHES (see chart below)**

- 1 Heavenly Lift: While sitting or standing, interlace your fingers above your head. With your palms facing upwards, push your arms slightly back and up.
- 2 Shoulder Blade Pinch: Pull your shoulder blades together while lightly pushing back with your head to create tension in the upper back area
- 3 With arms extended overhead and palms together stretch arms upwards and backwards.
- 4 With arms overhead, hold the elbow with the other hand and gently pull down behind your head.
- 5 Gently pull your elbow behind your head as you bend from your hips to the side. Do both sides.
- 6 Gently pull your elbow across your chest towards the opposite shoulder.
- 7 Interlace your fingers in front of you while turning your palms outward as you extend your arms forward.
- 8 Slowly turn your elbows inward while straightening your arms behind your back.
- 9 Lift your arms up behind you until you feel the stretch. Keep your chest out and chin in.
- 10 Lean your head sideways toward the opposite shoulder while pulling with your arm down and across.
- 11 Hold both sides of the door way with your hands at about shoulder level. Let your arms straighten as you lean forward. Hold your chest out and up while your chin is tucked in.
- 12 Place both hands shoulder width apart on a ledge and let your upper body drop down as you keep your knees slightly bent.
- 13 Child Pose: with legs bent under you, reach forward and pull back with straight arms while you press down with your palms and flatten your upper back. Do both or one arm at a time.
- 14 Forearm and wrist stretch: While on all fours, support yourself on your hands and knees. Lean back to stretch the front part of your forearms



## **Dr. Chris Youakims' Biography**

Dr. Chris Youakim is a Wellness Minded chiropractor who practices a diversified form of chiropractic. With over 25 years of experience his passion for healing has led him to develop a multimodality approach that combines the best of hands-on therapeutic touch with advanced gentle chiropractic techniques using the latest technology.

Dr. Chris established Chiroflexion as a clinic that specialises in restoring structural and mechanical integrity to the Spine and Nervous System. **Chiro-flexion** refers to a Hands-on approach specialising in Spinal *Flexion Distraction Therapy* that uses a Motorised *Flexion- Distraction* table.

**Flexion Distraction Therapy** is a unique Spinal treatment modality. Unlike other therapies that provide pain relief only, this system delivers fast results in the detection, correction and prevention of Spinal conditions for people seeking long term Wellness.

Dr. Chris' purpose is about "Empowering his patients to Reach and Live their Full Potential".

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