

# ***Imagine Life without Back Pain***



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# About The Author

## Caren Lieberman

Every week, for more than 25 years, people have consulted Caren looking for answers to concerning questions about, and for a fast end to their Back Pain.

Caren works with active people aged 28-64 on a daily basis who want to stay active, mobile and find a drug free solution to their pain.

Caren has been a Physical Therapist in Los Angeles for 25+ years. She graduated from the University of Witwatersrand, Johannesburg 1984.

Certifications Include: ASTYM Certified, NAT certified, Mat Pilates Certified, Maitland Trained Manual Therapy skills, Certified Ergonomist.

Caren previously worked for Encino and Tarzana Hospitals in their Outpatient Physical Therapy Department and is now the founder of what has rapidly become one of the most sought after Private Physical Therapy Practices in Studio City, California.

“The treatment model we use is 1 to 1 physical therapist to client for up to an hour using education, my hands, exercise, and correct muscle activation, and giving people the tools and skills to help them recover faster. We have set out to create an environment where we can provide PT in the most natural purest way, and backed by science to get the best results. This model of treatment allows us to get there sooner meaning people can come in for 6 to 8 treatments rather than 18 to 24 treatments.

I have tremendous respect for the incredible folks who come in. People first, physical therapy second. My clients know their bodies and are integral to their own success.



We work together with trust and accountability with a common goal.”

I think physical therapists are incredibly well equipped to assist people in healing.

Caren Lieberman PT  
Physical Therapy Studio

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# Introduction

In this Special Report on Back Pain I share with you very powerful principles and strategies you can make-work for you – some over time and others almost instantly.

They're in no particular order, and they all have only one thing in common: **They all work.**

There's a great saying that goes: Small hinges swing big doors. And it's often the simplest advice that makes the biggest difference over time. Truth is, without knowing your back pain or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your back pain, there are no guarantees that any one single strategy will work.

But over the last 25+ years, I've been able to narrow down what really does and doesn't work when it comes to easing back pain. And the 10 principles you're about to see are included in that.

But imagine this ...

how great it would be if you try just one of these “tips” every day ... within a little over a week you could have all of these incredibly powerful strategies for easing Back Pain, “in play” and working for you – giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

So here's my challenge to you ... now that you have this knowledge in your hands, take time every day to try out at least one of these actions. It really won't take long and most of them won't cost you anything but few minutes of your time.

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

# IMAGINE YOUR LIFE WITH LESS BACK PAIN

## 10 Tips to Help You Help Yourself With Your Low Back Pain

We are designed to be pain free but sometimes our muscles, joints, discs and connective tissue are out of balance or injured and this is felt as discomfort, our nerves are activated and can turn into pain. Pain is a message or a warning telling you something is not right. The something needs to be fixed.

Until you make a decision to see your Physical Therapist, here's a few things you can do to get started on your recovery.

### 1) Use Ice for Acute Back Pain

Ice is recommended for the first 2-3 days after an injury or exacerbation of pain. However, I find it is useful for up to a week after these acute incidents. Ice can also be used after a busy day or after a workout and should be applied for 10 minutes at the painful site.

### 2) Apply Heat

A warm pack (microwaveable or a heating pad) can make head and back pain melt like butter. The trick is to get the pack or pad to conform to your back in order to get the most out of the warmth.

Don't use anything too hot and be sure to set a timer as it can be so relaxing that before you know it you will be drifting off into a dreamlike state and hours will pass as minutes do!

### 3) Alternate between Heat & Ice

Ice decreases conduction of nerves thus decreasing pain. Heat relaxes muscles. Alternating is sometimes the best option. If pain is recent ice or a cold pack is effective for the 1st 1-2 weeks. Heat relaxes muscles and is effective for longer standing or chronic pain. Alternating heat and ice can also be helpful.



## 4) Rest

Rest or laying down in a supported position allows the long muscles of the back to relax or switch off. When muscles are in spasm or tension (not a natural or normal condition) they tighten and are painful. The key to rest is to be in a supported position- sometimes a wedge under the knees while laying flat really helps.

Rest is two-fold

1. Resting from activities or positions that increase or contribute to your pain.
2. Get into a comfortable resting fully supported position for 15-20 minutes at a time. Consider using a wedge under knees.

Resting the back doesn't necessarily mean sitting around doing nothing at all. Rest means to decrease the activities that you have normally been doing or at least those ones that you know flare-up your back pain.

Resting your back does a couple of things: Firstly, it stops the irritation on your back and gives it a little time to heal! Secondly, it provides some important information about what your back pain does when you treat it with some simple tender loving care. This key information can help your Physical Therapist determine the ultimate cause of your back pain.



## 5) Sit Less, Move more

Weren't we just talking about resting? Movement is natural, it is what the body needs. It breaks the neurological loop sending the pain message. Movement is essential to retrain the neurological loop. You



are not working in pain. Movement is done gently in a comfortable range. Moving your back means not staying in one position too long. It is well known that sitting and standing cause more pressure on your back versus simply lying down. The ironic thing is that lying around on your back for long periods isn't helpful either! Move. This means don't stay in one position too long. Mix up your positions to find out what works best for you. Remember that "the best posture is the NEXT posture"! Our spines are designed for changes in posture, position and activity but not for static posture in sitting up to 8 hrs. Sit on sit bones with erect posture- sit tall when sitting. Set a timer on your computer, phone or watch – change position after 20 minutes.

Stand up, walk around chair, walk to watercooler, then sit on sit bones. Sofa avoidance — don't slouch on sacrum. Little changes in position and movement can 'move' your back enough to give relief.

## Did you know that “*stress*” adds hugely to back pain?

### WELL IT DOES!

It's because muscles tighten and joints stiffen when you are stressed, so things like breathing DEEPLY, maybe when you're lying down in bed “relaxing”, will help. Admittedly, it won't cure it, but it will help in the short term.



What's the **long term** answer?

Simple:

Find the root cause of the back pain problem - then fix it, properly!

## 6) Breathing for Relaxation

To have your body in its most relaxed state do the following just before going to sleep at night

Lie down on your back with knees bent, head gently supported, feet flat on bed with hands palms down at sides

- Inhale slowly through nose until the back of your ribs are full
- Hold your breath and feel the tension in your lungs.
- Slowly Exhale through the roof of your mouth until all the air is out and your lungs are empty
- enjoy that state of relaxation, until you have to breathe again.
- Inhale through nose slowly

***Repeat 5 times***

This should help you sleep deeply, which will also help your healing- your body recovers best while sleeping

## 7) Exercise

Exercise? When my back is this sore? Yes! Motion is lotion- Lube your joints

Our bodies need movement. The spine is designed to be flexible and strong.

The muscles around the spine – the back and core muscles, need the correct exercise and correct sequencing of movement to remain strong and flexible. You need activity to relieve stiffness, pain and stress.

Exercise also increases core temperature (increased circulation and oxygenation of muscles) and releases endorphins (the body's feel good chemicals)

Core Muscles and back muscles need strengthening- doing the correct exercises in the correct order and done with correct form. Pilates is very helpful.

### Breathing for exercise:

Use your breath to facilitate strengthening. Get the best bang for your buck.

Inhaling prepares the body for movement(like turning on the ignition in a car prepares the car for movement).

Exhale on the movement using a “Ha” breath using deep abdominals( Transverse abdominus).



Breathing for exercise, is like a car. Turning on the ignition prepares the car for movement, just like the inhale. Exhaling is like accelerating or braking- controlling the movement- how far, how fast and when.

Hook lying- lying on back, knees bent and feet flat on mat or bed – A good first exercise.

Inhale prepares the body for movement

Exhale as spine is gently imprinted into mat/bed and deep abdominals are activated

Inhale as you gently return to neutral.

Exhale as spine is gently imprinted into mat/bed and deep abdominals are activated

Repeat 5 x



## 8) Self Massage/Soft Tissue Mobilization and Trigger Point Releases



Treating the muscles in the painful area can help to ease your pain by calming spasm and releasing local pain-relieving endorphins into that area. Take a tennis ball or massage ball and place under sore area and gently move around the sore spot. The massage should feel like it is soothing for your back, so if it is too hard or just simply makes it feel worse, stop.

Trigger points are a major cause of pain and simple to treat. They do not damage the body but can be very painful. Good News! They can be effectively turned off. If you are not effective at finding them and/or turning them off it is best to seek professional help from a skilled Physical Therapist, (who is a Musculoskeletal specialist) and can release them and teach you how to turn them off. A trigger point is described medically as a hyperirritable locus in a muscle. This is what most people call a knot in a muscle. Trigger points can be active or latent. A Trigger point will have a specific and predictable pattern of pain referral. Turning them off will turn off the pain.

## 9) Sacro-Iliac Belt

Wearing a sacro-iliac belt, like a Serola Belt or support can make a big difference to the pain you feel in your low back and is a good short term strategy. Admittedly, it won't cure it, but it will help in the short term.

What's the **long term** answer?

*Simple:*

***Find the root cause of the back pain problem – then fix it, properly!***

Something we can help you with at Physical Therapy Studio.

The idea that your back muscles will stop working to support your spine if you wear a brace is just not true! The back muscles will be able to work better if the brace takes away some of the pain.



*The Serola belt is an excellent option for compression or stabilization of SI area giving the body support for sitting, standing, walking and/or support for other activities.*

## 10) See a Physical Therapist

# No physician referral needed!

Physical Therapists are Musculoskeletal specialists who can help relieve pain, educate and correct joint dysfunctions/restrictions as well as muscle imbalances which may be contributing to, or are the root cause of your problem.

A Physical Therapist will give you feedback to facilitate Normal movement patterns. You will also learn a specific Home program for your body and your problem.

Physical Therapy will ensure you are doing the right exercise for your body, with the correct muscle activation and sequencing, dosed at the appropriate frequency to get you strong and back to your normal activities.

A Physical therapist can help you deal with common activities/chores that irritate your back. You will learn positions for sleep that are best for your body.

Sometimes it's not possible to exercise yourself out of a pathological or painful condition without help. When exercise is not enough consider seeing the right Physical Therapist at Physical Therapy Studio



## More about Physical Therapy Studio

Physical Therapy Studio is a private studio with an authentic and natural healing “one-on-one” environment taking care of the whole person, not just the condition. We specialize in helping active people to KEEP active, mobile and out of MD’s offices.

There is no waiting room. Your appointment is at the time it is booked.

Expect to be the focus of your Physical Therapist for the entire time of your visit. There are no other clients in the gym or multitasking clients or switching personnel.

Feel free to communicate with me, your Physical Therapist directly, between treatments via cell, text, email or patientfusion portal, a secure HIPPA compliant site.

Come dressed appropriately to expose problem area wearing comfortable workout clothes if possible.

You will leave EVERY session feeling very confident and clear about what’s next .

# Conclusion

So now you have 10 easy ways for you to help yourself with your low back pain. You might even be able to determine what is most likely causing your pain.

There is no better way, however, to address the root cause of your back pain and to get DEFINITE relief from it than by contacting your highly sought after Physical Therapist at Physical Therapy Studio.

We have set out to create an environment where we can provide Physical Therapy in the most natural purest way, and backed by science to get the best results.

California has Direct Access Law for Physical Therapists. This means that you DO NOT need a physician's script to see a Licensed Physical Therapist in California. Therefore, there is nothing that will delay or postpone your path to becoming pain free sooner.

Get yourself 'back' to your best life as soon as possible!

## Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our Physical Therapy Studio. 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 upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist 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 fully accurate in the absence of an examination.

We are able to offer you this service FREE of any 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

Call Now!  
818 535-8661

Schedule an Appointment