

9 CHEAP WAYS TO EASE BACK PAIN

Without Breaking The Bank



BODY
smart

About the Author



My name is Cameron Garber. I'm a doctor of physical therapy, a husband, a father to four energetic boys and an avid proponent of a healthy lifestyle.

As a physical therapist I help people every day to know, understand and treat their body better. That's why we're called Body Smart. I use an intuitive and individualized approach at helping my people discover, learn about and quickly find the solution to their problem.

Before opening Body Smart I was a leading therapist of the outpatient stroke team at the University of Utah. I became frustrated with the current health care model's willingness to spend millions on treating preventable diseases. This led me to leave my position and begin working on true prevention health care. The emphasis of my practice is now lifelong wellness. I have become an expert, national speaker and educator regarding metabolism, weight loss and restoring people not only to full function, but to a lifetime of fitness.

My goal is to leave every patient with a long term plan for health improvement. Body Smart is more than a name, it's my mission! I aim to help everyone understand their problem, how it affects their body and how to resolve it permanently!

Introduction

This special report is written to help you understand some actionable and easy ways you can start finding relief today!

In this guide you will learn 10 of the most effective ways to find relief without spending a lot of money or time in a doctor's office. It is intended to help you explore some inexpensive ways you might find **relief WITHOUT injections, x-rays, pills or surgery.**

Compiled from years of experience and education, this guide is designed to give you some tools to begin easing your pain and **taking back your life.** It is a resource designed for women and men who desire to stay active, healthy and want to avoid unnecessary surgeries, pain medications and time spent away from doing the things they love. It is for those who value their health and independence enough to take a **simple step** towards freedom from suffering and learning more about what can be done to improve their health. I look forward to sharing this information with you to help you start on the path towards health and wellness.

What are some cheap and easy ways to treat my back pain?

Often when people come in to the PT clinic I find most patients' back pain can be reduced by very simple solutions. Many of them cost little to no money. I'll share a few of my favorite inexpensive tips for getting rid of back pain.

1. What position are you sitting in right now? Not great? Let's change it. Cost: FREE.

As you read this guide I want to know; how's your back feeling? Are you all curled up in your favorite chair? Is your back rounded as you slouch in your chair? Are your feet on the floor or are you sitting on one of them right now? Are your knees, hips and elbows all at 90 degree angles, or are you craning your head and neck forward to read and type on your little laptop?

Posture is important. Our sitting position is a huge determining factor on how we feel. A lot of back and neck pain can be avoided by ensuring a proper ergonomic setup. Unfortunately, almost none of us do this.



Fortunately, it is fairly easy to make some subtle changes without breaking the bank. The biggest tip is to make sure everything is at right angles. Just as I asked earlier, make sure nothing is bent more than 90 degrees. It can be really helpful to check in with your physical therapist regarding positioning. If you have any questions or need help troubleshooting your situation a PT is the best resource.

2. Switch up your shoes. Cost \$40-120+.

Your feet are your foundation. Something as simple as worn out shoes can lead to adaptation at the ankle, knee and hips which affect

muscle tightness and pelvic positioning. Prolonged poor positioning can affect your health and lead to a myriad of back problems.

Make sure your shoes are comfortable and provide adequate cushion and support. More expensive isn't necessarily better. It's important to ensure that any shoes you are going to be active or spend a lot of time in are helping you stay healthy.

Spending a little on over the counter shoe inserts can make a big difference too. Sometimes a \$10-30 shoe insert can help make a shoe that was killing you work for you again.



If you're not finding a great fit for your feet, I've got a great resource for you. Our friend Ben Watson at Perfect Feet can help you find a custom solution. Call him at 801-479-4910 if you're needing a bit more help. He really is the best in custom orthotics, shoes and bracing solutions.

3. **Bag the bags and purses. Cost: Free.** This one might actually save you money. Ditching the purse might be a fashion faux pas, but it will save your neck and shoulders from pain. It might save you some pain in the pocket book too if you don't have to buy as many expensive purses!

If you just have to have one...or many, make sure you clean them out daily. Before you leave the house each day make sure you look inside and ensure everything in there is **absolutely** necessary.

If you carry a laptop use a back with 2 shoulder straps. A messenger bag make look great, but is causes a lot of the same stress on your body that a purse does. Using both straps evens out the load and will help decrease your upper back and neck pain.

4. Ice, ice baby. Cost: \$0-30

Ice is a great tool for relieving your pain. Not only does it numb up sore areas, but it helps them relax as they warm back up. Ice helps in interrupting the inflammatory process and reducing irritation. It's a cheap and quick fix that you can apply lots of.

Crushed ice in a plastic bag is the easiest solution and most effective. Stick this inside a pillow case to protect your skin and you have a great ice pack.



If you'd like something reusable, try a large pack of frozen peas. It can be reused and molded to the body part you are applying it too.

Personally, I use a big family size one for my low back and knees. I wrap it in plastic to make sure if the bag breaks I don't have peas everywhere. Research shows that peas are as effective as ice and more effective than gel cold packs.

Gel packs work great too but cost a bit more money. The favorite of most of my patients is this Colpac brand large pack. It can be found from Amazon (my go to for, well....everything!)

5. Do some planks, even while standing. Cost: Free.

Our bodies have a built in back brace. The abdominal muscles have several layers which work to wrap around our midsection and provide stabilizing support to our backs. Planks and side planks are one of the most effective ways to engage those muscles. The tight tummy feeling you get while planking is the key to stabilizing your back and avoiding low back pain.

Work on engaging those abs you fire up in a plank position while still breathing. As you get better at planks, work on trying to engage those same muscles while you're standing. If you can do this and still breathe, you've created your body's natural back brace which will help protect your back and lessen your back pain.



6. **Drop a few lbs. Cost: Freedom.**

I know, I know. This is a touchy subject. Fact of the matter is, extra weight puts a lot of extra stress on all of your joints. Many studies show that weight loss may be as effective at eliminating back pain as nearly any other thing you can do.

Every pound of weight lost is equal to about 4.5 pounds less pressure in the knee joint. If you drop 10 pounds that is 45 pounds less in your knee with every step. The pressures aren't the same in the low back, but the idea holds true that with weight lost you'll be putting a lot less wear and tear on your body.

So, dropping a few pound might just be the secret to you getting your healthy back...well, back.

7. **Spend a little to save (and sleep) a lot. Cost: \$30 to as much as you want to spend.**

Just like sitting position is one of the major factors influencing your back pain, so is your sleep position. Getting a new mattress may be the thing which helps your back the very most.

Now, this solution can be very expensive but may save you a lot of frustration. Years of back pain, doctor visits, MRI's and surgery can sometimes be avoided just by changing your mattress or sleep position.

Starting with your sleep position is the cheaper and easier route. Try putting pillow under your knees if you are a back sleeper. If you lie on your side putting a pillow between your knees and/or hugging a pillow can improve the alignment of your hips, low back and shoulders. Stomach sleeping is generally not recommended.



Pregnancy throws an extra bit of difficulty into the equation. Pillow positioning is extremely critical for support and alignment. Protecting the back while pregnant can help avoid months and years of future back pain.

Remember, it's also important to make sure your head is level as well. Ensure your head is in a neutral position, not tilted upward, downward or rotated. Getting the right pillow height is critical. It may require some trial and error, but it will be worth it in the long run.

If you've tried positioning and pillows and still have poor sleep, it may be time to start hunting down your perfect mattress. Research what works best for you. Trial lots of options which help ensure you can keep your spine in a neutral all night long. You might not notice overnight relief (pun intended), but you will begin to notice improved sleep and decreased pain.

8. **Get up and move! Cost: FREE.**

The time spent sitting while doing things like, well...reading this blog post may be one of your biggest enemies. Prolonged positioning either standing or sitting is another major contributor to pain. The amount of time spent sitting each day is a huge predictor of mortality and wellness.



Getting up and moving is a great way to reduce your pain and improve your health. Make sure you get up and move at least once an hour. Take time to walk for 2-5

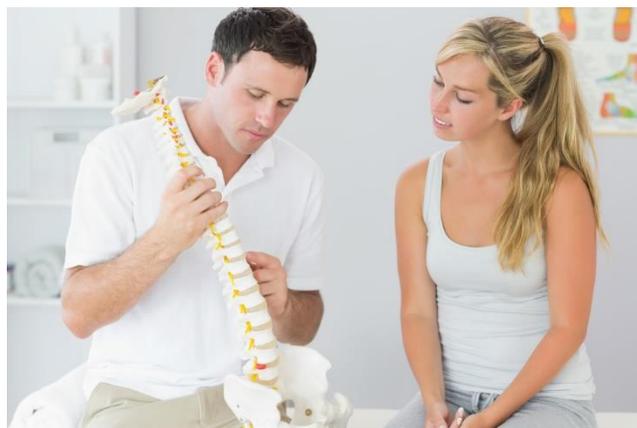
minutes or perform a quick stretching routine in a different position than you're normally in.

9. **Go see a See a Back Pain Expert.**

Cost \$500-1200 vs \$6000-60,000 for MD visits, MRI's and surgery

Make an investment in your future. Body Smart features leading back pain experts. Treatment may be the most cost effective long-term solution for your back pain. It tends to get the best outcomes as well.

Patients get better faster, have less time off work, take fewer medications and resume normal activity faster. A recent study also showed that nearly all patients who went to therapy early after having back pain were able to avoid surgery. There are many ways in which seeing a PT will save you time, pain and money.



Conclusion

So there it is! 10 Cost effective ways for eliminating your low back pain and some common solutions which have helped hundreds of my patients get relief.

If you are tired of hurting I hope you'll try a few of my top tips for eliminating your pain. My personal favorite is #9 because then I get to work with you.

I know you likely still have some questions about your pain and probably still somewhat skeptical if you can get any relief. Hopefully you have a better understanding of your pain and how to decide if you should seek more help.

My hope is that sharing this guide with you is the beginning of a long relationship of sharing our expert advice to help you improve your health, avoid pain, immobility and surgery. My goal is to help you become Body Smart!

Give us a call here at Body Smart and we can make sure you're on the quickest and most cost-effective route to banishing your back pain.

You can always contact me directly here:

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Dedicated to your health,

Cameron Garber

Leading Doctor of Physical Therapy

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