



stuartchiropractic

## 6 Secrets to Managing Back Pain Without Drugs or Surgery

*“If you change your behavior you change your results”*

### **Pain Reducer #1 - Managing the Inflammation**

Inflammation is the **not** the cause of the back pain it is a response to a problem.

- Ice – Ice Pack on the Area for 10min on, 10min off, 10min on. 3 times a day.
- **Contrast Baths** – Warm Shower followed by an Ice Cold Bath. Always end with cold to further flush out the inflammation.
- Strongest Natural Anti-inflammatory Compound; **Turmeric Powder** ( $\frac{1}{4}$ -  $\frac{1}{2}$  tsp) mixed with milk (soy or almond option) with hint of black pepper.
- **Pain Medication** while it may temporarily alleviate the pain, **it is like putting masking tape on the check engine light in your car.**



### **Pain Reducer #2 – Does Bending Forward or Backward Make it worse?**

For some bending at the waist and sitting can be very painful. These patients are labeled as “flexion Intolerant” vs “Extension Intolerant”. Try the following exercise. While it may look like yoga, its not, be cautions, **not all moves are created equal.**



Flexion Intolerant



Extension Intolerant

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At night, try placing pillows under your knees or between your legs. Too often we are inactive before we go to bed. Try a stretching routine **before bed for 10 min** this sets the stage for the muscles and ligaments to be relaxed for when you get up

### **Pain Reducer #3 – The Body Needs Movement to Heal.**

**Walking is Medicine.** It pumps fluid in and out of the spine to lubricate the joints and and take pressure off the discs. “I’m constantly moving and getting up and down at work” is not purposeful healing walking. Get outside and go for it.



### **Pain Reducer #4 – Hope**

“You **WILL** get through this” is the Mantra you need to play in your head. Positive reinforcement adds energy to your body instead of a vampire that takes it away.

Once you choose

**HOPE,**  
anything's  
possible.  
- Christopher Reeve

## Pain Reducer #5 – 30 Minute Rule

Posture; People say get up every one hour to stretch, in fact it is get up every 20-30 min and stretch. After 30 min our tissues **CREEP** back onto the nerves that are causing the pain. This phenomenon resets itself if and only if you get up and move.

**Tip:** Do a movement that is **opposite** to the posture you're normally stuck in at work.



## Pain Reducer #6 – Chiropractic Care – Get to the Root Cause

Chiropractic Care **restores the motion** to the spine to alleviate pressure off the nerves so the body can re-start the healing process. Remember, the body is self-healing. Like a cut on the hand that's wants to recover naturally, unfortunately many of us are guilty of picking at the scab before it gets a chance to heal.



We are always a phone call away and you can always count on the **Stuart Chiropractic Difference:**

- Same day appointments guaranteed
- Tell us your story; We listen first, recommend second and let you decide
- On time so you are never are kept waiting
- Specialize in the Activator Methods Technique - A comfortable way to assess

- and treat conditions for any age.
- Willing to answer any questions in person or over the phone before you begin.
  - Committed to helping you find the answers to your health problems.
  - Customer Service of Appreciation, Respect and Encouragement

Chiropractic is drug free, safe and natural. Chiropractors are **THE Spinal health and wellness experts**. Chiropractic patients enjoy one of the **highest levels** of patient satisfaction in health care.

Remember, at the end of the day **you are the boss of your body**. We are committed to offering you the finest Chiropractic care possible and its up to you to decide how much of it you want.

Here for you 100%,

Dr. Alibhai