DISCOVER THE 5 STEP TO BACK PAIN RELIEF!
– LIVE YOUR LIFE AGAIN –

AMAN DHALIWAL PT, DPT
PREMIER PHYSICAL THERAPIST IN CENTRAL VALLEY

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Discover the 5 step to Back Pain relief!

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1005 E Pescadero Ave, Suite 171

Tracy, CA 95337

209 747 3945

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About the Author

Dr. Aman Dhaliwal, PT, DPT

For over a decade, Amandeep Dhaliwal has been practicing physical therapy and helping people just like you discover ways to end pain and dysfunction without medication, injection, and surgery.

She has helped people end the **suffering and frustration** related to pain and become active again so they can enjoy activities with friends and family. She is the founder of OPTIMA Physical Therapy and Wellness. She is on a mission to help females overcome pelvic pain and dysfunction. She is the premier physical therapist in central valley, CA.

She is certified in Pelvic Floor Physical Therapy and Women’s health. She enjoys hosting workshops and promoting community events. She also offers free health education via her blog.

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Introduction

Back pain is the number one reason why patients seek help. Everyone suffers from back pain at least once in their lifetime. Now a days there is so much information available everywhere, due to which anyone can become easily confused before they even find the right solution.

I suffered from back pain when I was doing the wrong work outs as a teenager and it would stop me in my tracks. I remember feeling so vulnerable and my life was heavily impacted. I had to stop working and finally started looking for some help. And that is when I discovered the proven 5 steps that helped me get relief from debilitating back pain.

Our back is made of multiple structures, such as the bony vertebral column, myofascial connective tissue layer, muscles, nerves, ligaments, blood vessels, etc.

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It is important to understand how to keep our body healthy and fully functional. The spinal segments and back muscles provide stability, support, structure, and strength.

In this special report on Back Pain, I share with you 5 very powerful yet easy steps and strategies you can use for yourself instantly and slowly over time.

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

Over the last decade, I’ve been able to narrow down what really does and doesn’t work when it comes to easing back pain. The 5 principles you’re about to read have come out at the top.

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 5 strategies. Most of them won’t cost you anything and take little or none of your time.

They are strategies and tips in life that call for a moment of mindfulness. If you can add one of them per week starting now, you will be pleasantly surprised by how much better and healthier you will feel for doing so.

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1. **Move**

   The most important thing to do if you have back pain is to resume your normal daily activities and exercise as soon as possible. Over 80% of Americans experience low back pain at some point in their life. Rest can make the condition worse, since muscle atrophy starts within few hours of resting. Regular exercise (low impact - walking or swimming) can be very beneficial in conditioning the spinal muscles.

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Move every 30 minutes to help inactive muscles become active. Change positions when you feel fatigued by the position. The ligaments, discs, and connective tissues in your spine need to be stretched daily for optimal functioning. It is crucial to listen to your body and change position, or better yet get up and walk around, especially if sitting or lying in one position causes you pain, aching, burning, numbness, or tingling in your back, legs, etc.

2. **Education and Body mechanics**

Move you body mindfully, which means to lift heavy objects properly. Stop any activity that can cause sharp or shooting pain. Do not do any activity that does not feel right,

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especially when you are fatigued. Use good body mechanics when bending or lifting.
When bending or reaching for any object, whether large or small, at waist level or all the way to the floor, remember to bend your hips, and not your back. This may feel awkward or exaggerated at first, but you will get used to it and appreciate how much better you feel when moving this way!
Education is the key when it comes to treating back pain. Understanding the mechanics can help prevent an injury. When we lift a small weight in front of our body it can put ten times the pressure on our back. The closer we move the object the less pressure it put on our spine. Therefore, make sure when you lift, keep the item very close.
Standing, sitting, and moving in different environment also matters. Stand with equal weight on both feet when standing in one place for a while such as in line at the grocery store. This is especially important when holding any load. Common scenarios when this comes up are when cooking, talking on the phone, standing in line at the grocery store, or even just pumping gas.

At these times, take a moment to check in with your body. Are your hips aligned over your feet, or is one hip jutting out to the side? This will tell you whether your weight is unevenly distributed, which places uneven strain on your pelvic joints, and can cause low back or pelvic pain. Start slowly with any new program of light jog or walking.
3. **Sitting**

Sitting more than 30 minutes is proven to be unhealthy and creates a weaker muscular system. Sitting can also be necessary for some activities so be sure to maintain a neutral position in your lower back – not too flattened (taibone tucked under you) and not too arched (tailbone untucked). A small towel roll can help align the spine in neutral when needed.

When sitting, arrange your chair so that it supports your spine and pelvis in this neutral position when you are relaxed against the back of the chair and your feet are flat on the floor. Keep this neutral spine alignment in mind when you will be in a position for any length of time, such as when reading, sleeping, cooking, folding laundry, working at the computer, driving. Lean forward when sitting on a toilet and use a step to raise knees above hips to help increase relaxation of pelvic floor muscles.
This will help enhance proper emptying of bladder or bowels. Also focus on your breathing pattern and decrease straining while using the toilet.

4. **Core**

Core exercises are important, but not traditional sit-ups which only shorten your hip flexor muscles. Your core works to stabilize your back and trunk, so exercises to strengthen it should also train you to be stable. These types of exercises are done for 30 seconds to 3 minutes and

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challenge you to use your core or deep stomach to keep your body still. You can begin activating your core with a modified “Bird Dog” or stabilization exercise. Start on your hands and knees and extend your arm out in front of you, then switch arms. Place a water bottle on your lower back for additional feedback and engagement. Next, extend your leg behind you, then switch. 5-10 reps, breathe out and draw in your stomach when you extend your arm/leg.

5. **Breathing & letting go!**

Back can be an area that holds stress leading to pain caused from overactive/tense muscles, leading to tightness, which can present itself as severe pain. Deep breathing (aka diaphragmatic breathing) and relaxing techniques with a slow cueing of relaxing or “letting go” while breathing in can help reduce the overactivity of the these muscles. This
is as important as moving safely. Pain causes altered movement and bracing. Chronic bracing patterns create muscular tightness, fascia restrictions and trigger points. Start with a tennis ball and lay down on the floor or lean against a wall with the ball in the painful muscle. Sometimes back pain is radiating from your hips or cause by tightness in your hips and glutes. Other times, pain in your back, such as with “Sciatica” is coming from a muscle in your low back. Treat both your low back, mid/upper back as well as your hips/glutes with your ball. Put the ball where it hurts. You want to find the “right spot,” and then stay there for 3-5 minutes or until you feel multiple releases of the tissue. You can use a tennis ball, inflated rubber ball, dryer ball, dog toy like a kong or other firm but flexible ball

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or toy to release the muscles and tissues almost anywhere on your body where you have pain or that feels tight, hard or tender. See the pictures below to start treating your back and hips today. These techniques are gentle, sustained and relaxing. You should allow yourself to move and adjust as you feel your body letting go, however, moving back and forth over the tender area is not the goal of this self treatment. These areas may feel tight, tender, or like “the spot” and the techniques should feel good. Spend 3 to 5 minutes in each area to allow the fascia to release. Slowly roll on your side to reposition or to stand up. If at any time this does not feel good or you feel something is wrong, please stop and consult your local physical therapist.

5. **Lifting**

![Lifting Image](www.optimaptwellness.com)

Avoid bending and twisting at the same time. We are often in a rush to lift or grab something, and we
forget to get our own bodies set up for the task. Take the extra few seconds to be mindful about good body mechanics, and turn your body to face the object that you are lifting. This way, you will not be placing extra load on your spine and pelvis while in a compromised position. Your body can take a lot more when you are in a position to get prepared for the load. Which leads to our next point. Exhale as you lift, especially with something heavy or when coming up from a deep squat. This will help your core muscles to engage the way they should to protect your pelvis and lower back from the increase in pressure that occurs during such a task.
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Bonus Tips

1. **Solve the problem with physical therapy**

Although common, back and pelvic pain after having a baby are not normal. There are specific reasons and therefore specific solutions for the pain that you are experiencing.

Experiencing pain that persists for more than 4-6 weeks increases your chances significantly of having persistent or

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recurring pain for many more years. The longer it persists, the more difficult back pain are to treat, so don’t hesitate to call your local specially trained physical therapist. With a thorough musculoskeletal exam, your PT will make a diagnosis as to the cause of your pain, and will explain to you what is going on and how she may be able to help you get back to doing all of the things you love, without medications or surgery!

2. **Enlist help in order to make time for yourself**

Many women these days have multiple responsibilities, including careers and household management in addition to child-care. In these situations, self-care often takes a back seat. This does not need to be a lot of time. In whatever way you can, do your very best to get 15 minutes per day, and a full hour once per week for yourself, by yourself, to do whatever you want. This might be a walk outdoors, some time to meditate, have coffee with a friend, or simply grab a well-deserved nap. As your body is recovering from the enormous task of carrying and delivering a child, planning this time into your schedule FIRST will pay off in a big way toward your physical, not to mention mental health!

3. **Understand pain**

Pain. We all experience it, but yet we all experience it in different ways. Pain is proportional to the real or perceived threat. Pain is like the check engine light of your body. The longer we
experience pain, the more sensitized we are to it and the earlier our body feels pain to a stimulus or threat. In general, the best thing to do is to use and move your body. If you have pain, it is ok to exercise, even if you hurt during the exercise. Take notice if your pain increases with your activity or if you have any sharp or shooting pain. Many times, your pain will decrease or go away with movement and exercise. If you have increased pain with exercise, back off or stop, especially if it is greater than 6 out of 10. (0=no pain & 10 = take me to the emergency room now!) If you have sharp or shooting pain with a repetitive movement, pause and check in. If you can correct your form and it goes away, keep going. If you check in and correct your form and it’s still there, decrease your resistance or distance, if the sharp/shooting pain persists, stop that activity for the day, try something else and come back to it in a few days. Understand Pain Your central nervous system is constantly monitoring your body. When it detects an imbalance, in any of hundreds of

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sensors, above a certain threshold the pain alarm is triggered. This is your body’s message that you should change your behavior (take your hand off the burner), modify your movement (correct your form), stop your activity (walk instead of run) or just pause and check in. Sometimes, especially when we’ve had pain for a while and our nervous system is “sensitized,” and even workout soreness can register as pain. Your pain will change; it just needs time, some self treatment, exercise, pacing and your awareness.

4. **Prioritize improving the quality of sleep, as best you can**

It’s no secret that sleep is at a premium for new moms, and there may be no way around the night-time feedings for some period of time. At the same time, there are always small tweaks that you can make that can help you get a bit more, or a bit better sleep. For example, going to bed a bit earlier after your little one does, rather than using that time idly browsing social media or starting a project of deep cleaning the kitchen at this hour.

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Even making sure that your bedroom is clean, cool, and dark, can improve the quality of your sleep even though you may not be getting as many hours of sleep as you’d like.

In the imperfect world, improvements in self-care are more feasible and valuable than a goal of perfection.

Consequence

You now have in your hands 5 great strategies (and bonus tips!) that you can put into effect starting right now, to start feeling better and enjoying an improved quality of life in this especially challenging and rewarding time of life. If you do truly put all of these tips into diligent and consistent practice, I promise you that you will experience significant physical benefits within a short period of time.

Of course, we have just scratched the surface with this information, and what is contained in this guide is not a
substitute for a complete physical examination with a qualified and experienced pelvic physical therapist.

If you have any lingering concerns, or want to take your physical function to the next level, I am available as a resource to you, hailing from the office of OPTIMA Physical Therapy and Wellness. I truly hope that your decision to access this guide marks the beginning of a beautiful long-term relationship between myself, you, and your best, healthiest version of yourself!

To your health!!

Aman Dhaliwal, PT, DPT

WHY NOT COME IN FOR FREE?

Did you know that OPTIMA Physical Therapy and wellness offers a FREE Discovery Visit (consultation)?

A FREE Discovery Visit can help you better understand the reason for your troubling symptoms and how we can help you recover.

This courtesy consultation will also help you better decide whether physical therapy is right for you. That is why OPTIMA Physical Therapy and wellness regularly designates this time to

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listen to clients’ questions and give clear understandable answers. The goal is to help you get on the road to recovery immediately!

If you realize that you need help and are ready to begin, but don’t know where to start, then reaching out to the most highly qualified Physical Therapist for FREE is the perfect next step for you. We will help you with the most relevant knowledge that you need in today’s healthcare world.

Let us explain to you WHY you are having this problem and HOW we can help.

In this free consultation, you can expect to learn:

- What is the likely cause of your pain or other symptoms?
- How we can specifically help you recover from this problem?
- What will be involved in your customized treatment plan?
- How long will this process take?
- What you can do to get started getting better?
- Why clients of OPTIMA Physical Therapy and Wellness are so satisfied that they keep returning for all of their health needs?

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All that you have to do is call! (209) 747-3945

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Health Advice Disclaimer

Every effort is made to ensure that we provide accurate information and advice regarding the common postpartum musculoskeletal problems described in this guide. Examples of problems described, specific advice and prognosis are based on typical presentations of those diagnoses commonly seen in the office of OPTIMA Physical Therapy and Wellness. The information is not intended to cover all potential concerns of individuals reading this guide. As with any health concern, each individual’s symptoms and causes thereof vary widely. Each individual’s path to recovery will also depend upon many factors including but not limited to individual health history, prior injuries, surgeries, or illnesses, medication profile, genetic predispositions, application of exercise prescription, and adherence to advice of the physical therapist. It is not possible to provide a complete and accurate diagnosis and prognosis for any individual without an in-person interview and health history, and a thorough physical examination. Likewise, advice pertaining to management of a particular condition may be of limited value in the absence of this same interview and examination by a licensed physical therapist at OPTIMA Physical Therapy and Wellness. We can offer this service to you for a standard fee. Risks of not following a course of due diligence and seeking out suitable professional advice include worsening of the condition and/or increased length of time required for the rehabilitation process in the future. No specific results of any course of action are expressly made or implied in this report.