

7 EASY WAYS TO EASE LOW BACK PAIN



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Over the course of his career Josh Elmquist PT, DPT, CAFS has always had a special focus on low back pain. The reason... he has dealt with it himself. As a freshman in college Josh started having horrible low back pain that was shooting into his leg. After seeing 5 different doctors and trying pain meds, muscle relaxers, and injections he was scared, frustrated, and left seeking answers. Fast forward a handful of years, lots of schooling, continuing education courses, and real world experience, and Josh has crafted a passion for helping those with low back pain. He works daily with those suffering the consequences of low back pain, and is always striving to get people back to the activities that they love. He started his company in 2015, with a primary focus of helping as many people as possible!

If you are wondering about Josh's back today he will be happy to tell you that it feels great, without the use of medications, injections, or surgery!

Introduction

We live in an age of technology, pills, and quick fixes. These things have made many rich, but have they helped the problem, or have they made things worse? I am of the belief that your body has an incredible ability to heal itself, if we give it the right tools to do the work! These tools do not need to be big and fancy, they don't need to cost a ton of money, they just need to work!

That is what this e-book is designed to do... give you some of the tools! These are general recommendations, and while they will help most people's low back pain they may not be for everybody. I tell all my patients that at the end of the day your body is the judge. If something makes you feel worse, or increases your pain significantly then I do not want you to do it! The tools that I offer in this book are all things that 99% of people do like.

How awesome would it be if you tried out these tools and you started to feel better! Imagine how much better you would feel if you could take the dog out for a longer walk, or get on the ground to play with your children or grandchildren! At the end of the day that is what I love doing, is getting people back to the activities they love with less pain.

So try out each of these tools, it really won't take you long, I promise! I think you will be pleasantly surprised at how much better you feel!

7 Easy Ways to Ease Low Back Pain

1. Exercise Daily

Daily exercise, while great for your heart, and overall health, is also very important for your low back. We as humans were built to move, we are hunters and gatherers by nature, meant to be roaming throughout our day. In our modern day society most of us spend a significant part of our day sitting, which our body is not really adapted for.

Exercise has many incredible benefits for the human body! Blood flow, hormone regulation, stretching and movement of soft tissue, and micro-stresses for your skeletal system are all vital for the health of your low back. Find a mix of sports, activities, stretching, cardio, and resistance training that you enjoy!

2. Drink more Water

Our body is made of water, so keep in hydrated! Our soft tissues function best when well hydrated and lubricated. Most of us do not get enough water throughout the day, so make sure that you are getting your full daily intake!

My recommendation is to take your body weight and divide it by 2. The number you get is how many ounces of water per day you should be drinking.

If you weigh 120 lbs. = 60 oz. of water

If you weigh 200 lbs. = 100 oz. of water

3. Stretch your Hip Flexors

Your hip flexors are a very strong muscle that run from the front part of your thigh up to your low back. They actually attach to some of the vertebrae(bones) of the low back. With all of the sitting we do throughout the day, over time these muscles become shortened, get tight, and can put excess strain on your low back.



1. Kneel with something soft underneath your knee.
2. Keeping your torso nice and tall, slightly shift your weight forward.
3. You should feel a stretch on the front part of the back leg.
4. Hold for 30 seconds and repeat 3x

4. Hang out in Child's Pose

Child's pose is a yoga posture that helps to stretch the low back as well as helping to open the joints of the low back as well.



1. Kneeling on a soft surface with your knees slightly apart, bring your arms forward
2. Shift your hips back towards your heels.
3. Relax your head down.
4. Hold for at least 30 seconds and repeat 3x.

5. Work on your soft tissues (muscles/connective tissue)

Many of those who suffer from low back pain have issues with the muscles and connective tissue of the back. Muscles serve us a few purposes, they help us to move, but they also help the body to protect “damaged” areas. If the brain senses that the low back is “damaged” or “injured” one of the first responses of the brain is to tighten up the big strong muscles of the low back in order to splint and protect the area.

There are many things we can do to convince these muscles to relax. Here are a few different options.

- Apply heat (15-20 min at a time) DO NOT BURN YOURSELF
- Use a foam roller by standing against a wall with the foam roller running across the low back, and perform little knee bends
- Sit on a large exercise ball and make small rolling motions forward and back
- Get a massage from a licensed massage therapist

6. Take Standing Breaks Throughout the Day

Here we are talking about sitting again. Studies have shown that sitting puts 10x more force on the low back than standing/walking! I try to stand up and move around at least every 30 minutes! Set a timer on your phone to remind yourself. If you are on a long car ride try and stop when available to stand and walk.

7. Find a Great Physical Therapist

You have a head start with the tips above to help ease back pain, but one of the best ways to END it for good is to find a great physical therapist. Don't settle for average!

A great PT should be able to do the following:

- Spend significant time talking to find out what is causing your pain, and what your goals are (do you want to run a marathon, play with your kids, or just be able to walk the dog each morning)
- Find the root cause of what is causing your low back pain
- Make a meaningful change in your symptoms quickly
- Prescribe specific exercises tailored to your needs (no cookie cutter printouts)

Physical Therapists are the biomechanical experts of the human body, and have significant training in many different methods to relieve your back pain. By combining different tools such as hands on treatments, cupping, dry needling, kinesiotaping, and myofascial release, you can see significant results very quickly... which means you are back performing the activities you love!

Conclusion

There you have it, my 7 easy ways to ease low back pain. This is obviously a start, there are many different treatments, stretches, and exercises than what are listed here. But with these 7 tips we can start to make a real significant change in decreasing your back pain, and getting you back to those activities that you love.

Over the next few weeks I will be sending you more tips and advice to help improve your health! So check your email inbox and you will hear from me shortly!

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