

A photograph of a man's back, viewed from behind. He has his hands on his hips. Overlaid on his back is a glowing, multi-colored illustration of the human spine and ribcage. The spine is highlighted in blue and yellow, while the ribcage is in purple and blue. The background is a plain, light grey.

BIOHACK YOUR BACK

ULTIMATE GUIDE TO
BACK HEALTH



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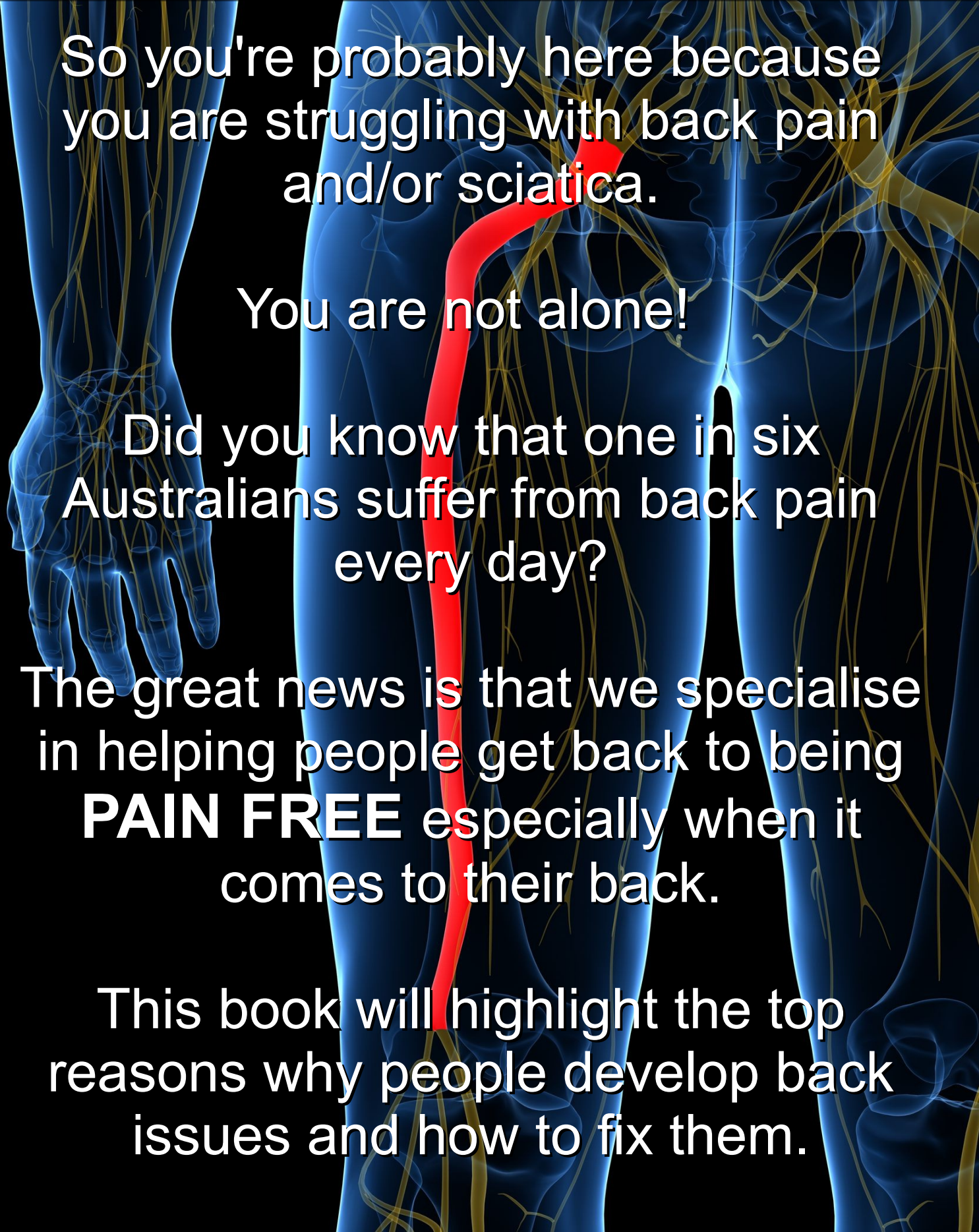
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Introduction



So you're probably here because you are struggling with back pain and/or sciatica.

You are not alone!

Did you know that one in six Australians suffer from back pain every day?

The great news is that we specialise in helping people get back to being **PAIN FREE** especially when it comes to their back.

This book will highlight the top reasons why people develop back issues and how to fix them.

Common Causes

Disc bulges are one of the most common causes of back pain and sciatica.

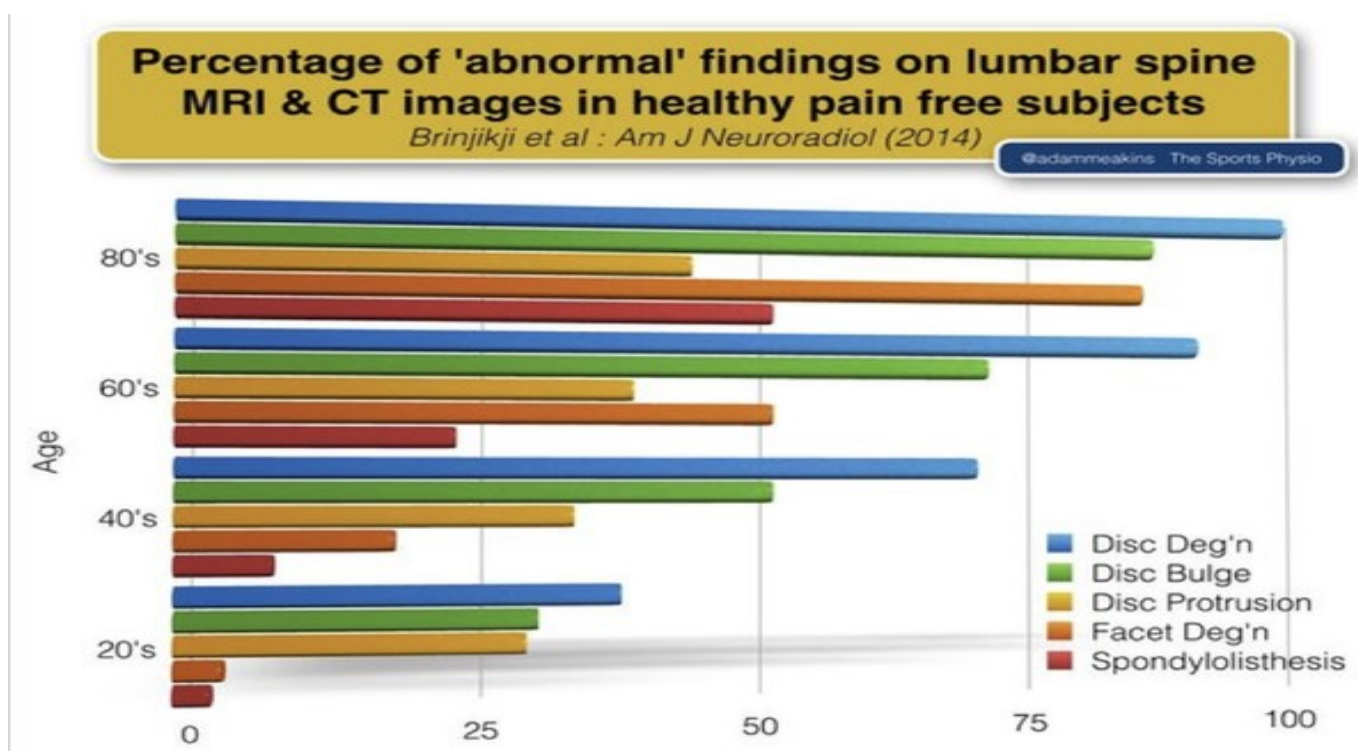
Sciatica develops when the disc bulge impinges on the nerves that exit the spine.

But how relevant is this?

Have a look at the graph below from Adam Meakins (The Sports Physio)

It shows that spinal degeneration/disc bulges and pain are NOT interrelated!

Yes, you can actually have disc bulges WITHOUT ANY PAIN!!



How to Stay Healthy and Pain Free

You use your body everyday and the activities you perform places physical stress on your body!

Think of your daily activities like a sustained low grade exercise program.

After a workout, it is highly recommended that you “recover” in order to reduce toxin build up and help your tissues return to a state of good health.

Recovery consists of massage and stretching. It is that simple!

Massage and stretching keeps your joints and soft tissues relaxed and at optimal tension.

This prevents accumulative stress from affecting our tissues in the long term.

Next, comes muscle strengthening.

Apart from moving our bodies, muscles are responsible for PROTECTING our joints and nerves from injury.

Therefore, it is extremely important to undertake a good core strengthening program to ensure we have strong backs, hips and abdominals.

Self Massage Techniques

Massage

verb

to rub or apply pressure on the body with regular repeated movements, in order to relax or reduce stiffness or pain in the joints or muscles

Equipment:

1. Spiky massage ball



Method:

1. Self massage is performed on the floor using either the spiky ball
2. Spend 1-2 minutes on each area
3. Apply sustained pressure in one spot (trigger point) or continuously move back and forth over the area



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Self Massage Techniques

Hip Flexors (Iliopsoas)

Position #1

Lay over the ball applying pressure in upper thigh (below hip bone)



Position #2

Lay over the ball applying pressure in lower abdomen (between belly button and hip bone)

Lower back (Multifidus/Erector Spinae)

Lay over the ball applying pressure to lower back just adjacent to the spine i.e. 1cm either side

After 1-2 minutes, reposition the ball approximately 2cm above current position

Repeat process along the length of the lower back (lumbar region)



Self Massage Techniques

Buttocks (Gluteals / Piriformis)



Sit onto ball applying pressure to one buttocks while propping up onto elbows

To increase pressure, place leg onto opposite knee to increase stretch during massage

Waist (Quadratus Lumborum)

In side lying, apply pressure to side of the waist i.e. gap between bottom of ribcage and pelvis



Stretching / Flexibility

Stretching

verb

to make your body or your arms and legs straight so that they are as long as possible, in order to exercise the joints and muscles

Equipment:

1. Foam Mat



Method:

1. Hold each position for a minimum of 30 seconds
2. Stretches can be performed 2-3x per day



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Stretching / Flexibility

Hip Flexors (Iliopsoas)



Start in half kneeling position

Perform lower abdominal crunch i.e. tuck buttocks under

Shift weight onto front leg

Lower back (Multifidus/Erector Spinae)

Start on all 4s i.e. hands and knees

Keep arms outstretched

Slowly sit down onto feet



Stretching / Flexibility

Buttocks (Gluteals / Piriformis)



Performed in sitting

Place one foot on opposite knee

Pull knee up using hands

Keep trunk straight and lean forward

Waist (Quadratus Lumborum)

Sitting with one leg straight

Twist trunk towards opposite leg

Lean trunk towards straight leg



Core / Strengthening

Core Strength

Noun

the strength of the underlying muscles of the torso and hips, which help determine posture

Equipment:

1. Foam Mat



Method:

1. Maintain neutral spine at all times
2. Perform movements slowly



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Core / Strengthening

Front Plank (hold 2 minutes)

Start on elbows and toes

If too difficult start on elbows and knees (knees flexed / feet off floor)

Perform lower abdominal crunch i.e. tuck buttocks under



Side Plank (hold 2 minutes)

Start on elbows and feet

If too difficult start on elbows and knees (knees flexed)

Keep trunk straight



Core / Strengthening

Bridging (30 reps x 3 sets)

Start on your back with feet on the floor

Perform lower back abdominal crunch i.e. flatten back against floor

Lift pelvis up by thrusting the hips



Single Leg Lowering (30 reps x 3 sets)

Start on your back with feet on the floor

Perform lower back abdominal crunch i.e. flatten back against floor

Flex one hip up to 90 degrees

Slowly lower leg until horizontal



Nutrition / Diet

Nutrition

Noun

the substances that you take into your body as food and the way that they influence your health

Nutrition is an essential part of good health.

Sugars, fatty foods, processed foods, gluten and white bread can affect your immune system and in turn increase inflammation in your body.

In order to **Biohack Your Back**, you need to seriously think about eliminating these kinds of foods from your diet.

Eat fresh whole foods such as fruits and vegetables.

Supplement, supplement, supplement!

Even if you think you have a healthy diet, it is important to complement your diet with high quality nutraceuticals.

High quality nutraceuticals provide essential vitamins, minerals and antioxidants which help repair, defend and maintain optimal health.



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Get An Assessment!

When was the last time you had a musculoskeletal health check up with a physiotherapist?

Never, I bet!

You visit your doctor for general health check ups.

You visit your dentist for oral health check ups.

So why is it that you do not visit a physiotherapist for musculoskeletal health check ups?

You use your body everyday and the activities you perform places physical stress on your body!

Physio Physique can assess and advise you on lifestyle factors which are likely to cause you injury.

We'd love to chat with you and offer you a FREE phone consultation to see if Physio Physique can help you become pain free for good and keep doing the activities you love!

BOOK TREATMENT

FREE CONSULT



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