

5 SIMPLE STRATEGIES TO REDUCE BACK PAIN AND STIFFNESS

Without Medications, Injections Or Surgery...

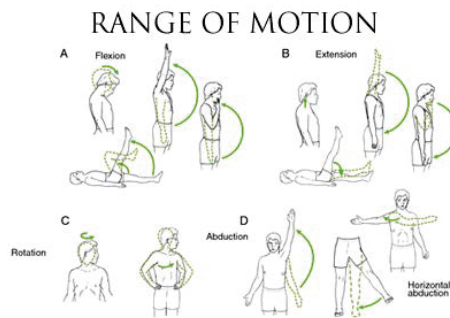


RENDÓN
PHYSICAL THERAPY

By: Physical Therapist, Abel Rendon

#1: STAY MOBILE

95% of the patients that I see daily have connective tissue restrictions. “Connective tissue” encompasses everything that your body uses to move you in space (ie. Fascia, muscle, tendons, ligaments). A daily routine to provide your body with ROM (range of motion) will drastically reduce the tension load through your low back, hips, and or down into the legs.



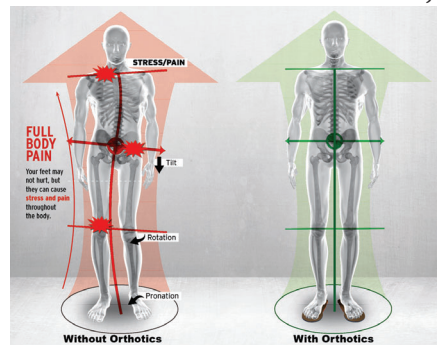
#2: TAKE THAT BRICK OUT OF YOUR BACK POCKET!

Sitting on your wallet or cell phone can be influence and creating increase Low back pain. Think about it; most people's wallet is somewhere between 1 inch and 3 inches thick. An iPhone 8 is $\frac{3}{4}$ of an inch thick (without case). Adding increase pressure long term, especially while you sit for long periods of time can have a direct and long-term effect on circulation, nerve conduction and ultimately how your body perceives pain through your whole lumbar/pelvic region.



#3: OPTIMIZE YOUR STABILITY INDEX.

Research shows that fallen arches transmit stress into the ankles, knees, pelvis, and ultimately the spine. De-generative changes and postural and muscular imbalances are common conditions associated with foot imbalances. While loss of arch height is permanent in nature and cannot be corrected, support with custom Orthotics can help prevent further damage. This imbalance is caused by a loss of the structural integrity of the connective tissues in the feet, which will result in a collapse of one, two or all three of the arches. When all three arches collapse, this is commonly referred to as flat feet. Factors leading to this condition can include trauma, repetitive stress and congenital factors.



#4: WHILE DRIVING OR SITTING FOR > 30 MINS, TIGHTEN YOUR ABDOMINALS.

Everyone makes this big deal about having a “better core”. What does this even mean? And why is it so important? Your core is a web of tissue that acts like a sleeve around your trunk. A significant amount of pressure can be taken away from your discs in your spine and pelvis if we engage our core muscle. It doesn't have to be maximal effort, but enough to feel like you are squeezing your ribs together.

#5: GET A PHYSICAL THERAPIST TO EVALUATE YOU.

Didn't know that you can walk in off the street and get a Doctor of Physical Therapy to evaluate your musculoskeletal impairments? We've been doing it for years but insurance's want to streamline you into their protocol, so everyone gets a little bit of the pie on your health, pain and time... Don't let Big Pharma, Big Insurance or other practitioners decided what you should do to have a skilled, highly trained specialist evaluate, consult, listen and implement what is the best choice of treatment for your needs and goals... Especially if it regards your back pain!

KEY:

Call Rendon Physical Therapy, Inc at **909-796-0012** to schedule a consult, discovery visit (no commitment) or start treatment. Bianca is our front office manager and she'll answer your questions, in English or Spanish.

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