



5 QUICK EASY WAYS

HOW TO END YOUR

BACK PAIN

AND STIFFNESS AND TIGHTNESS

*... without taking painkillers or
having surgery...*

CHIROPRO CARE

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About The Author Dr. Chanil Jung

Chanil Jung is a Chiropractic Sports Physician, Strength and Conditioning Specialist, **Elite Active Release Provider**, Graston Technique Provider, Kinesio Taping Provider, Fascial Distortion Provider, **ELDOA Trainer**, TRX Trainer, and Personal Trainer. He specialised in treating people with CHRONIC pain, dressing root causes of pain rather than treating symptoms. He also prescribes customized exercise programs for his patients with injuries, helping them return to sports and work and to enjoy a fuller, PAIN-FREE life.



Every week since 2013, 100's of people have consulted Dr. Chanil Jung looking for answer and solutions for fast relief of their back

Dr. Jung works with people aged 35-65+ on a daily basis, and is involved in the research of back pain. He continues his education by taking courses on back pain and is always learning different treatment options to best treat the back.

Introduction

In this Special Report of Ending Back Pain I share with you 5 very powerful principles and strategies you can make in your daily life that can dramatically reduce back pain.

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

There's a great saying that goes: small hinges swing big doors. And it's often the simplest advice that wins in the end. Truth is, without knowing about your back pain or medical history I cannot tell you which of these tips will work best for you, and even if I did know the root cause of your back pain there are no guarantees that any one single strategy will work. But throughout my years of experience, I've been able to narrow down what really does and doesn't work when it comes to reducing neck pain, and the 5 principles you're about to read include that.

But imagine this... how great it would be if you try just one of these "tips" every day... within a few weeks you could have all 5 of these incredibly powerful strategies for easing Back Pain, "in play" and working for you - giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

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. It really won't take long and most of them won't cost you anything but few minutes of your time.

I think you will be pleasantly surprised by how much better and healthier you will feel for doing so.

5 Things To Do If You Have Back Pain...

1. Be Aware Of Your Sitting Posture



Sit comfortably on a chair with your knees hip distance apart. Breathe normally. On exhalation, gently squeeze and lift your pelvic floor muscles and let go quickly. Repeat the contraction and releases quickly, for the 10 repetitions, and without holding your breath. Also try to avoid squeezing your thighs, or pulling in your tummy. This will help to strengthen your pelvic floor muscle.

Video: <https://youtu.be/YltyhS4jJOQ>

2. Be Aware Of Your Standing Posture



Stand comfortably with upright posture and feet hip distance apart. Breathe normally. On exhalation, squeeze the muscles around you bladder and anus, and imagine you are trying to stop yourself from passing urine and passing wind at the same time. The feeling is one of a slight squeeze and lift around your front and back passage. Hold the contraction for the 10 seconds, and then relax your bladder and anal sphincter muscles. Try to avoid holding your breath, squeezing your legs together or tightening your buttocks. This will help to integrate and strengthen your pelvic floor muscles from front to back.

Video: https://youtu.be/lx_RTHcrZT8

3. Increase Low Back Flexibility and Muscle Circulation



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Adopt the four point kneeling position. Place your hands directly underneath your shoulders, with your knees between your hips. Exhale as you tuck your pelvis underneath you, gently rounding your low back. Continue this movement, allowing your upper back to round, followed by your neck, allowing it to nod slightly forward. Inhale and maintain this position. Exhale as you slowly flatten out your spine, sending your tailbone away from you, lengthening your spine and neck back to neutral.

Video: <http://youtu.be/od-jBFCQFV0>

4. Opening Up Front and Back Of The Low Back Muscles

Extension Exercise (Cobra Exercise) Three Stages (Depends On Your Pain Severity)

Stage 1 (with Severe Pain)

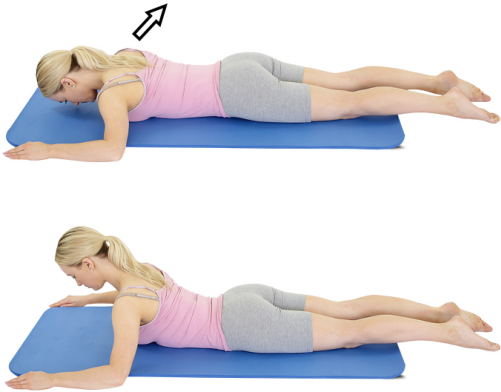


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Adopt the prone start position. Lengthen the back of your neck, and find a neutral pelvis. Lie on your front, place your index fingers and thumbs together to form a diamond shape, palms down on the mat, opening your elbows. Rest your forehead on the back of your hands. If there is discomfort in your lower spine, place a small folded towel under your abdomen for extra support. Exhale as you lengthen the crown of your head to lift your head and chest off the floor. Keep your lower ribs in contact with the floor and the back of your neck long. Inhale as you hold this position, exhale as you return to the starting position.

Video: <http://youtu.be/xY-Am4lebhE>

Stage 2 (with Moderate Pain)



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Adopt the prone start position. Lengthen the back of your neck, and find a neutral pelvis. Place your arms in an 'L' shape next to your shoulders. Make sure your legs are just wider than your hips. Inhale to prepare, and exhale and lengthen your upper body away from the floor while pushing through the arms, gliding the shoulder blades downwards. Inhale to hold, exhale as you lower your body back down to the mat with control.

Video: <https://youtu.be/maLAK7vwP7A>

Stage 3 (with Light Pain)



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Adopt the prone start position. Lengthen the back of your neck, and find a neutral pelvis. Place your arms in an 'L' shape next to your shoulders. Make sure your legs are just wider than your hips. Inhale to prepare, and exhale and lengthen your upper body away from the floor while pushing through the arms, gliding the shoulder blades downwards. Peel your pelvis away from the floor. Inhale to hold, exhale as you lower your body back down to the mat with control.

Video: <http://youtu.be/ynXufWCQQ44>

Flexion Exercise (Child's Pose Exercise)



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Kneel down on the mat, and rest your buttocks on your heels. As you keep your buttocks on your heels, roll forwards and slide your arms forward creating a gentle stretch and lengthening in your back.

Video: <http://youtu.be/7zsKsz4uQe4>

5. Decreasing Low Back Pressure.

Hip Flexor Stretch (Psoas Stretch)

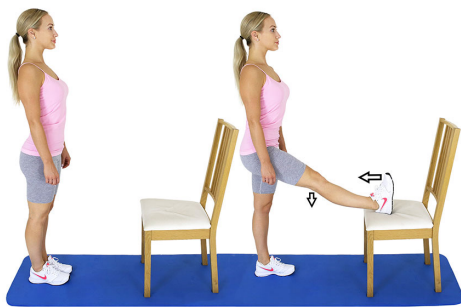


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In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.

Video: <http://youtu.be/sDn-UtqdX58>

Hamstring Stretch



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Standing up, place your foot on a chair. Keep your leg straight. You should feel a stretch behind your knee and into the back of your thigh. Pull your toes towards you. To make the stretch stronger, push your leg downwards into the chair, or rest your foot on something higher. This exercise will stretch your hamstring muscle group.

Video: <https://youtu.be/WAjeU2rhJ1U>

Bonus Section:

1. Use ICE (NOT HEAT)

ICE is by far the best way to ease back pain. My tip, use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply an ice pack for 10 minutes or so, little but very often (EVERY HOUR).

And when to use **HEAT** - my tip would be apply a hot water bottle on morning when your back is likely to be feeling more stiff than painful. Again, 10 minutes should do it.

2. Avoid Sitting Cross Legged

Your spine isn't designed to twist or turn. And sitting in a cross-legged position is doing just that. Your joints are twisted, muscles stretched and in this position your spine/low back is weak and you're vulnerable to injury.

Spending an excess of time in this position will catch up on you - usually aged 40-60.

3. Sleep With A Pillow Between Your Knees

If you are **SIDE SLEEPER**, highly recommend to do this. Might be difficult at first, but if you can persist, it lowers the amount of rotation/ twisting in your spine. Try a pillow between your legs to keep your spine aligned and this will reduce tension at your lower back.

4. Get Physical With Your Local Chiropractor

There isn't a faster way to **END BACK PAIN** than by going to see a **CHIROPRACTOR**. Getting to see a hands-on specialist chiropractor means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff, stuck and painful joints, and strengthen your body so that you can go back to doing the things that you **LOVE**. You can often leave a good CHIROPRACTIC treatment with concerns eased and physical pain reduced, inside 30-40 minutes.

Combine all of the "**TIPS**" in this Special Report with a trip to see a hands-on Chiropractor, and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

Conclusion

So, there you have it: 5 things (Plus 4 big BONUS tips) that you can do **TODAY** to improve your posture, general health, as well as **EASE YOUR BACK PAIN**. There's obviously so much you can do too, and I could go much more in-depth on ways to end **BACK PAIN** than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

In the weeks ahead I will be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how **CHIROPRACTIC** can make a **HUGE** difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and colleagues from the Team become the source of leading edge health advice for you and make a real difference to your life.

Dedicated to Restoring Your Health,

Chanil Jung

Dr. Chanil Jung

Specialist Back Pain Chiropractor

Tukwila

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our chiropractic clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow chiropractic advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Chartered Chiropractor at Chiropro Care.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

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