

Setting Things Straight - The Back & Body Works Edition

Top Tips & Tricks

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Issue #1



Our Spines- The Skyscrapers of The Body See the Latest On Keeping Them Tip Top

**DR JODY-DPT & HOLISTIC
HEALTH COACH**



When our internal
skyscrapers are off balance,
there's not just *imbalance*,
but pain.

**As some bones
hit into structures** they
were not meant to touch,

there's certainly going to be a rub.

And when bones and joints meet up in
unwanted territory, it limits motion. That's
when they cannot perform their intended
motion and leads to more dysfunction.
In other words, limited function.
When the bones can't move, they cannot
perform no mater what position is tried.

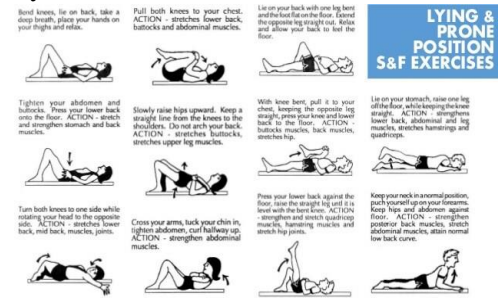
That means inability to be comfortable in any
position; sitting, standing, lying doesn't
change things. Things still are not lined up
where they should be.

The only solution is to get those bones back in
line and keep them there! This is a relatively
simple fix. If done early on. See, it's our
muscles that keep those bones in line.

Picture a tug of war taking place around the
joints. The stronger muscles overpower
weaker ones and pull the bone their way.
Setting it straight is the easier part. Finding
the trigger of the event, that's another story.

Some simple steps can be added into a daily
routine to prevent these faulty mechanics from
taking place. The moment you open your eyes
is the first opportunity to keep the spine and
everything that connects to it, in order.

Start with this short series of movements to
get the blood flowing and the muscles ready
for action, even before the feet hit the floor
running. See how adding in a few in all
directions makes all the difference. Doing
more isn't necessary. You've got the whole
day ahead. Stretch the activities out.



Think about it. If you do a little bit all day,
you not only stay limber and ready for action,
but you are also building endurance. And like
an athlete taking on their sport; your life,
work, and routines become YOUR sport.

When you look at it with that fresh
perspective, you can see why it's not
necessary to workout for 60-90 minutes
sweating it out at the gym. Make your home
your gym and do mini workouts in every
room of your home throughout the day.

If you still go in to work, there's no stopping
you from incorporating the same concepts.
Take short breaks and add in the vitals.

*These tall skyscrapers are much like our human
spines... they need balance and symmetry to
stay upright. Built to prevent tumbling, and safe
for the internal operations to function at top form.*

The Sign of the Times and The New
Normal
Top Tips To Get Backs Into Shape

**DR JODY- DPT & HOLISTIC
HEALTH COACH**

Carol sat at her computer day after day. Her
chair needed replaced so she used a box
under her feet to reach 'the floor'. The back
of her legs fell asleep throughout the day.
Like clockwork, she got a headache by
noon. She noticed the pattern. Her hands
fell asleep every 20 minutes. She wondered
if she had carpal tunnel. Days passed and
her whole back began to ache. What she
didn't see... it was all connected. What
happens in one part of the back affects the
rest. As pain limited activity; her whole
body, mind, and energy were at risk.



*Work from home has wreaked havoc on the spine
of today's society. Sitting long hours hunched
over ill-fitted set-ups lead to unexpected changes.
The good news- there are simple ways to interrupt
the mayhem.*



The Future of Fitness

See How Clever Workouts Trim Excess

Think to the future. Your future. What vision do you have for life? What dreams have yet to be fulfilled? Is your body up for the challenge as well as your mind and energy? Act now to create the vision.

DR JODY-DPT & HOLISTIC HEALTH COACH

The days of heading into the gym and working out for hours are a bit outdated. With technological and scientific advances have come improved knowledge and resources, literally at our fingertips.

If these areas have advanced, so can our concepts about how to achieve more by doing less, anytime, and anywhere. Think of it, we are only limited by our ability to create and then act on those creations.

Focused work far outweighs busy, useless efforts. Plus, it focuses on VALUES.

Time is another factor. It somehow feels like there is less because we race to do more. So, what and where we spend our time and energy matters; albeit differently for each of us.

Today, we are inundated with choices. There are so many gimmicks, gadgets, quick fixes, and must haves. Can these trends possibly bring long standing solutions? Or instead, be the time wasters we’re trying to avoid. That ‘quick fix’ allure can add costly time and keep us from true results.

Let’s take YouTube, for example. We can access any online tutorial for any aspect of life; so, we scroll. We search for the perfect fit for our momentary need to DIY. But when DIY proves to be less than we’d hoped, it can add frustration, cost, and time.



What if the future held the keys to optimal health and fitness in our own home? A future in which *OUR* needs were the focus. Not a need that’s *one size fits all* for ‘the masses’ and lines conglomerate pockets. A *one size fits one* future. Now that would be nice.

What if that future could be sooner than you think; and began by simply making some observations. And included listening to your own body’s wisdom. Sound intriguing?

This future simply takes some much-needed brain-body linking. Which may take some effort. Realize that the effort put into learning about your own body comes with many rewards.

The beauty is we’re not in it alone! Our brains are in charge; geared toward balance, both inside and out. They send us messages from all the senses 24/7, including our emotions (*at speeds that exceed 248 miles per second*). That’s a lot of information coming in that needs to be observed and decoded.

That’s why a holistic view of health, wellness, and fitness is the way of the future. Because looking at one aspect will never solve the whole.



The future of fitness includes the health of all systems on the wheel. All the carrots and workouts in the world can’t keep health in a system that hates it’s job, has no connectedness, is financially unstable, and breathes in toxic chemicals. The balance of the whole

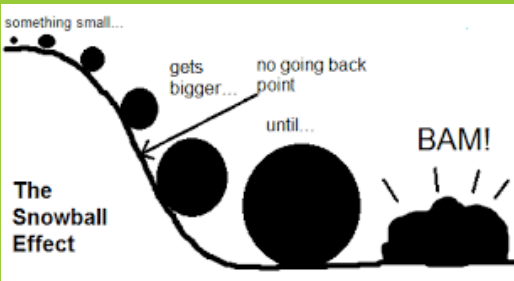
The Scrutiny of A Spine Detective



**DR JODY-DPT
HOLISTIC HEALTH
COACH**

For 32 years I have treated many ‘conditions’ in a variety of settings such as outpatient, homecare, schools, step-down from ICU, Alzheimer’s & Dementia, psych neuro, and health & fitness.

A common denominator when treating as a Doctor of Physical Therapy is that the treatments occur AFTER the ball rolls downhill. That’s called the ‘Snowball Effect’. It’s when something small that can be solved quickly, gets bigger until



there’s no going back... And BAM!

From early on in my life, I saw things from a different perspective. More out of the box than in. On just about any subject. I believe this was quite challenging for my parents and teachers. However, the question “Why?” escaped my lips every time someone said, “Do it this way.”

It’s as if someone was daring me to think

beyond what was perceived the ‘correct’ way to think. The thought that we should all do something simply because someone told us that was the way... This made no sense to me.

You can see this mentality could be a bit stressful on the parent-child relationship! This mentality was a gift enabling me to use a ‘detective mindset’ to challenge the status quo... To reach for lasting explanations.

A detective mindset pushed me to leave the status quo to view problems holistically. Because without a big picture, you can’t solve a whole problem.

Now as a Board Certified, Holistic Health & Wellness Coach, I can view the whole to solve problems from the source.



Slip Into A Fully Fit Style

How Deep Breaths Lead The Way

DR JODY- DPT, HOLISTIC HEALTH COACH



Many people experience back, hip, and knee pain and believe it started in the muscles themselves. That may be true at times. Yet a surprising start for much unneeded pain in the body begins much deeper.



Let’s use this guy as an example. He’s in a real slump and strayed from his upright and balanced posture. That’s taking a toll on his muscles, no doubt about it. But the collapse may have started with the canopy of his core muscles, without him even knowing it.

What his posture did, was shut down **the most critical muscle of the core. The canopy otherwise known as...**

The diaphragm. You can see in this picture it looks like an umbrella. And like an umbrella, it must pop open and slide up for the rest of the core muscles to do their best work. Without the pop-up action, the rest of the



core loses steam. And since those attached muscles support the spine, ribs, and pelvis, plus connect to all other muscle groups; losing its power is a real game changer.

A simple exercise that can begin to promote an awareness around this canopy muscle is to sit upright and comfortably. Then, bring your hand up close to your mouth and pretend that it is a mirror. Take a nice deep breath in through your nose for 4 seconds. As you blow the air out, imagine you want to fog up the mirror by letting out a 4 second ‘Hahhh’. Practice that several times in a row with even inhalation and exhalation times.

The path to ‘wholly fit’ does not have to be a long and winding road. It can be a well-thought out, planned occurrence. And its simpler to find and maintain with the right expert guiding your way to success.

After you’ve practiced, inhale for 4 seconds through the nose. Follow that with 4 seconds of saying ‘Hahhh’, but this time with the mouth closed. Repeat this and feel the contraction of the diaphragm as it leads the entire core to contraction. Notice the intensity.

In yoga practice, this is called and ‘Ujjayi’ breath. But it’s not just for yoga, it’s for exercise, it’s for functional movement, and it’s for life. Try it with these excellent back, hip, and total body yoga moves that are meant to align, ignite, and energize the core and body all at the same time. That’s because it’s ALL connected and serves the whole body!



Get On The Ball

All In One CNS Help

Dr Jody-DPT, Holistic Health Coach



When I taught karate, I took my Sensei to a Physical Therapy course that focused on using therapy balls to assist kids diagnosed with Autism, ADHD, hyperactivity, and on the ‘Autism spectrum’. It was important to us that we help all students who came to the dojo. But also, the parents who were in search of ways to help their children with focus, structure, and discipline.

Simply sitting on the therapy ball for the karate ‘charts’ allowed students to calm the central nervous system. This brought focus.

Know that you don’t have to have a special need to make the same good use of a therapy ball. With more people working from home, using the therapy ball to stimulate a sense of calm in the body to gain greater focus is critical.

Next, incorporate some core training by simply adding some weights to the hands and lift the arms overhead, to the sides, and straight ahead. *Remember to begin with the Ujjayi breathing discussed previously. This will enable that canopy to pop-up and engage the core fully. This encourages the most benefit from the exercise and is a KEY element to working smarter, not harder.

See, it’s really all about focus. Focus helps us do things with a purpose. This is much better than doing something haphazardly and without intension for our actions. Focus turns long drawn-out workouts into short, sweet, and to the point!

So... Get on the ball and try this series. Since quality is the goal, only do what you can in GOOD FORM. Once the form breaks, the exercise is done! Simple!



Picture: Simply sitting on the ball for a portion of the workday is a game changer. It calms your central nervous system and help to balance the flow of energy. When you’re ready, you can add in some abs, back, and general core training with and without weights. Adding weight brings more power.



Planting seeds for your future. Plant only what you want to grow and cultivate by giving the vital nutrients needed for health, wellness, and longevity. It’s your garden.

Leading Psychologists Reveal The True Power of Thoughts

DR JODY- DPT, HOLISTIC HEALTH COACH

If positive thoughts, people, interactions, and energy can change our cell structure for our good... shouldn't we capitalize on that?

Let’s try and harness the power of our thoughts and emotions to interact with our cells and hidden imbalances to prevent chaos!

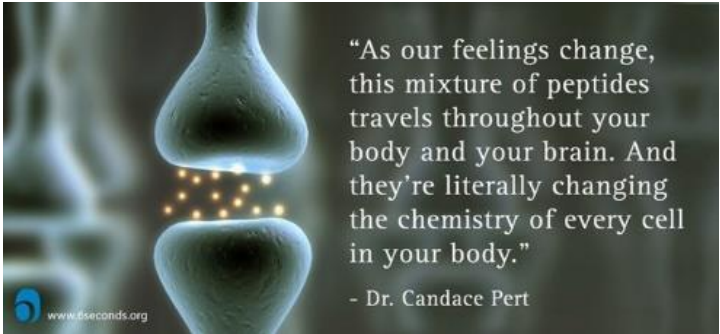
Not quite as easy as it sounds. Sometimes there may be blind spots about sources of negative energies. We may have invited them into our cells and didn’t know it.

Perhaps it's because we’ve invited them for so long, we can’t see it, or if we do, we don't know how to stop it. **Simple observations can be a great start** and give us an inkling to our blind spots.

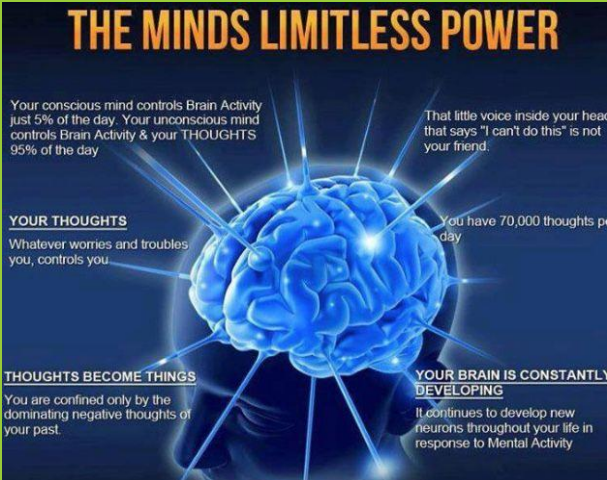
Once blind spots are discovered, we can take measures to slowly effect a change on what we allow in, and what we don’t... For our benefit.

This is not an overnight fix. This is a process. But when our personal kryptonite risks the health of our cells... it’s worth our time and attention, right? Begin the process by simply noticing. Notice what things bring a sense of harmony or disharmony.

Observe these same feelings in different situations; like at work, at family gatherings, and within the flow of your day. How do you experience energy when you are around different people? What does your body tell you works for you and what does not? Jot these thoughts down for yourself in a notebook or journal. Great start!



The capacity to change the health of our cells with the power of our mind, thoughts, and energy... proves we are limited only by thoughts that would have us believe otherwise.



Spend Time in Nature.

Nature’s electrical current blends in with ours and brings us its healing powers. Nature can reveal much about life and longevity. Did you know each person has a unique electrical fingerprint that defines their electrical structure? Some are genetically predisposed with substantially higher levels of *measurable* current. These are ‘positive’ people, and natural healers. An injury or inflammation will disrupt the current and breaks our natural energy flow in the body. A simple touch by the hand of a positively charged individual can patch or restore flow! **This can aid the speed of natural healing!** **Positive thoughts can** do the same. Now, take off your shoes and walk barefoot in that + charged grass!

Journaling. Practice positive mind mastery every day. Start by journaling with a focus on gratitude. What makes you happy and brings joy to your life? Write it down and breath in deeply as you focus on each word. Notice when a smile comes across your face. How do you feel when you add in gratitude? Jot it down in your journal as well. Now focus on how you feel about yourself. What do you want to accomplish and why? What holds you back from accomplishing? If beliefs limit you, begin to choose NOT to believe those thoughts. Replace with positive truths. Work at this daily.

MORE TIPS & TRICKS

If low back, buttocks, hip, thigh, knee, or even foot and ankle pain have been ongoing... it may be a simple alignment issue. It may not. That's why it's always best to consult with the right professional to detect a simple mechanical issue if it IS the cause of pain... Before things get more complex. There are some simple ways to keep our body in line, but this requires a bit of effort and consistency for all of us.

If it's important to us, we'll do it. If pain is preventing function, activities we enjoy, and beginning to impose lifestyle and relationship changes... only each of us can decide if those are important enough to do something about the changes.

Perhaps a place to begin is simply considering a short and sweet daily routine. Keep several opposing muscle groups in top form. This is merely a quick tip. NEVER replace a quick tip with real knowledge about an ongoing problem. If it were THIS SIMPLE to solve... it wouldn't persist.

We can use this as a mini guide. But I encourage each of us to find out for certain what is offline in our body. Only then can we really solve the problem. And finding these muscular culprits is only the first step. Knowing what triggered the culprits... That's the real mystery each of us needs to solve because it really is unique to OUR body alone.

Don't hesitate... **action is KEY to keep a simple problem simple**. Inaction can lead to more complex problems that are more difficult to solve. These require longer periods of time to bring lasting change to the body. What's important to understand is what Carol learned from her experience. That pain travels from a source, up a nerve highway to the brain. And the brain tells the body where the source of 'inflammation' is and how intense the damage is.

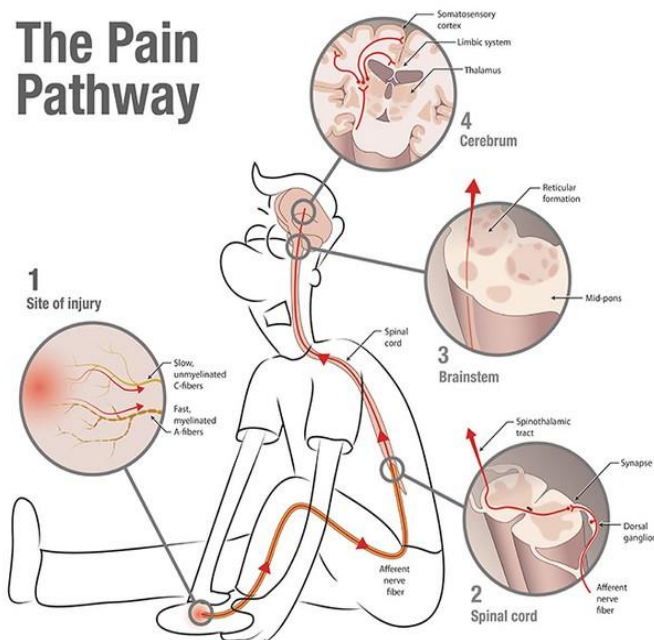


Daily Alignment Tips

- Pain can indicate that an alignment issue may be the problem. If back, hip, or knee pain begins the minute your feet hit the ground... it's highly likely. Finding what's off is key to solving these problems. And remember to consult with a professional if pain persists!
- A good place to start without knowing details of what's out where... is to stretch the main culprits known for pulling our bones off line. The hip flexors and the gluteal muscles.
- These key muscles must be both stretched and strengthened to help curb the most common of the bony alignment issues that can feel like a knee or hip problem, but actually begin in the pelvis and low back.
- Perform 3 sets of each of the gluteal and hip flexor setting and stretching exercises and notice any changes. If there are some... keep at it throughout the day. Remember, this is a potential starting point. Finding out which alignment problems actually exist is key!

If you're out of line and want advice, Let's talk... FREE 15 min chat here <https://go.oncehub.com/15minuteQASessionwithJody>

The Pain Pathway



Pain Travels Along The Same Highway No Matter The Source

Whether we have a sinus infection, a headache, hit our funny bone, or have an upset stomach... pain travels the same highway to the brain which responds with an inflammation alert.

When we have an injury that is not dealt with correctly from the beginning... how we function can change.

This change can alter how the bones line up, how the muscles are used, how we perform all activities... And even how we feel about our circumstances. Over time, every body system can start to get involved. And when they do... imbalances in each can send new PAIN alerts down that same highway to the brain. The brain becomes overloaded with signals. Now, the brain can no longer identify the original source of pain. Too many channels are feeding in to the same 'hard drive'. Chaos can result.

When Carol's life turned into chaos... she acted to calm each system that had gotten involved. Every system sent an 'inflammation alert' to the brain. That takes a HOLISTIC or 'whole-body' approach to solving.

Advise: When imbalance presents, solve quickly, before another system chimes in

and makes the source difficult to find. Find out how to solve beginning with a free consultation at <https://go.oncehub.com/Chatwdri>

When Pains Results from a Trigger Point.

What's a trigger point?

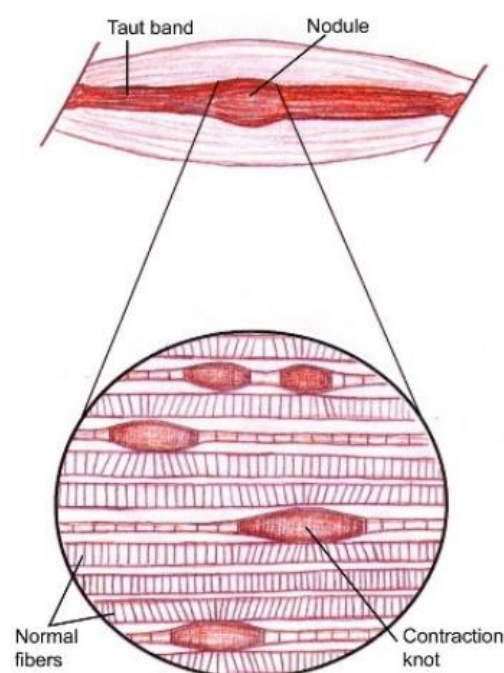
Simply put... trigger points are local muscle spasms. Local, meaning within a particular muscle. They happen when a tight muscle stays that way for too long. This tension leads to less oxygen getting to the tissue. That means... healing takes longer. Sometimes we experience these 'points' as tightness, other times as pain. That pain can get rather severe. So severe the pain spreads.

Why do we get them? Posture, repeated patterns, something jarred our body in a weird way, slept wrong, sat in a wrong set up for too many hours, overworked a muscle without prepping it... many things can cause the 'trigger'.

Finding the trigger and calming it, then deactivating it is KEY to eliminating source pain and radiating pain. The next step is revealing the 'trigger' of the event. This can be imbalance in muscles but can also be triggered by food and emotions.

A simple step you can take if you think a trigger point is disrupting your day is to use a massage roller to deactivate the trigger. This is a painful process, so be prepared for the trigger to resist your measures. You may get a jump on the trigger by performing a 3-minute ice massage over the point of contraction that seems to be causing you major issues.

Remember, ice is... well, cold. Expect the tissue to feel cold, then hot and 'burning', then it will change to numbness when the mission has been accomplished. Follow this with use of a massage roller for 5-10 minutes. Breath deeply throughout the massage Process. This helps to increase the flow of blood and oxygen to flush out chemicals that surround trigger points. Those same chemicals are a natural alert system for our body. But they're hanging around too long and disrupting blood flow and 'cramping' the nerves. Complete the process with another ice massage. When in doubt, it's best to check in with a professional. For a FREE consultation sign up here <https://go.oncehub.com/Chatwdri>



Download & Print Keep handy to keep track of how often, how many, and the results! This will keep you moving forward!

Bend knees, lie on back, take a deep breath, place your hands on your thighs and relax.



Pull both knees to your chest. ACTION - stretches lower back, battocks and abdominal muscles.



Lie on your back with one leg bent and the foot flat on the floor. Extend the opposite leg straight out. Relax and allow your back to feel the floor.



LYING & PRONE POSITION S&F EXERCISES

Tighten your abdomen and buttocks. Press your lower back onto the floor. ACTION - stretch and strengthen stomach and back muscles.



Slowly raise hips upward. Keep a straight line from the knees to the shoulders. Do not arch your back. ACTION - stretches buttocks, stretches upper leg muscles.



With knee bent, pull it to your chest, keeping the opposite leg straight, press your knee and lower back to the floor. ACTION - buttocks muscles, back muscles, stretches hip.



Lie on your stomach, raise one leg off the floor, while keeping the knee straight. ACTION - strengthens lower back, abdominal and leg muscles, stretches hamstrings and quadriceps.



Turn both knees to one side while rotating your head to the opposite side. ACTION - stretches lower back, mid back, muscles, joints.



Cross your arms, tuck your chin in, tighten abdomen, curl halfway up. ACTION - strengthen abdominal muscles.



Press your lower back against the floor, raise the straight leg until it is level with the bent knee. ACTION - strengthen and stretch quadricep muscles, hamstring muscles and stretch hip joints.



Keep your neck in a normal position, puch yourself up on your forearms. Keep hips and abdomen against floor. ACTION - strengthen posterior back muscles, stretch abdominal muscles, attain normal low back curve.



Tracker	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				Sunday
How often are you performing?										
How many repetitions?										
Results of your efforts:	Use simple codes like + or - result	Try to be specific about what's felt	When something works DO IT	When something doesn't DON'T DO IT	Small changes done daily are KEY	Anticipate the reward; it's as IMP as getting it!				Delayed rewards matter. You are building a future!
<u>Notes</u> help guide us to tweak. Our brain will send codes about the efforts. It may indicate that we should: <ul style="list-style-type: none">keep doing (green light)										
<ul style="list-style-type: none">stop doing (red light)										
<ul style="list-style-type: none">tweak more (proceed with caution)										