

BYE BYE BACK PAIN

OAKMONT FITNESS
— EXCLUSIVE MEMBERS CLUB —



A close-up photograph of a person's lower back and hands. The person is wearing a maroon-colored athletic top and a black smartwatch on their left wrist. Both hands are placed on their lower back, indicating discomfort or pain. The background is a soft-focus outdoor scene with greenery and sunlight.

01

BACK PAIN AN INTRODUCTION

Eight out of ten adults will experience acute back pain at some point in their lifetime

AN INTRODUCTION TO BACK PAIN

Eight out of ten adults will experience acute back pain at some point in their lifetime. In fact, back pain is the most common cause of missed workdays due to illness and the most common cause of disability!

While most back pain resolves with time, around 10% of cases will become chronic and this accounts for 90% of the healthcare spending. In the US, spending on chronic back pain is estimated to cost between \$50 to \$80 billion dollars annually.

Due to the complexity of the back, there are many structures within the neck and back that are capable of producing pain – from large nerve roots and smaller nerve systems, to the long paired back muscles, bones, ligaments and joints.

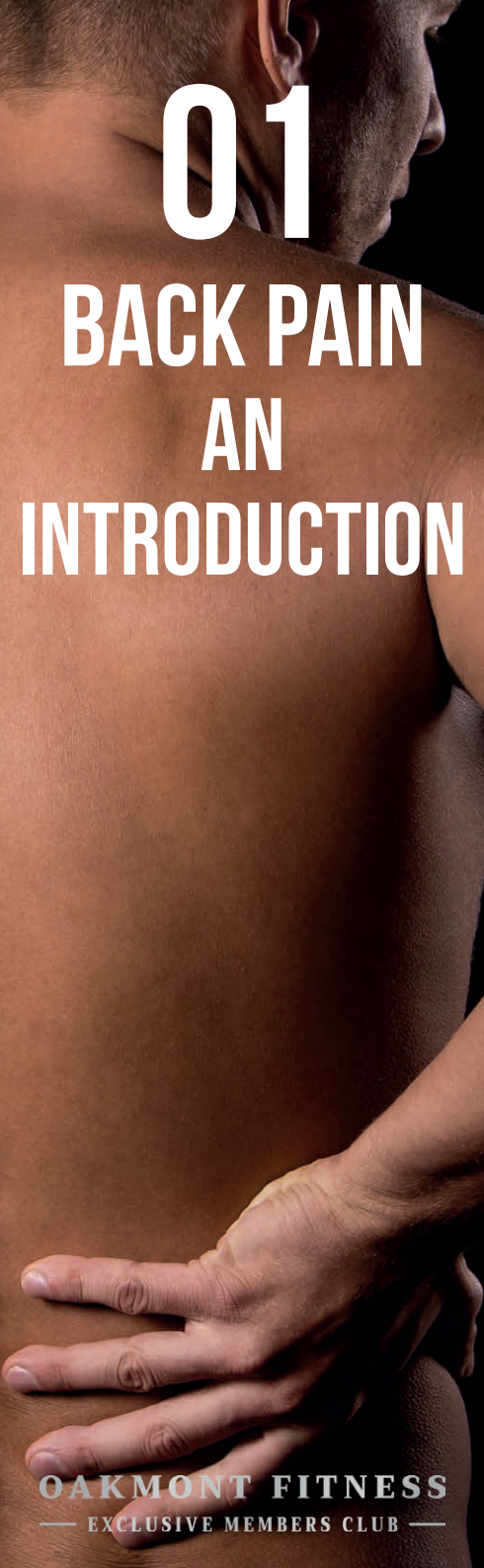
Most pain, certainly at the acute phase, is linked to inflammation and does not mean there is actual tissue damage. Although, associated back pain with bowel and/or bladder incontinence, as well as, progressive weakness in the legs is a sign of nerve damage and constitutes a medical emergency.

As we age, back pain will become a more familiar ailment. With younger individuals, 30 to 60, experiencing disc space associated pain, while those 60 plus tend to suffer from degeneration of the joints.

The good news, is while back pain is becoming an increasingly familiar complaint, it doesn't have to be a life long condition. Most back pain is not just treatable, it is curable. Simple lifestyle changes can dramatically improve the levels of pain experienced, in some cases banishing back pain for good.

So, if you are ready to join the hundreds of clients I have helped rid themselves of back pain simply [click here](#) – for a consultation, or, carry on reading the Ebook – try out the handy hints and tested tips and see for yourself how possible it is to rid yourself of back pain once and for all.





01

BACK PAIN AN INTRODUCTION

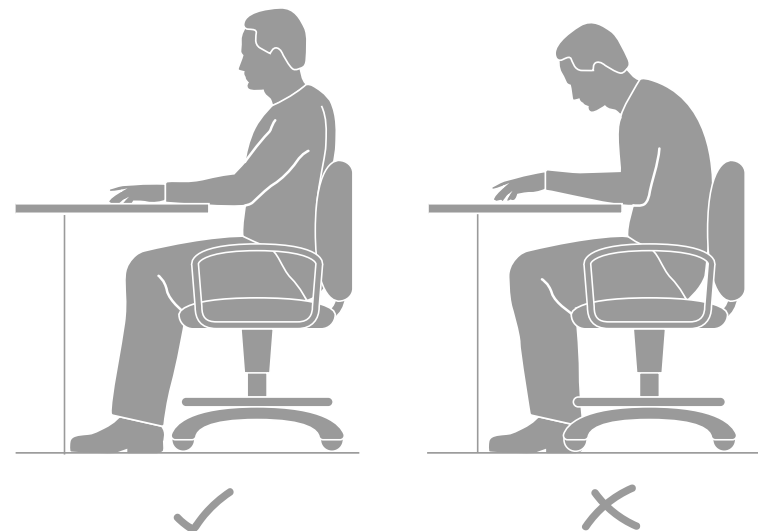
BEFORE WE START, WHO AM I?

We are Aivaras and Joe, Health and Fitness Experts with over 15 years in the industry.

We are passionate about using our training to help people improve their lives, one goal at a time. Over the past 15 years we have noticed an increase in the number of clients coming to us with the sole goal to rid themselves of back pain.

It has become a bit of an epidemic.

One, by one, we have been able to transform their lives together giving them the freedom of being able to move freely without pain. This has allowed them to live their lives to the fullest, while giving us a great sense of achievement and making us hungry to help more people.



Aivaras

Joe

WE HAVE SEEN FIRST HAND HOW DEBILITATING BACK PAIN CAN BE, AND HOW SIMPLE IN MOST CASES IT IS TO CURE. **SO DO NOT SUFFER IN SILENCE ANY MORE, LET'S GET PROACTIVE AND ADDRESS YOUR PAIN.**

A person is shown from the back, wearing a dark grey tank top. Their arms are raised, and their hands are clasped behind their head, stretching their neck and upper back. The background is a blurred outdoor setting with a red running track and green grass.

02

THE BACK AND SPINE

The distinct shape of our vertebrae allow for the spinal cord, which runs from the brain to the lower part of the body through the spinal canal

02 THE BACK AND SPINE

A BIT ABOUT THE BACK AND SPINE

The spinal column is made up of 33 bones, called vertebrae.

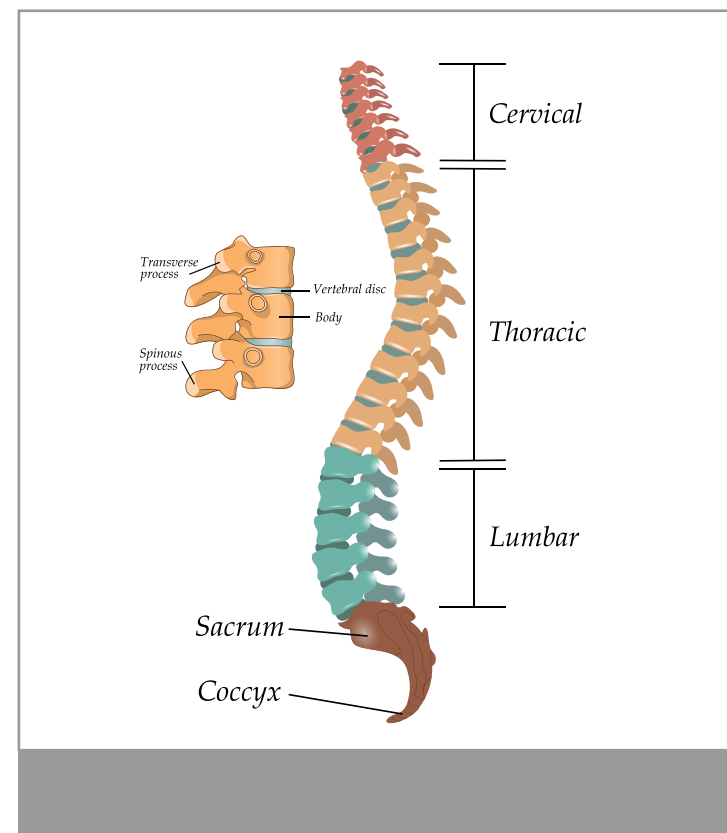
Our vertebrae stack one on top of another, connected at facet joints, with intervertebral discs between each vertebrae acting as cushions during loading and bending activities. These discs are made up of a tough, elastic outer ring of collagen fibers (annulus) surrounding a soft gel centre (nucleus). Degeneration of these discs can result in severe back pain.

The spinal column supports the load of the upper body, serves as an attachment point for muscles and ligaments that provide motion and protect the spinal cord.

The distinct shape of our vertebrae allow for the spinal cord, which runs from the brain to the lower part of the body through the spinal canal. Spinal nerves stem from the spinal cord, exiting between each vertebra on both sides. If any of these nerves are pinched by a bulging disc or the position of your vertebra, you might experience back, groin, and/or leg pain or numbness.

The spine is stabilised by the muscles that attach to it, including the paraspinal muscles, which extend along the center of the back. This muscle is often the primary source of muscular backpain.

There are five spinal ligaments, tough bands of elastic tissue, which help to stabilize the spinal column during motion: Supraspinous ligament, Interspinous ligament, Ligamentum flavum, Anterior longitudinal ligament and Posterior longitudinal ligament.



The spine can be split into five distinct regions:

- 1. CERVICAL, OR NECK, REGION** - top seven vertebrae
- 2. THORACIC, OR CHEST, REGION** - next 12 vertebrae attached to the ribs
- 3. LUMBAR, OR LOWER BACK, REGION** - next five vertebrae that support most of the weight of the torso
- 4. SACRUM** - next five vertebrae are fused into a single bone
- 5. COCCYX, TAIL BONE** - the final four vertebrae are fused into a single small bone



03

COMMON CAUSES OF BACK PAIN

Back issues can come from one or a multiple of sources

02 COMMON CAUSES OF BACK PAIN

COMMON CAUSES OF BACK PAIN

Our spines are a complex collection of muscles, nerves, bones, ligaments and tendons. Anyone of which, could be the root of your pain – meaning back issues can come from one or a multiple of sources.

Back pain can be split into two groupings, acute – less than six weeks, chronic – more than three months.

1. MUSCLE OR LIGAMENT STRAIN

THE MAIN CULPRITS ARE:

Heavy lifting

Awkward movements

This can place strain on your muscles and spinal ligaments, leading to back pain.

Muscle and ligament strain are the most probably source of back pain in people with poor physical condition and posture. Poor posture will place strain, often repetitive, on the spine and the surrounding muscles. Over time this will create muscle spasms, which at times can be debilitating.

2. BULGING OR RUPTURED DISKS

Think of your disks as cushions between the bones, or vertebrae, in your spine. It is the soft material inside a disk that can bulge or rupture, when this happens it can impair nerve function by placing pressure upon. Many people live pain free with bulging discs and are only diagnosed incidentally on spinal X-rays.

3. ARTHRITIS AND OSTEOPOROSIS

Osteoarthritis affects the lower back, leading in some cases to a narrowing of the space around the spinal cord, a condition called spinal stenosis. Osteoporosis on the other hand is when the vertebrae becomes porous and brittle, leading to the development of compression fractures. Both can cause intense discomfort and require medical attention.

4. SKELETAL IRREGULARITIES.

There are several condition in which your spine curves to the side (scoliosis) also can lead to back pain. Some of these are conditions which individuals are born with, others develop as a result of muscle imbalance and poor posture – this normally happens around middle age.





04

WHAT CAN I DO?

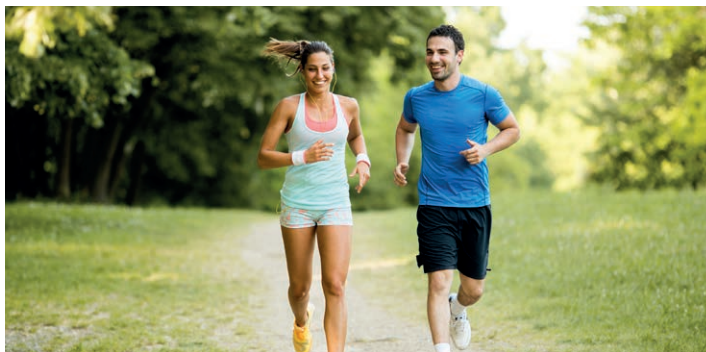
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04 WHAT CAN I DO?

WHAT CAN I DO?

While certain causes of back pain can only be managed and not treated, the majority are treatable – meaning there is no reason why you should not be living PAIN FREE.

TOP FIVE CULPRITS OF BACK PAIN:



BE MORE ACTIVE

1. SEDENTARY LIFESTYLE

Life in the 21st century may be non-stop and always on the go, but the reality is we sit through most of it: at work, in the car, in front of the TV, while we eat... sit, sit, sit, sit! We all sit too much and our bodies simply were not designed to do this. Sitting places a huge amount of additional stress on our backs, approximately 10 times the pressure of standing. It's time we addressed this, it's time we brought the movement back!

2. POOR SLEEPING HABITS

Perhaps unsurprisingly, as we spend 1/3 of our lives in bed, sleeping habits play a huge role in back pain. Sleeping on your front, or side, places a huge amount of additional torsion stress on your spine. One of the quickest ways to wake pain free is to change the way you sleep. NEVER sleep on your front and if you do need to sleep on your side, place a pillow between your knees. Make the change, say good by to the pain.



CHANGE THE WAY YOU SLEEP

3. POSTURE, POSTURE, POSTURE

As we age, our posture takes the toll. What is scary, is how poor posture has crept in earlier and earlier, with today's 40 year olds often looking like yesteryears 60 plus. Perhaps more terrifying, is how poor posture is impacting our children's ability to learn. With primary school teachers reporting shortened attention spans as a result of children having to put so much energy into simply sitting. This is a global trend and something that needs addressing, NOW!



CORRECT YOUR POSTURE

04 WHAT CAN I DO?

4. ROTTEN CORE

OK, so it may not be rotten – but just like an apple, your core can fade if it is not given the right attention. Poor core muscles can lead to poor posture, lower back pain and muscle injuries – meaning it is time to place some focus on your core. The nice thing, is that core muscle exercises can be done with very little equipment. All you need is a coach to ensure you learn each move correctly and then you're on your way.



5. OVERWEIGHT

In general, being overweight places you at a much greater risk of suffering from back and spine pain, as well as a range of muscle or joint issues. There is a pretty direct link between obesity and spine issues, as the excess weight puts additional strain and pressure on the spine, in particular in the lumbar region, increasing potential for an injury.



A woman with long brown hair in a ponytail is performing a side stretch. She is lying on her side on a blue mat, with her legs extended straight out. Her right arm is bent at the elbow, with her hand reaching towards her head, and her left arm is extended straight out along the floor. She is looking down at her left hand with a focused expression. The background is a white brick wall.

05

STRETCH AWAY THE SORENESS

Reducing lower back pain can be as simple as stretching

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STRETCH AWAY THE SORENESS

Reducing lower back pain can be as simple as stretching – don't believe me?

Follow this simple and quick 10-minute yoga routine twice a day, as soon as you wake up and just before bed, and I promise you, within 21 days you will notice a huge difference.

1. CHILD'S POSE

Begin in 'tabletop position' on your hands and knees, make sure your hands are directly under your shoulders and knees under your hips. Extend your arms out in front of you, placing your palms flat on the floor. Slowly sit your hips back toward your heels, dropping your head and chest downward as your arms extend further. Keep stretching until your chest is against your knees. Hold this position for a minute.

2. CAT/COW STRETCH

Begin in 'tabletop position' on your hands and knees, make sure your hands are directly under your shoulders and knees under your hips. Your spine should be parallel to the ground in this position. Then, round your back, stretching your mid-back between your shoulder blades—similar to how a cat stretches. Hold for five seconds, then relax and let your stomach fall downward as you gently arch your low back and hold here for another five seconds. Repeat this six times.

3. SUPINE TWIST

Lie on your back with your knees bent and feet flat on the floor. Extend your arms out to the side in a "T" position. Keep your shoulders on the ground as you gently roll both knees to one side. Stay here for 30 seconds, then return your knees to the centre and repeat on the other side.

4. KNEE-TO-CHEST STRETCH

Start lying on your back with your knees bent and feet flat on the floor. Bring your hands to rest either behind your knees or right below your kneecaps. Slowly bring both knees toward your chest, using your hands to gently pull your knees. Hold here 20 to 30 seconds, and try rocking your hips side to side and up and down to help massage your low back, before returning to the starting position.

5. PELVIC TILT

Start lying with your knees bent and feet flat on the floor. Try to relax your low back, keeping it in a neutral position (which means you should feel a slight curve in your low back if you place the top of your hand under your back). Activate your core muscles and then flatten your low back against the floor by slightly tilting your pelvis upward. Hold for five seconds before going back to the start position, repeat 12 times.



CHILD'S POSE

05 STRETCH AWAY THE SORENESS

1. SUPINE FIGURE 4 STRETCH:

Lie on your back, with both knees bent and feet planted on the floor. Lift your right leg, flex your right foot and cross your right ankle over your left thigh. If this is enough stay here, or draw your left knee in and hold behind your left thigh to increase the intensity. Hold for 30 seconds and then switch to the other side.

2. RECLINING HAND-TO-BIG TOE STRETCH:

Lying on your back and lift your right leg up towards your face. Interlace your hands behind your thigh or calf, depending on how tight your hamstrings feel. Keep your opposite leg active and your opposite hip grounded. Your head and shoulders should stay on the ground. Hold for 30 seconds. Now, still keeping your opposite hip grounded, let your right leg lower out to the right. Only lower the right leg out to the side so far as you can without the opposite hip lifting up.

3. COW-FACE POSE:

In a seated position, bring your left heel toward your right glute, with your left knee pointing straight in front of you.



COW-FACE POSE

Now bring your right leg on top of your left, stacking your knees together so they are both facing straight ahead. It's ok if they don't stack directly on top of one another. Your feet should be on either side of you, toes pointing behind you. Keep your spine long by sitting up tall, or add a slight forward bend to increase intensity.

4. BRIDGE POSE:

Lying on your back, bend your knees and plant both feet on the floor. Be sure your feet are hip-width apart with your heels close to your glutes. Press into your feet to lift your hips. From here try to soften around your sacrum, and lengthen your sit bones toward your knees. Hold for 30 seconds.

5. FOREARM PLANK:

Start in the 'push up' position, drop your forearms onto the mat directly underneath your shoulders. You can interlace your hands or bring the forearms parallel to one another, depending on how your shoulders feel. Kick through the heels and engage your core. Hold for at least 30 seconds, working your way up to one minute.





06

REDUCE YOUR BACK PAIN

10 simple hacks to markedly reduce your back pain

06

REDUCE YOUR BACK PAIN

HERE ARE TEN SIMPLE TRICKS TO DRASTICALLY REDUCE YOUR BACK PAIN:

1

20-MINUTE SIT TIMES – get up every 20 minutes and move. Set your alarm and then do a lap of the office, make coffee, go to the loo. Just move – too much sitting places a huge amount of stress on your spine – so get off your bum and start standing, moving and stretching.

2

WAVE GOODBYE TO YOUR HEELS – high heels increase pressure in our knees and up our spinal column. So far from improving posture, they increase spinal pressure. So switch your heels for a classy pair of supported flats, your back will thank you.

3

ICE VS HEAT – understand the difference between a stiff back and a painful one. Heat works on stiff backs, so do use a hot water bottle in the morning to get your muscles working again. However, if you find you have a painful back during the day use ice – it is far more affective.

4

KEEP THEM UNCROSSED – a big proportion of the female back pain clients I get in their 50's and 60's have a history of heels and crossing their legs. The kicker is the spine is not meant to twist in the way it does when the legs are crossed, and certainly not for the period of time people are now sitting. So, if you want to save your future back – uncross those legs.

5

SLEEP RIGHT– with a pillow between your knees when you are on your side, and NEVER on you front. These small hacks will prevent your back from twisting while you sleep.

6

CHANGE THAT MATTRESS – You spend less time in your car, so why do you change it more frequently than your mattress? The golden rule, change it every five to seven years and pay as much as you can afford on a good one that suits you – so test them!!!

06

REDUCE YOUR BACK PAIN

7

GRAB A MASSAGE— a massage from a professional is likely to soothe away back pain, so do book an appointment with a physio and ask for the contact details of a sports massage specialist.

8

LOOSE WEIGHT if you are overweight or obese, look to loose some weight. You back will really thank you when your BMI is back in check. This is especially true for men, whose weight rests around the belly area. This places a huge amount of stress on your back.

9

GET MOVING— Try and incorporate 10 minutes of stretching at the start and end of your day, as well as a 20 minute fresh air session. This can be a gentle jog, a brisk walk, an exercise class or simply running after the kids.

10

TAKE A BATH — It is amazing how much relief can come from a warm bath, followed by some serious stretches. It is a great way of loosening up spasming muscles and getting your body back into balance, so make it part of your weekly routine.



07

RE-TRAIN YOUR CORE

Low-impact moves, if done properly will challenge your core

07 RE-TRAIN YOUR CORE

EXERCISES TO RE-TRAIN YOUR CORE

When it comes to attacking the core, it's important to start sensibly with low-impact exercises before working up to the pilates instructor work out!

We like to start with low-impact moves that if done properly will challenge your core, without placing too much strain on other areas in your body.

1. KNEELING EXTENSION

Kneel on all fours, hands beneath your shoulders, knees directly below your hips. Tighten your core muscles and slowly lift your right arm and extend it straight forward, before slowly lifting your left leg and extend it straight back, with your toes pointed down. Hold for 10 seconds, then slowly lower to starting position. Repeat three times on each side.

2. HIP LIFTS

Lie on your back with your knees bent and with your arms flat on the floor on either side of you. Rotating your pelvis and tail bone down, tighten your core muscles and push your lower back into the floor. Holding this position, slowly lift your midsection off the ground, using your legs, arms and shoulders to balance. Keep this position for 10 seconds, before slowly lowering and relaxing. Repeat five times.

3. ABDOMINAL CHAIR CRUNCH

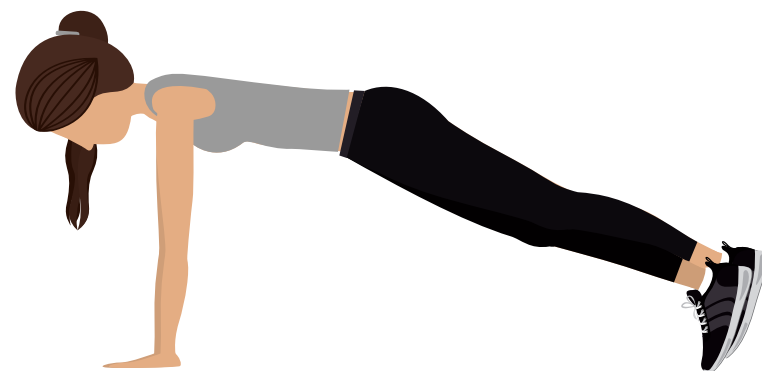
Lying on your back with your lower legs resting comfortably on a chair, place your fingers gently behind your head and lift your chin to the ceiling. Tighten your abdominal muscles and use these muscles to slowly elevate your shoulders off the floor – causing your stomach to crunch together and your core muscles to contract. Slowly lower back to starting position. Repeat a series of 10, three times.

4. PLANK HOLD

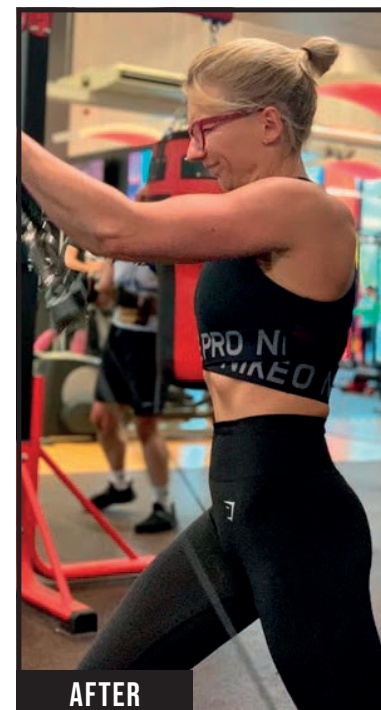
No one loves these, but your core and back will thank you. Lying face down on the floor, tuck your toes into the ground and place your elbows on the ground on either side of your body. Keep your stomach muscles tight and slowly raise your body up off the ground and hold in an elevated position. You must keep your core muscles tight and your bottom lifted as high as your shoulders, do not allow it to sag as you risk injuring your back. Hold for 10 seconds and slowly lower to starting position. Repeat five times, increasing the hold with time.

5. SIDE PLANK HOLD

In a forward plank hold position, on your toes and elbows, rotate over to one side, putting the weight on your left arm and feet. Place your right arm at your side or on your hip. As you move into this side plank position, your hips will want to sink down to the ground, placing strain on your lower back, hold your abdominal muscles tight and keep your hips raised. Hold for 10 seconds and slowly lower to starting position. Repeat three times on each side.



CHECK OUT
THESE RESULTS
FROM PEOPLE
LIKE YOU
WHO TRAIN AT
OAKMONT
FITNESS



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THESE RESULTS
FROM PEOPLE
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FINALLY:

RIDDING YOURSELF OF BACK PAIN IS A LIFE CHANGING EXPERIENCE, THIS EBOOK WILL HELP YOU START THIS JOURNEY HOWEVER YOU WILL NEED MORE HELP AS YOU EMBARK ON A SERIES OF LIFE-STYLE CHANGES **TO ENSURE THE BACK PAIN NEVER COMES BACK.**

This is where a coach is key. As professional fitness coaches we have helped hundreds like you rid themselves of back pain, people like Claire, Richard and Becca

“

We have chosen to specialise within the fitness industry by only offering services of exceptional quality.

”

If you want to be like Claire, Richard or Becca simply [click here](#) and we can look at making back pain a thing of the past.



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PLEASE GET IN TOUCH FOR MORE GREAT FITNESS ADVICE:

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