



HOW TO EFFECTIVELY EASE LOW BACK PAIN AND STIFFNESS TODAY



WITHOUT PAIN MEDS AND UNPLEASANT SIDE EFFECTS

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ABOUT THE AUTHOR ADRIANA L. RAMÍREZ BONILLA

Adriana received her Physical Therapy degree from Universidad Nacional de Colombia and holds a three year Master degree in Acupuncture and Traditional Chinese Medicine from Five Branches University in California.

She has over 20 years of professional experience treating Orthopedic and Sport injuries in Colombia and in the United States. Her successful approach to rehabilitation and wellness integrating Eastern and Western modalities to treat the body, mind and soul has earned the trust and loyalty of thousands of people whose life has been positively impacted in more than one way.

Adriana herself, has experienced pain and functional limitations because of it which have taken her through an on going path of curious enquiry and self-healing. Her own injuries have offered her insights to the nuances her very same patients deal with and about how to address them from direct experience.

She has worked with athletes, weekend warriors, competitive dancers, swimmers, football players, military and police population, professionals from every field, technicians, mothers and housewives; people from all ethnicities, age and gender groups.



INTRODUCTION

I have compiled the most common complaints from patients when it comes to their low back related pain and **12 natural, easy, free tips** to start applying and feeling better today.

They include some Physical Therapy based and some Traditional Chinese Medicine based recommendations. These tips will help reduce your nagging pain and educate you about how to effectively address this issue so it doesn't continue to limit you and keep you from the lifestyle you want to live. These tips are general and without me knowing you or your medical history in detail, I can not guarantee that you'll be completely pain free but they are a good start point. We humans are complex and so are the mechanisms our body builds to cope with pain and dysfunction.

Specific individualized strategies tailored to your specific condition and goals must be designed for full recovery. Over the last few years, I've been able to narrow down what really does and doesn't work when it comes to low back pain and finding the fastest route possible back to being pain free and a lifestyle that's empowering and fulfilling.



SO, HERE'S MY CHALLENGE FOR YOU:

Now that you have this information in your hands, take time every day to try out the tips I'm giving you.

It really won't take long and they won't cost you more than a few minutes of your time.

I think you'll be pleasantly surprised by how much better you feel and how much easier you can move. The quality of your life will improve just by making these little shifts in your life.



ARE YOU HAVING LOW BACK PAIN THAT PREVENTS YOU FROM LIVING YOUR NORMAL LIFE?

- Are you having difficulty finding a comfortable position and sleeping through the night?
- Are you unable to sit or drive for more than 20 min without pain?
- Does your back get stiff and is it hard to stand upright after sitting for a while?
- Are you unable to lift objects from the floor without pain?
- Is your low back pain affecting your work and keeping you from exercise and leisure activities?





ARE YOU HAVING PAIN, NUMBNESS OR TINGLING DOWN YOUR LEG?

- Is it limiting how long you can stand and walk? Perhaps it's even making you limp?
- Are you unable to sleep on the side?
- Do ice, heat, massage, pain killers and anti-inflammatory medications offer only temporary relief?
- Is driving making your pain and symptoms worse?





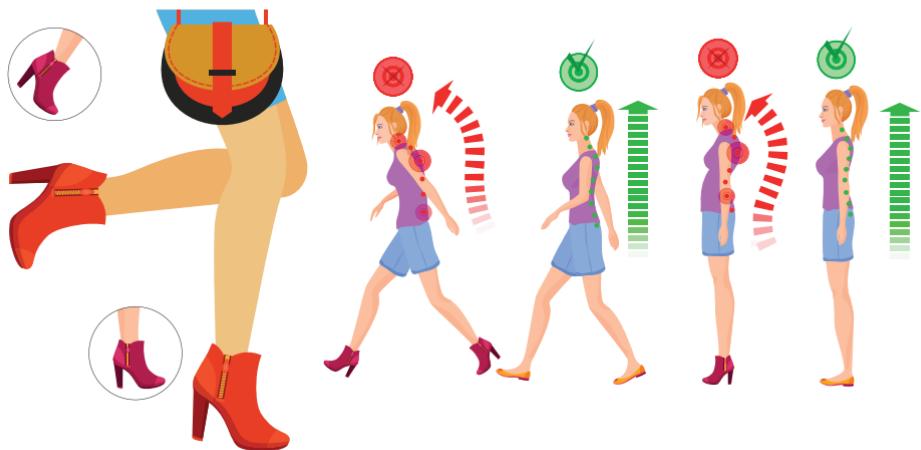
These are all signs that you may have a low back condition causing your symptoms.

The **GOOD NEWS** is, this is all treatable and can improve with the right care.





Avoid wearing high heels and sitting with your legs crossed.





**Unload your back for
10 minutes, 3-5 times
throughout the day**





Sleep only on your non affected side (side of the back or leg without symptoms) with a pillow between your legs or on you back with a pillow under your knees. Avoid sleeping on your stomach.





WATCH YOUR POSTURE.

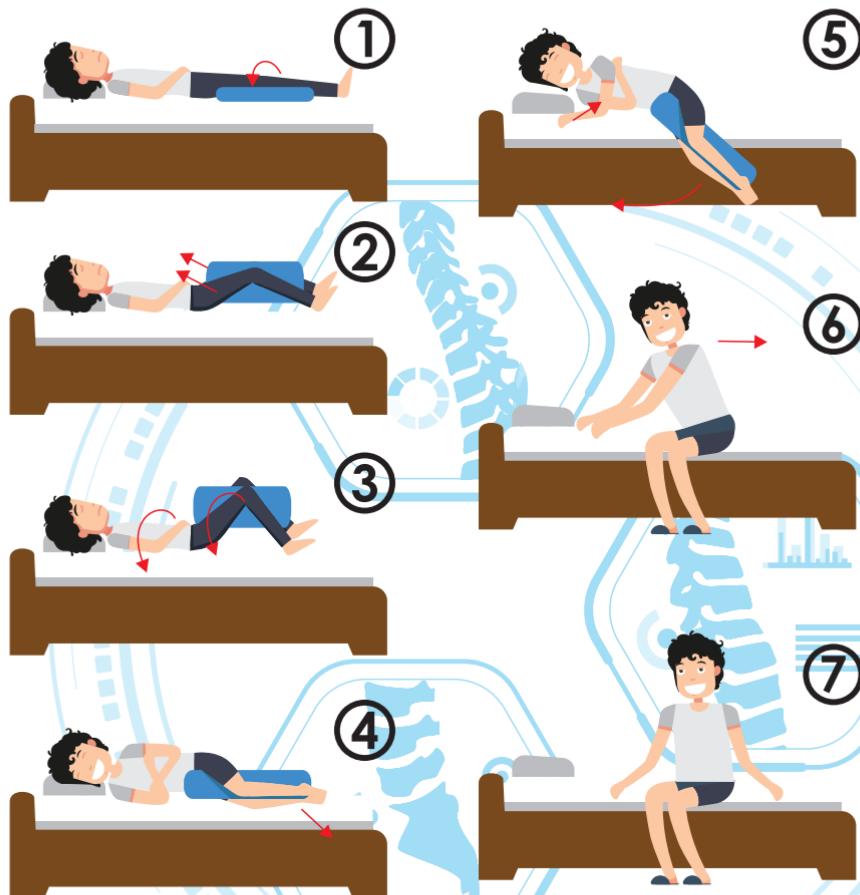
Avoid slouching and sit straight against the back rest of your chair.



Take breaks from sitting every **30 to 60 minutes**



Use the log roll technique to lie down in bed and to get up from bed.





LIFTING TECHNIQUE

Avoid bending over to reach or lift objects below your waist level, **bend your knees instead.**





Use a heating pad on your low back for **15-20 min/day, no more than that.**

Only use ice if your low back pain is due to a fall or sport injury and it occurred no longer than 5 days ago. If your pain has been present for more than 5 days use a heating pad, not ice.

As a general rule keep your back covered with clothes and warm at all times.

Avoid sitting on cold surfaces.

Get plenty of sleep (8 hours is ideal) and try to go to bed before 11 pm.



CONCLUSION

This is what I call the ABC of back care. There's obviously much more to it, and I could go much more in-depth on ways to address the root cause of your back problem to get rid of your back pain for good.

Pain is only the tip of the iceberg and there are underlying factors such as muscle, joint, disc and nerve changes, weak musculature, poor posture, poor body mechanics and environmental factors that might be at the root of your problem.

Fortunately, most cases can greatly improve with the help of Physical Therapy and acupuncture and only a few cases will require surgery when other treatments have failed.



HEALTH ADVICE DISCLAIMER

I make every effort to ensure that I 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 the Physiotherapy 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, types of exercises performed, posture, motivation to follow physio 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 by a licensed Physical Therapist.

I am 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.

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