



# TOP 10 SECRETS FOR BACK PAIN RELIEF

These top 10 secrets will help you prevent, reduce, and sometimes eliminate your pain. We know what it is like to have back and neck pain, and we are here to help. Our goal is to show you ways to reduce stress to your back and neck to help you live a more pain-free & healthy life.

Don't be like most people and only take care of yourself once you start experiencing pain. A word from the wise:

- 1 Just because you don't have pain doesn't mean there isn't a problem.
- 2 Pain may be common, but it is NOT normal.
- 3 These 10 secrets will help alleviate stress, but true relief requires professional intervention.

Maybe you have a nagging tightness, you might "sleep wrong" every now and then, or it could just be that your back is about to "go out" with just one more slightly wrong move. Most people slowly get worse over the course of years, so pain slowly creeps in. Before you know it, you are experiencing daily pain.

### **One last thing...and it's a word of warning:**

Not taking care of your back and neck can result in chronic daily pain, or even spine surgery. It's not right for anyone to live in pain. This is why it is important to apply the secrets in this document and to seek professional help from a back and spine specialist, like the trained Gonstead chiropractors at GreenLife Wellness in Greenville, SC.

[SCHEDULE A CONSULTATION](#)

# 1 PROPER BENDING

## PROBLEM

When moving to lift an object, most people bend their low back which causes injury. Even a slight bend in your low back can cause injury.

## HOW TO FIX IT

Remember the saying, "lift with your legs, not with your back." But no one ever includes, "and keep your back straight". Keeping your back straight is the most important part.

## PRO TIP:

Did you know that most people who "throw out" their back were simply bending down to pet the cat or picking up their keys off the ground? It's not likely they were lifting something heavy. It is usually improper movements repeated many times that causes you to injure your low back. Keep your back straight when bending and lifting to protect your low back.



# 2 PROPER SITTING



## PROBLEM

Sitting in a slouched position wreaks havoc on your back and neck. The average American sits for 12+ hours/day. You need to make sure you are sitting properly or else it will really increase your back and neck pain.

## HOW TO FIX IT

- Buttock is as far back as it can go
- Back is against the back of the chair
- As close to desk as you can get

## PRO #1 TIP:

If you are sitting at a desk for work all day long, stand up every 20-30 minutes to stretch. You can also invest in a sit-stand desk.

## PRO #2 TIP:

A good lumbar support is very important. A good one cost anywhere from \$20-40. Most office chairs don't have enough low back support, so a lumbar support pillow is an excellent, low-cost way to improve your chair.

### 3

## CARRYING WALLETS & PURSES

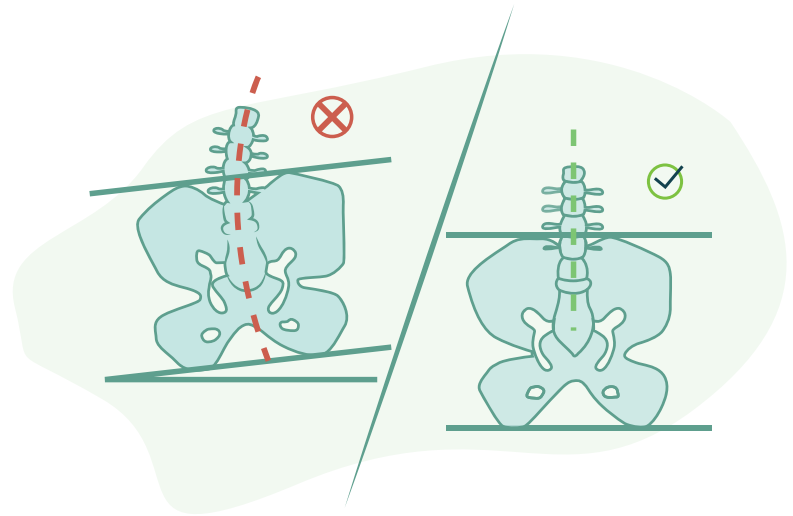
### WALLETS

#### PROBLEM

If you have your wallet or phone in your back pocket, it is causing stress to your spine. Sitting on your wallet is like sitting on a wedge and it will misalign your low back.

#### HOW TO FIX IT

Simply put your wallet in your front pocket when you sit. You can also buy in a wallet designed for being carried in your front pocket.



### SIDE BAGS/PURSES

#### PROBLEM

Carrying your bag or purse over your shoulder and having it on that same side can cause neck and shoulder pain. The pain occurs because carrying the bag or purse is making those muscles overwork and is putting strain on the nearby joints.

#### HOW TO FIX IT

The best way to carry your bag or purse is the cross body position. Stick with a bag that weighs 5lbs or less. If it feels like you have a brick in your purse, it is too heavy.

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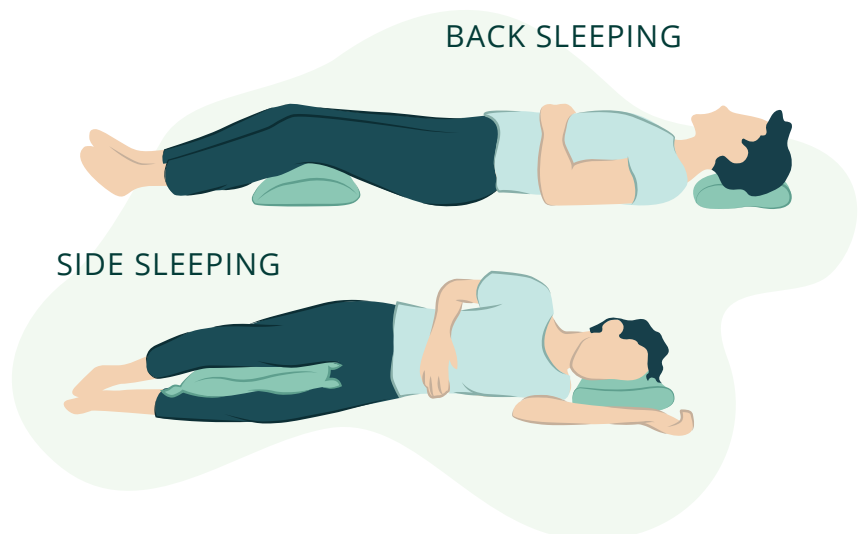
## BEST SLEEPING POSITIONS

#### PROBLEM

Stomach sleeping is bad because it puts large amounts of pressure on your low back and neck.

#### HOW TO FIX IT

The best sleep positions are on your back or side. You want keep your spine in a "neutral" or straight line while sleeping. If you sleep on your side, avoid the fetal position where you bring your knees up and bend your head forward. This reinforces bad postures and can cause you to wake up in pain.



## 5

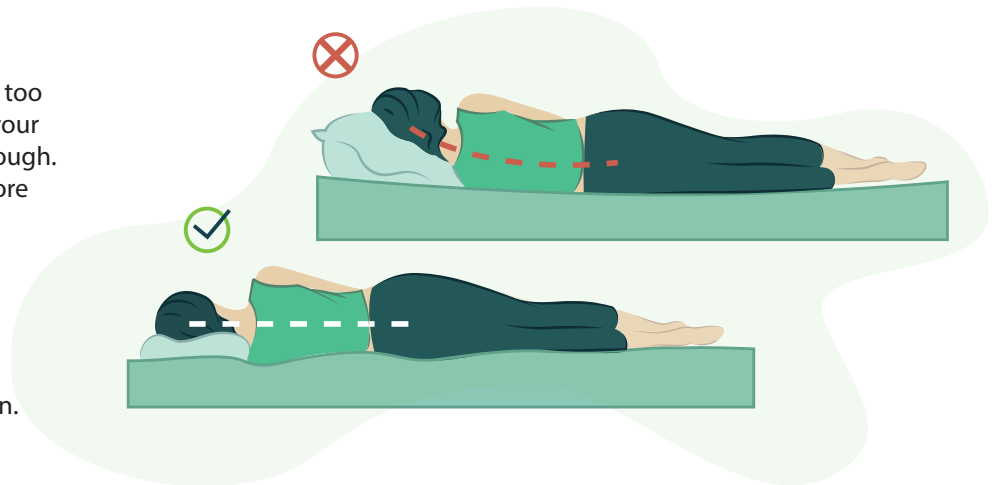
## USING THE RIGHT PILLOW

### PROBLEM

If you have a pillow that is too thick or too thin it can put too much pressure on your neck or it won't support your neck enough. This will leave you waking up with a sore neck or upper back.

### HOW TO FIX IT

Having the right pillow makes a difference. The goal of the pillow is to support your head in a neutral position.



### SLEEPING ON YOUR BACK

- A thin pillow
- No pillow (depending on your bed)
- A contour pillow

### SLEEPING ON YOUR SIDE

- A Medium Pillow
- Make sure the pillow isn't pushing your head up too far or letting your head drop too low.

## 6

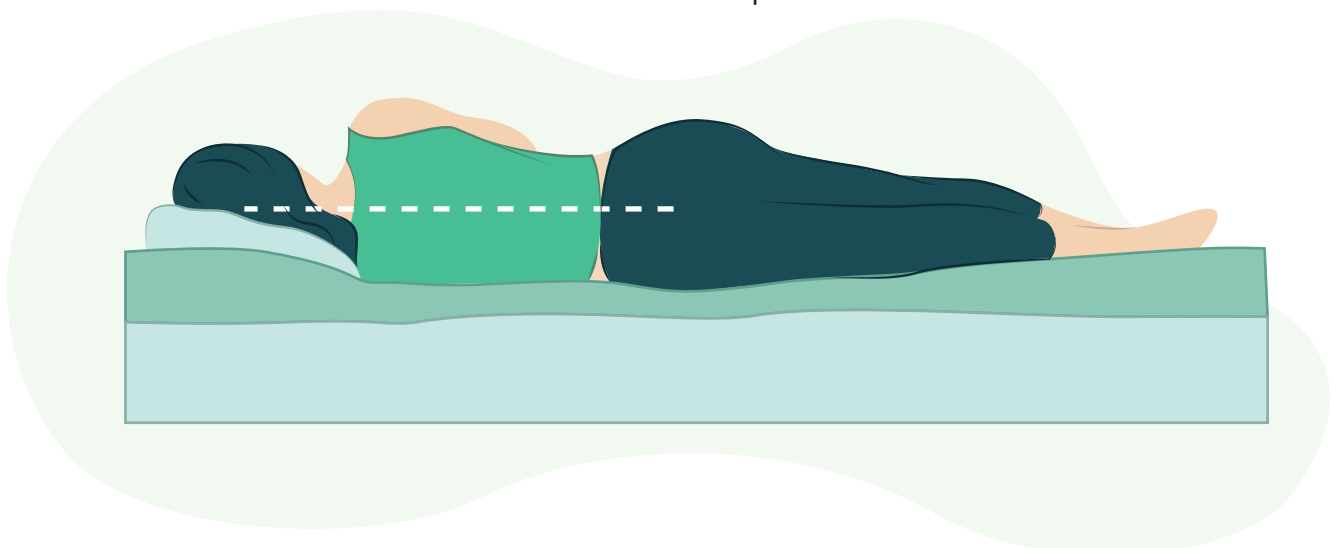
## FINDING THE RIGHT MATTRESS

### PROBLEM

When your mattress is too firm, you will often wake up with pain from uneven support on your body. Similarly, when your mattress is too soft, you can acquire pain from lack of support.

### HOW TO FIX IT

The main consideration with a mattress is how well it supports your body when you sleep. If you are a side sleeper, you will want to feel the support on your hip/waist region. If you are on your back, you should feel the support on your low back. That way, the mattress will be putting the needed pressure to support your back in a safe neutral position.



## 7 SAFE CAR ENTRY & EXIT

### PROBLEM

Getting in and out of your car could also be causing your back pain. When getting into a car, A LOT of people will only put one foot in, then try to sit causing their low back to twist improperly.

### HOW TO FIX IT

When getting into your car, sit your bottom down first then swing both your feet in. When you get out of your car, do the opposite, feet first then stand. Watch this video for a demonstration.



HOW TO GET  
IN AND OUT OF  
YOUR CAR  
CORRECTLY

Watch this video for a demonstration:

## 8 SITTING IN A CAR PROPERLY

### PROBLEM

The biggest mistake people make is sitting too far away from the steering wheel. This makes you slouch and puts a lot of stress on your back, neck, and shoulders.

### HOW TO FIX IT

Make sure you are sitting close enough to the steering wheel that you can have your elbows touch the side of your body while holding the steering wheel. Also, make sure that your seat is upright enough so that you can rest your head on the headrest comfortably while driving.



#### Pro Tip:

Most car seats are “bucket seats” meaning they are concave and don’t have low back support. Invest in a lumbar pillow and this will help save your low back and make it easier to sit up straight.

9

## SOFT COUCHES & RECLINERS



### PROBLEM

Soft Couches and Recliners are back-killers. Most couches are “soft”, meaning they lack support and you sink into them when you sit. It may feel comfortable, but they have no support and it causes back pain. Recliners have a similar effect that soft couches do. They don’t have good low back support so it puts lots of stress on your low back.

### HOW TO FIX IT

If you have a soft couch, you can add support by putting a couch pillow underneath you AND behind you. You can buy a lumbar support pillow to add the support you need.

10

## CROSSING YOUR LEGS

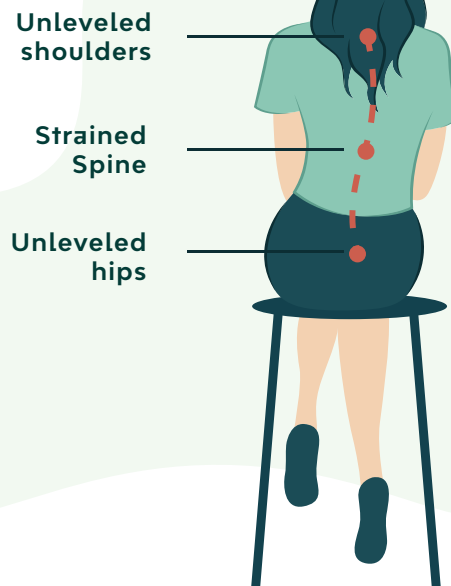
### PROBLEM

We know this is a habit for most people, but it isn’t a good one. It can lead to low back pain or even disc herniation.

- Unlevels your hips
- Bends your spine to one side
- Causes increased pressure on your discs in your back

### HOW TO FIX IT

Try sitting on the edge of your seat with your feet pulled back under the chair. This makes it easier for you to sit upright, and reduces pressure to your back.





## WE HOPE THESE 10 SECRETS HAVE BEEN HELPFUL!

Imagine living your daily life with no pain. Imagine growing old and not dealing with aches and pains like everyone else. Applying each of these 10 secrets will help get you closer to that life. Equipped with this knowledge, you should be able to sit, eat, sleep, and drive better while reducing the pressure and stress to your back. Remember, knowledge is power only when the knowledge is applied. Don't wait, start applying these secrets today. Not taking care of your back can result in chronic back & neck pain, or even surgery. It's not right for anyone to live in pain. Teach your friends about these secrets or share this document with them.

One last important note: Not all pains go away easily and you may need to seek the help of a skilled spine and body specialist to get full pain relief.

We at GreenLife Wellness are board certified Chiropractors, and help people with both acute and chronic pain everyday. We understand what it is like to deal with pain and we would like to help you.

**SCHEDULE A CONSULTATION**

### CONTACT US:

(864) 603-1450

[www.mygreenlifewellness.com](http://www.mygreenlifewellness.com)

527 Mills Ave #201A, Greenville, SC 29605