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PHYSIOTHERAPY CLINIC

Ease Your Back Pain Report

Worth £65

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About the Authors
Paul Head and Ben Austen

Every year, for over 8 years, 1000's of people have consulted Paul Head and Ben Austen looking for answers to concerning questions about, and for a fast end to their Back Pain.

Paul is currently undertaking a PhD that is developing cutting edge rehabilitation techniques to significantly improve knee pain symptoms. He has extensive experience in private practice dealing with older adults with knee pain.
Ben is currently head physiotherapist for Surrey Women's County Cricket Club. He has extensive experience in private practice dealing with older adults with knee pain.
Paul and Ben are renowned specialist's in dealing with knee pain.

Paul and Ben work with people aged 35-64+ on a daily basis, they are involved in the research of Back Pain, write about back pain treatment to scientific journals and lecture extensively on the topic throughout the UK.

Introduction

In this Special Report on Easing Back Pain. We share with you 5 very powerful principles and strategies you can make-work for you – some over time and others almost instantly.
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 your knee
pain or your history intimately, I cannot tell you which of these will work best
for you. And even if I did know the root cause of your knee pain, there are no
guarantees that any one single strategy will work.
But over the last decade, I've been able to narrow down what really does and doesn't work when it comes to easing easing pain. And the 5 principles you're about to read are included in 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 loosing.
So here's our 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'll be pleasantly surprised by how much better and healthier you will feel for doing so.

5 Simple Ways To Stop Chronic, Daily Annoying Back Pain ...Without Injections or taking Painkillers.

1. Change your position every 20 minutes

When you have knee pain, make sure that you are changing positions regularly, to avoid aggravating your symptoms. For example, when sitting watching TV, make sure that you get up and move around every 20 minutes to reduce the symptoms of pain and stiffness that can increase when resting for long periods.
Spending an excess of time in a rested position without moving can additionally lead to unwanted clicking and cracking noises.

2. Knee Bracing

Knee pain can be caused by osteoarthritis under the knee cap or within the knee joint itself. Research has shown that wearing a knee brace can help spread the forces away from the damaged areas of the joint and help to reduce pain and improve function. Wearing a knee brace has also been shown to maintain knee function and reduce the need for a total knee replacement surgery.

3. Wear appropriate footwear

Supportive shoes and footwear have been an important way of providing benefit to people with knee joint pain. Examples of supportive footwear are well cushioned and supportive trainers

when out walking, or shoes with good grip when out gardening. Examples of unsupportive footwear is high heels or flip flops.

4. Ice and heat

Research has shown that ice (ie frozen peas wrapped within a damp cloth), applied for up to 15 minutes every hour that you awake can significantly reduce knee pain. Ice is more effective at reducing when pain after activity and applied at the end of the day. Additionally, research has shown that heat (i.e. hot water bottle wrapped in a dry cloth), applied for 5-10 minutes can significantly improve pain and stiffness. The same effect can be achieved after a bath. Heat is more effective at reducing pain and stiffness when applied before activity or first thing in the morning.

5. Get Physical With Physiotherapy

Physiotherapy treatment is the 'gold standard' for improving knee pain symptoms. There isn't a faster way to significantly improve knee pain than by going to see a specialist physiotherapist. Going to see a hands-on specialist physiotherapist 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 and muscles that is specific to your symptoms so that you can go back to doing the things that you love.
You can often leave a good physio with concerns eased and physical pain reduced, inside the first treatment session.
Combine all of the "tips" in this Special Knee Report with an appointment to see a "hands on" specialist private physiotherapist, and you will see a significant improvement in your knee pain and stiffness you are currently suffering from.
Note: The NHS physio departments do not and will not provide you with the hands on type of treatment that you need to end knee pain as fast as you would hope. Disappointing, but true.

Bonus Section:

1. Keep active

Regular movement and physical activity have been shown to aid the hydration and health of your spinal joints. Light activities such as gentle walking or cycling for 10-20 minutes every day has been shown to be beneficial in reducing back pain and improving joint health. The light activities help improve blood flow and bring oxygen to the joint, which aids stiffness and pain.

2. Weight management

A number of research studies have shown that by reducing your body weight by 10%, it can improve your joint pain symptoms by up to 60%. This can be achieved by counting the calories that you eat, reducing the amount of sugar and processed foods that you consume and making sure that you eat 5 portions of food and vegetables each day.

3. Regular Physical Exercise

National and international health guidelines state that you should perform 150 minutes of physical activity such as walking or cycling each week. This can be broken into small amounts each day to help you reach the target amount. Regular physical exercise can aid joint pain and symptoms and maintain your general health.

4. Stay Hydrated

This is the big office worker mistake that could be reducing your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as consequence of drinking too much of them.

And being dehydrated can cause muscle aches and pains, fatigue and dizziness. So, it's important that you keep your water intake up in an attempt to ease off any extra or unwanted tension in your spine muscles.
Our tip, drink water little and often throughout the day.

Conclusion

We have presented our back pain report to assist with your symptoms: 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 Knee Pain than the principles we have 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.
I hope this is the beginning of a great, long-term relationship where us at BFR Physiotherapy Clinic and we become the source of leading edge and evidence-based health advice for you and make a real difference to your life.

Dedicated to Restoring Your Health,

Paul & Ben

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Specialist Knee Pain Physio's.

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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 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, application of exercises, 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 from one of the Chartered Physiotherapists at BFR Physiotherapy Clinic.
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.