

**9 QUICK EASY WAYS...**  
**To End**  
**BACK PAIN & STIFFNESS**  
**...WITHOUT**  
**Taking Painkillers Or Having To**  
**Call And See Your Doctor**



## ABOUT THE AUTHOR: NUHA HASAN



Nuha Hasan graduated with a Doctorate of Physical Therapy degree from Midwestern University. As the owner of Ascend Physical Therapy in Orland Park, IL, Nuha is a leading physical therapist in the Southwest Suburban Chicago area, and works with active adults to relieve pain and help them return to their active lifestyle without the need for medications, injections, or surgery. Dr. Hasan has knowledge and expertise with movement dysfunction in active adults, women's health, dry needling, and myofascial release.

Dr. Hasan treats patients with pain, stiffness, or dysfunction, with the goal of helping people get back to the activities they love without expensive tests or treatments. Nuha specializes in treating individuals with conditions that have not responded to conventional physical therapy, through **one to one HANDS ON therapy with less overall visits and a greater outcome**. Nuha's aim is to achieve maximum results in minimal time throughout the entire plan of care, with the goal of relieving pain, decreasing restrictions, and improving overall quality of life.

Nuha has a passion for helping people with their pain, and found that becoming a physical therapist was the best way to do just that. She applies a comprehensive approach to care by integrating patient education, specialized hands on techniques, and collaborating with the patient and other healthcare providers to achieve the best health outcome.



## INTRODUCTION

Every day people consult me looking for answers to questions about back pain, including causes and how to stop pain not just from occurring, but recurring as well.

While I do not know your specific medical history or what may have caused your pain, this e-Book is meant to serve as a guide with specific causes of back pain and tips on how to address your pain. There is no guarantee that all these strategies will work for you.

I created this **9 Quick Easy Ways To End Back Pain & Stiffness** e-Book because I feel that if sharing this brief yet helpful guide can help back pain sufferers from avoiding unnecessary doctor's visits, X-rays/MRIs, painful injections, or even surgery, then I have succeeded in not only improving your quality of life, but also hope this encourages you to take the first step in controlling your own healthcare, and sharing this valuable information with other back pain sufferers.

Back pain has become a major problem on a global level and is the **leading cause for disability, missed work days, and a major financial burden on our healthcare system.**

In my experience with several back pain patients, I have treated patients with mild symptoms yet MRI results reveal severe damage, while I have treated patients with severe and disabling symptoms, yet MRI results reveal mild degeneration. For that reason, **I constantly inform my patients not to rely so heavily on diagnostic tests since the results shown may not necessarily explain or be the cause of your back pain.**

You have nothing to lose by trying these helpful and worthwhile strategies, which would take only a few minutes to implement in your daily routine. You will be pleasantly surprised how such small changes can greatly impact your pain.



## The 9 Quick Easy Ways To End Back Pain (And Stiffness) Without Taking Painkillers Or Having To Call And See Your Doctor!

### 1. Avoid High Heels

Here's why: wearing high heels will increase the pressure through your back by about 25 times. Reverse that, and it means if you wear a nice soft cushioned pair of shoes instead, your lower back would be experiencing 25 times less pressure and force placed upon it. Imagine how much relief you'd feel if you could take that type of stress off your lower back right now. But understand that it's a snowball effect. The pressure builds up from wearing the wrong footwear over a period of weeks and years, and results in a weak and stiff back somewhere around the age of 40.

### 2. Avoid Sitting For More Than 20 Minutes At A Time

There's so much 'gossip' that surrounds back pain. But this is FACT...you and I were not designed to sit. It goes against every basic, fundamental rule of the way we originally evolved as humans. When you sit there is approximately 10x more pressure pushing down on your spine than when you stand tall. And because most of us slouch, the muscles in your spine (called your core muscle group) that are designed to protect you, just don't work. This causes inevitable aches, pains and stiffness.

### 3. Use Ice (Not Heat)

Ice is by far the best way to ease back pain. My tip, use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply an ice pack for 10 minutes or so, little but very often (every hour). And when to use heat - my tip would be to apply a hot water bottle on a morning when your back is likely to be feeling more stiff than painful. Again, 10 minutes should do it.

### 4. Avoid Sitting Cross Legged

Your spine isn't designed to twist or turn. And sitting in a cross-legged position is doing just that. Your joints are twisted, muscles stretched and in this position your spine/lower back is weak and you're vulnerable to injury. Spending an excess of time in this position will catch up on you - usually by ages 40-60.

## 5. Sleep With A Pillow Between Your Knees

Might be difficult at first, but if you can persist, it lowers the amount of rotation/ twisting in your spine. Remember I said in tip number 4 that it was important to avoid sitting cross-legged? Well it's the same when you're asleep. If you sleep on your side, try a pillow between your legs to keep your spine aligned and this will reduce tension in your lower back.

## 6. Avoid Sleeping On Your Stomach

There isn't a more effective, faster route to self-inflicted damage to your spine/lower back. Avoid this position like the plague. Every part of your spine is twisted and in the wrong position and if you sleep like this, it's no wonder you are suffering from back pain.

## 7. Change Your Mattress Every 5 Years

This is the bedroom question that I get asked every day. People want to know about their mattress and what type they should sleep on. Almost impossible to answer as the question is too broad. But what I can say is that if you haven't changed your mattress in the last 5 years then it's about time that you did! And invest as much as you can in finding the most comfortable one that works for you. After all, if you're going to spend a third of your life in it, might as well get the best one that you can. And the key isn't to finding a firm one or a hard one finding the right mattress is about finding the one that works best for you and your spine.

## 8. Choose Sensible Footwear

Bizarre choices of footwear include high heels, sandals, flip-flops and flat style trainers or shoes. Why bizarre? Because they're all proven to ADD to your back

pain. It's because there's a lack of cushioning to absorb shock with these types. So your lower back has to take all of the impact every time your foot lands on the floor (not good for your knees and hips either). If you can absorb some of the shock by wearing nice soft, well fitted and cushioned shoes/trainers, then you could reduce your back pain by as much as 20-25%.

## 9. Get Physical With Physical Therapy

There isn't a faster way to END back pain than by going to see a physical therapist. Getting to see a hands-on specialist physical therapist 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 so that you can go back to doing the things that you love. You can often leave a good physical therapist with concerns eased and physical pain reduced, inside 30-40 minutes. Combine all of the "tips" in this Special Report with a trip to see a hands on private physical therapy, and you will see a dramatic drop in the back pain and stiffness you are currently suffering from.

## Bonus Section:

### 1. Daily Lower Back Exercise Rituals

Closely linked to going to see a good physical therapist – because you want to be sure that any exercises you are doing are right for you and will work. If you can get into the routine or good habit of doing simple stretches and strengthening of your lower back muscles, you will benefit right through your 40's, 50's, 60's and beyond. In the same way that you brush your teeth twice per day to keep them clean and avoid pain, you need to look at working on your back in a similar way. This is even more important in the 40-60 age bracket when your muscles lose strength and flexibility.

### 2. Avoid Carrying Your Back Pack Or Bag On One Arm, Or In One Hand

For this, you're going to need to completely 'flip' everything you've likely done for years when it comes to carrying bags. This one is a very common mistake.

Carrying a workbag or even shopping bag over one shoulder, means that the weight is not evenly distributed. And the result is one side of your spine is under more pressure than the other. Guess what happens to the side of your body carrying the extra weight all these years? (Likely to be the side you're feeling the pain most). For instance, if you carry the bag over your left shoulder all the time, you could end up with a curvature of your spine and it would mean that your left side is working too hard taking the weight of the bag every day, and certainly much harder than your right side. And this would cause tension and pain, not to mention a funny and unhealthy looking posture.

### 3. Regular Pilates

This is the 100-year-old tradition that if you do regularly, can really transform your health. Pilates is joint number one on my list of the most important things that anyone can do to prevent back pain. And incase you were wondering, Pilates is a series of exercises designed to improve muscle tone and control. Understand that it's the latter (control) that is often missing from lower back muscles and the root cause of most people's back pain and stiffness. So, by joining a class, or doing these exercises every day on your own at home, you'll steadily increase your muscle control, and with it, slowly decrease your muscle tension and pain. We recommend all of our private patients to do these exercises and go so far as to create personal plans for each of them.

### 4. Stretch Yourself At The Beginning And End Of Every Day

Another daily ritual that will transform your health. Along with Pilates, Yoga is a must! Now that you're in the 40-60 age bracket, every day you wake up your body is tightening and losing flexibility. So you must do something to reverse it or at very least, slow it down. And it's Yoga that you need to find - fast. It's a series of stretches designed to make your body more supple and more flexible.

### 5. Stay Hydrated

This is the BIG Office worker mistake that could be zapping 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 any extra or unwanted tension in your lower back muscles. My tip, drink water little and often throughout the day.

## Conclusion

So, there you have it: 9 things (plus 6 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 Back Pain than the principles I've 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. In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how Physical Therapy can make a huge difference in your life. I hope this is the beginning of a great, long-term relationship where Ascend Physical Therapy becomes the source of leading edge health advice for you and makes a real difference in your life.

Dedicated to Restoring Your Health,

*Nuha Hasan*

**Nuha Y. Hasan,**  
**Specialist Back Pain Physical Therapist**

## TAKE HOME MESSAGE:

Are you finding yourself confused about how to handle your back pain?

Many people have back pain during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has given you the knowledge you need to make a decision about what to do next for your back pain.

If you are currently dealing with back pain, whether it is new or something nagging, we are more than happy to talk to you about your personal situation. We offer a **FREE phone consultation** so that you can be confident in taking the next step to relieve your back pain.

It only takes a few minutes for us to get an idea of what might be causing your problem, and it doesn't require booking an appointment.

To request a **FREE PHONE CONSULTATION**, you can give us a call right now at 708-778-3445.

This guide can only go so far in alleviating your back pain. If you would like to **experience quality, one to one, hands on care from an experienced and caring physical therapist**, then Ascend Physical Therapy is just a call away.

Best,

Nuha Hasan

Leading Physical Therapist In Southwest Suburban Chicago Area

## HEALTH ADVICE DISCLAIMER

- No specific guarantees or results are explicitly made or implied in this e-Book.
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