

Tips and Tricks

to relieve

Low Back

Pain

A guide for pain free living



About Dr. Dann

Hi I'm Dr. Dann. I'm a Chiropractor who has been immersed in health and fitness, my biggest passions, since the age of 13. Exploring every possible way to combine the two, I found chiropractic to be the perfect bridge. With a strong focus on getting my patients back to doing the things they love most, active care and education are a big part of every patient's treatment plans.

Weightlifting and CrossFit were what got me so excited about health at a young age. I was able to see firsthand the impact that physical activity and movement had on people's lives, however, there were often limitations and frustrations seen due to pain and injury.

Becoming a chiropractor really helped me take my passion and skill set to the next level, and to be able to help more people with better treatments. With that, I was able to not only help people live pain-free but also get them back to doing the things they are passionate about like hiking, playing with their kids, sports, and more.

My goal through this guide is to provide you with the tools you need to do the things you love that you have missed out on due to pain and injury.

My hope is that through using the following guide you can relieve the pain you have that has prevented you from staying active

Here for you, always
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Introduction

Recurring chronic low back pain can be a discouraging obstacle, especially when exacerbated by physical activity. This guide is designed to empower individuals struggling with persistent low back pain, providing actionable steps to find relief and regain control of their fitness journey.

Preface:

Recognize the difference between muscle soreness and chronic pain. Take note of pain patterns, intensity, and triggers during and after workouts.

Schedule a comprehensive evaluation with a healthcare professional such as a chiropractor or physical therapist. Discuss your workout routine, pain history, and any other relevant factors.

1. Quick Pain Relief Strategies

Heat and Cold therapy: Apply a heat pack to the lower back before workouts to increase blood flow and reduce stiffness. Use cold packs post-workout to alleviate inflammation.

Gently stretching: incorporate gentle stretching exercises targeting the lower back and surrounding muscles. Focus on slow, controlled movements to avoid exacerbating pain.

2. Modify Your Workout Routine

Scale Intensity: I know as an avid fitness enthusiast this can be a tough pill to swallow, but when it comes to alleviating pain and finding relief, it's an important one. Communicate with your trainer or coach to modify workout intensity based on your pain levels. Prioritize form over intensity and avoid anything that seems to be making the issue worse.

Incorporate low-impact exercise like walking, swimming, or cycling. Anything that you can do to keep yourself moving while you heal without aggravating the lower back.

3. Core Strengthening

Engage in exercises that strengthen the core muscles, such as planks, bird-dogs, dead bugs, pelvic tilts, and single-arm kb suitcase carries. Focus on breath work and correct bracing. This will help build a solid foundation to support the lower back during workouts.

4. Post-Workout Recovery

Hydration, Hydration, Hydration: Ensure proper hydration to support muscle recovery and reduce stiffness. Drink water throughout the day, especially after workouts.

Rest and Sleep: Prioritize sufficient rest and quality sleep to aid in overall recovery.

6. Stress Management

Practice stress-reducing techniques such as deep breathing, meditation, or yoga. Chronic stress can contribute to muscle tension and increased pain.

7. Don't sit for longer than 20 minutes at a time

In general, sitting is one of the worst things that you can do for your lower back. The only thing worse? Sitting for a LONG time. And by long, I mean anything longer than 20 minutes. You see, the muscles and ligaments of the spine start to actually change at the 20- minute mark and 'learn' to be in a flexed or hunched position.

8. Listen to your Body

Is your body sending you Red Flags? Recognize the difference between muscle soreness and chronic pain. Take note of pain patterns, intensity, and triggers during and after workouts.

Take Action and schedule a comprehensive evaluation with a healthcare professional such as a chiropractor or physical therapist. Discuss your workout routine, pain history, and any other relevant factors.

Conclusion

Taking control of chronic low back pain requires a proactive approach. By seeking a professional evaluation and implementing these quick relief strategies, you can begin to manage and alleviate your symptoms. Remember, individualized care is essential, and maintaining open communication with healthcare professionals and fitness coaches will play a crucial role in your journey toward a pain free and active lifestyle.

DISCLAIMER

Often, the above tips help to lessen back pain in ‘typical’ conditions. However, each person must be treated as an individual and will be given treatment specific to his or her needs. If you read this report and the tips do not work for you, they may simply not be the right tips for YOU.

Without a full orthopedic, neurologic, and movement assessment we can not know for sure if these tips are the ones that will lessen your pain.

Best Regards,

Dr. Dann

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