

# How To Resolve Back Pain and Sciatica Now!!!

...avoid addictive pain medication and surgeries



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(Founder of Activade Health)

\$29 Value



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# About Us

Dr. Kenneth Corcoran, PT, DPT, SCS, CEAS

Founder of Activade LLC

Dr. Ken understands that athletes come in all shapes and sizes and the physical demands you place on your body may be very different when compared to someone else.

“...Understand that whether you participate in sports or are someone that is sitting at a desk all day, you are still equally dependent on your body and your well being to continue performing the activities that are most important to you...”

Dr. Ken is a licensed physical therapist, a board certified sports specialist, a certified manual therapist, and a certified specialist in workstation and ergonomic assessment. He's been a practicing clinician for greater than 10 yrs and knows that the key to staying healthy and to keep doing the things you love, is to identify your risk factors and limitations. Once these risk factors and limitations are identified, a plan can be implemented that will prepare your body to meet your goals and withstand your daily physical demands.

In this special report about ways to resolve your knee pain, you'll learn the tips and tricks Dr. Ken gives his clients to help take the edge off so that they can get back to their everyday activities and exercise programs as quickly as possible.

All of these solutions are natural remedies that require a little more than an awareness of your body mechanics, a few simple tools, and the will to help yourself. Some of these tactics may work right away for you, while others may need to be applied over time.

Without examining your body and conducting a proper evaluation, it's impossible to give you a customized solution. But we can provide you with is a list of tried-and-true strategies that have worked for many clients over the years. Don't be fooled by how simple these tips may seem. They have been battle-tested over the years and have shown to make a huge difference in a short period of time.

Imagine what your life would be like if you just applied a few of these remedies consistently over the next few weeks. Would you have less pain? Less Stiffness? The ability to do more of what you love? We challenge you to give them a try and share your results with us.

# Are these your symptoms?

- Pain in your lower back
- Pain down your legs
- Difficulty getting out of bed
- Difficulty sitting, driving, traveling
- Unable to stand for prolonged periods of time
- Limited with bending and lifting
- Stopping or changing the way you complete your daily activities or workouts
- Frustrated that your symptoms are not improving

**\*\*\*Keep reading for the solution\*\*\***

# 1. Don't Ignore it!!!

This is the single most common mistake! I too often hear my clients tell me “I don't really have pain...my back is just a little achy”. **NEWS FLASH...ACHING IS PAIN!** Our bodies produce pain for a reason...it's an alert signal that our body sends to our brains to notify us that something is wrong.

When we ignore the problem, we put ourselves at risk of either causing more damage to the injured area or causing a secondary injury as a result of compensating for the problem.

Does this sound familiar? I'll just walk instead of run...Instead of sleeping on my right side I just sleep on my left...I'll take a break from that gym class for a little bit to let this back pain go away...etc. Unfortunately this isn't how the body works and rest does not correct the mechanical problem.

The body is made up of many moving parts that work together to do a job...similar to your car. Think about what would happen if your service engine light went on in your car and you just ignored it? Most likely if you didn't service your car it would eventually break down. We can always buy a new car, but we can't buy a new body.

\*\*\*This often leads to different or bigger problems\*\*\*

## 2. Keep Your Body ACTIVE!

Sitting has been recently referred to as the new smoking...people sit more today than ever before. Prolonged sitting can lead to tightness in your hip flexors & hamstrings and weakness in your core & glutes muscles. These adaptive changes put your body at risk for developing back pain and sciatica.

To minimize these adaptive changes, you can perform light stretching throughout your day for the muscle groups that are placed in a shorted position, such as your hip flexors and hamstrings. I recommend holding the stretch 15 - 30 seconds. While stretching you should feeling nothing more than a slight pull. You should not experience any sharp, aching, or throbbing pain.

Another great way to avoid these adaptive changes and help prevent back pain and sciatica, is to take breaks throughout your work day. Set an alarm to remind you to stand up from your desk at least once an hour.

In addition, it's important to keep your body active. Walking is a great way to keep yourself active and is relatively low impact activity. I typically recommend walking 20 – 30 mins daily. You can also keep your activity level up by taking the stairs instead of the elevator. Exercise is cumulative, so every little bit helps!

### 3. Avoid Poor Posturing

It has been shown that poor posturing causes increased compression on discs and joints throughout the spine. Over time this excessive pressure can lead to bulging or herniated discs, radiating pain, and tingling & numbness down the legs.

To correct these bad habits, you need to first understand what good posture is. Ideally you want to maintain a “neutral spine”, which basically means you don’t want your back to be overly rounded or overly arched, you want to be right in the middle.

Ways to aid in good maintain good seated posture, is to adjust the seating or environment to meet your body size. Your hips should be set all the way back in the chair, while keeping your feet supported. If the style of the chair doesn’t allow you to obtain this position, you can place pillows behind your back or place a stool under your feet, to build up that support. Additionally you can use armrests or pillows under your arms to provide additional support and stability.

To maintain good posture while standing the only answer is to use your muscles. Gravity is not your friend in this instance, and you will need to get the muscles working to keep you upright. If you find this difficulty, then it will be important for you to start a strengthening program that focuses on building up your core muscles.

So listen to your Mother! Sit up & stand up straight!

## 4. Lift with your legs...NOT your back!

You may be saying to yourself...I don't do any lifting or I've given it up. However, if you bending over to pick up you laundry, child or grandchild, or even just bending over to pick up your shoes, you are lifting.

When bending forward to pick something up, whether heavy or light, make sure to maintain a flat back. It's important to engage your abdominals to keep your spine in a neutral position throughout the lift. You'll want to bend from your knees and hips to get yourself in position and then while keeping your abdominals engaged and your back flat, drive up from the ground using your legs.

If you find it difficult to keep your back flat or if you are not sure if you whether it's flat or not, a tip I give my clients is to keep your head up. Your lower back tends to follow the direction of your head, so if your head is down and forward your back will most likely also be bent and rounded forward.

Also, position your body as close and as far over the object as possible. The further the object is from your body, the more force you will have to generate to lift to object. Therefore, the greater the potential to strain your back.

## 5. What Position Should I Sleep In!

This is a difficult question to answer because it is very specific to an individual. Not every person suffering from back pain and sciatic will present the same way. However, there are some basic tips I recommend to my clients to try and see what works best for them.

Some people may be more comfortable sleeping on their sides, some on their backs, and some on their stomachs. I don't advise my clients to sleep on their stomachs, because unless you sleep on a bed with a hole cut out for your face, you won't be able to obtain a neutral spine posture. However, if lying on your stomach is the only position you can get into that allows you to get comfortable and sleep throughout the night...then do what you have to do!

For those who find it comfortable to sleep on your sides, I recommend placing pillows between your knees, under your trunk (between your hips and your shoulder on the side your on lying on), behind your back (to avoid rolling or twisting), and under your head and neck.

Those more comfortable sleeping on your backs, I recommend placing pillows under your knees (to create a slight bend at the knees), under both arms (to resolve the tension from the arms and prevent rolling), and under your neck (to support the cervical spine and maintain its natural curve).

These tips typically provide my clients with enough relief of their symptoms to get them a decent night's sleep!

## 6. Hot or Cold?

My clients will often ask me what is better...heat or ice? The answer is, it depends! They both could be effective in decreasing the pain.

Cold is typically most effective in the “acute phase”, which is the first few days following an injury. This is the period when the muscles are typically most inflamed and swollen. Due to that inflammatory response the first few days following injury, the ice will be most effective calming down the inflammation and push out any swelling from the injured area. I typically recommend placing an ice pack to the painful area for approximately 15 - 20 minutes as needed (up to once per hour).

Heat is most effective in the “chronic phase” of an injury. This is when the injury has been persisting for several weeks to months following the initial onset. During this phase the muscles are typically guarded and tight. Therefore the heat will be most effective to loose those tight muscles and ease your pain. I recommend applying heat to the painful area no greater than 10 - 15 minutes. When using heat it’s important that you be very careful not to burn yourself, especially for those of you who have loss of sensation, which is common for people dealing with injuries to the back and sciatic nerve and for those with neuropathy.

So there you have it, use cold right when the injury starts and heat several weeks after injury. However, some of you may be asking what do I do in between. Well, this time period is what we call the “subacute phase”, and the answer is it depends. It depends on your symptoms and how you present. If you have more swelling & inflammation then apply ice. If you have more stiffness/tightness then heat may be more beneficial. I typically recommend heat in the morning, which is when we tend to be stiffness after lying in bed all night, and using ice in the evening, after you been active throughout the day and your muscles will most likely be sore and inflamed.

\*\*\*Always make sure to consult with your physician or healthcare professional if you have questions\*\*\*

## 7. Seek our help!!!

At Activade Health we specialize in treating patients with back pain and sciatica, and to date we've successfully treated hundreds of people with these problems utilizing natural (noninvasive) treatment techniques...no addictive painkillers or injections required. Our years of experience allow us to quickly identify the problem and get you back on track to doing the things that you love!

Don't hesitate...Most people don't realize how easy it is to try out Activade Health - you don't need a referral from a doctor to start. You don't even have to talk to your insurance company.

The initial consultation is **FREE** with no ongoing commitment required. In this first session you'll find out what else you can do to resolve your pain and how to achieve your goals!

To schedule your free consultation you can call (704-839-2019), email (info@activadehealth.com), or visit our website ([www.activadehealth.com](http://www.activadehealth.com)).

## Conclusion

So now you have strategies that you can start using today to reduce your back pain. There are many other options out there, beyond what is covered in this report , but for now stick to the fundamental guidelines given here. If you apply them consistently over the next few weeks you should see a difference in your symptoms throughout your daily activities.

In the coming weeks, we will be sending you even more tips on how to “bulletproof” your body while living an active lifestyle, and information on how Activade Health can keep you doing the things you love most!

I hope this is the beginning of a great long-term relationship where the Activade Family becomes your source for cutting edge health advice that makes a real difference for you.

Yours Truly,

*Dr. Kenneth Corcoran, PT, DPT, SCS, C&AS*

Disclaimer: The information contained in this report is presented for the purpose of education only. **Nothing contained in this report is intended to be instructional for medical diagnosis or treatment.**

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