Dear Back and Neck Pain Sufferer,

Thank you for considering *Secrets to Preventing Back and Neck Pain: 60 Ways to Protect Your Spine* for the first step in your recovery. The Back Safety & Wellness Consultants realize there are many products available to you that claim to have the solution to your back and neck pain, so we are grateful for your consideration.

We are confident *Secrets to Preventing Back and Neck Pain: 60 Ways to Protect Your Spine* is your BEST option:

- An orthopedic surgeon and professor at the University of Illinois-Chicago, the president of a chiropractic school, the strength and conditioning coach for a World Championship-winning professional baseball team, and a Division I athletic trainer ALL endorse *Secrets to Preventing Back and Neck Pain*
- Dr. Josh Zumstein, author of *Secrets to Preventing Back and Neck Pain: 60 Ways to Protect Your Spine*, is a doctor of chiropractic with a master's degree in sports rehab and science.
- Division I and professional athletes have trusted Dr. Zumstein to care for their back and neck problems, and you should, too.
- *Secrets to Preventing Back and Neck Pain* contains 60 SCIENTIFICALLY PROVEN secrets to prevent and alleviate back and neck pain.
- At a price of $29.99, you will pay just 50 CENTS a secret.
- You have no obligation! You may try *Secrets to Preventing Back and Neck Pain: 60 Ways to Protect Your Spine* for 30 days. If you don't believe it is worth the price, or it's not what you expected, return it and receive your money back. You just pay for the return shipping.

If you're still not convinced that *Secrets to Preventing Back and Neck Pain: 60 Ways to Protect Your Spine* is for you, below is a sample taken directly from the text. The sample provided is Dr. Zumstein's personal, top 4 favorite secrets featured in his book.

Regardless if you decide to purchase the *Secrets to Preventing Back and Neck Pain: 60 Ways to Protect Your Spine*, we hope you subscribe to our newsletter. We are proud of you for having the desire to change. Enjoy.

Yours in health,

The Back Safety & Wellness Consultants

STAND UP CORRECTLY FROM SITTING

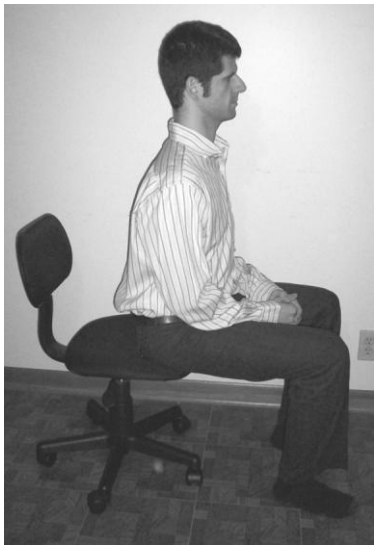

FIG.11

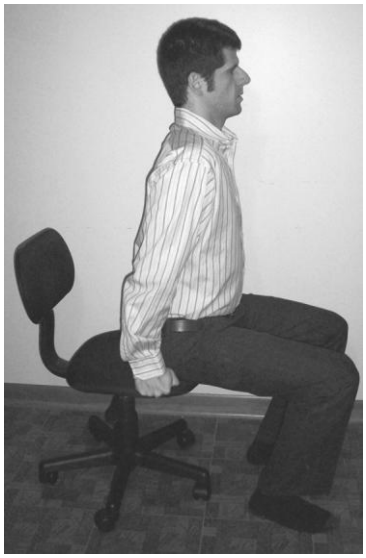

FIG. 11A – MOVE TO EDGE

Standing up correctly from the seated position is one of the most important things I tell patients they can do to spare their backs. It is also one of the easiest. Most people use their low backs to assist them in getting up from the seated position. This is wrong! Think about how many times you get up from sitting. Every time you use your low back to stand, you are flexing (bending) your spine and placing unnecessary stress onto it. Here is the easy solution: before you get up from sitting, scoot all the way to the edge of your seated surface, keep your back straight, and get up using your legs, as in FIGURE 11A (12). This may feel strange at first, but should become second nature after a few days. One tip to get started: use your arms to assist your legs in the process (FIGURE 11A). Place your hands into fists and use them to push up off the seated surface, while using your legs. Do not place your fists on your legs. Again, at no time will you flex the low back or use it to assist you in the standing process.

Be sure to not bend your spine—keeping it neutral, as you sit down, too. Simply reverse this standing process, and use the same technique to sit down properly.

DON'T BEND AFTER SLEEPING

FIGURE 3 – AVOID THIS TECHNIQUE

The spine consists of discs in between each vertebra, which allow for movement and cushion. These discs are primarily made of fluid, which is lost during the day and reabsorbed while you sleep, in a process known as *disc imbibition*. In fact, we lose up to 19 mm of height each day from the loss of disc fluid! After lying down for 2-3 hours, the discs reabsorb their lost fluid and are at full size. When they are full size, the potential stresses placed on the discs are increased by 300%. As a result, it is imperative not to flex/bend your spine (FIGURE 3) for one hour after you have rested for at least 2-3 hours (11, 12). If you must bend during this time, try squatting or hip rotation (secrets #33 and #34). Avoiding flexion (bending) of the spine after 2-3 hours of sleep is a great way to protect your back. Please understand, that I'm not saying you can't bend during these aforementioned times, I'm saying it is especially important that you bend the CORRECT way, which you will learn.

GET OUT OF BED CORRECTLY

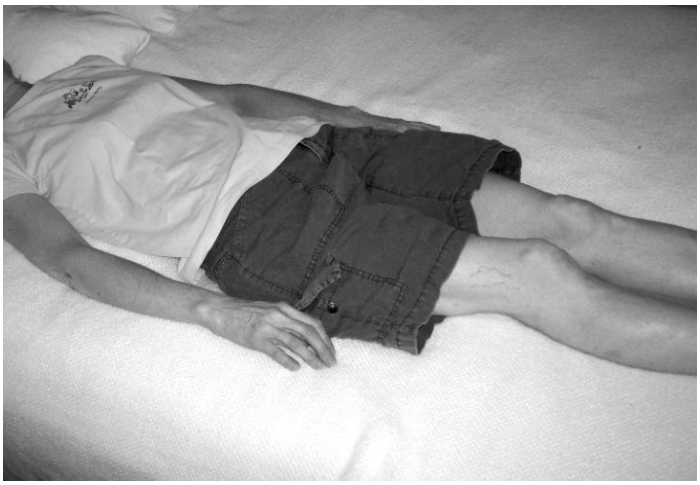

FIGURE 31 – STEP 1

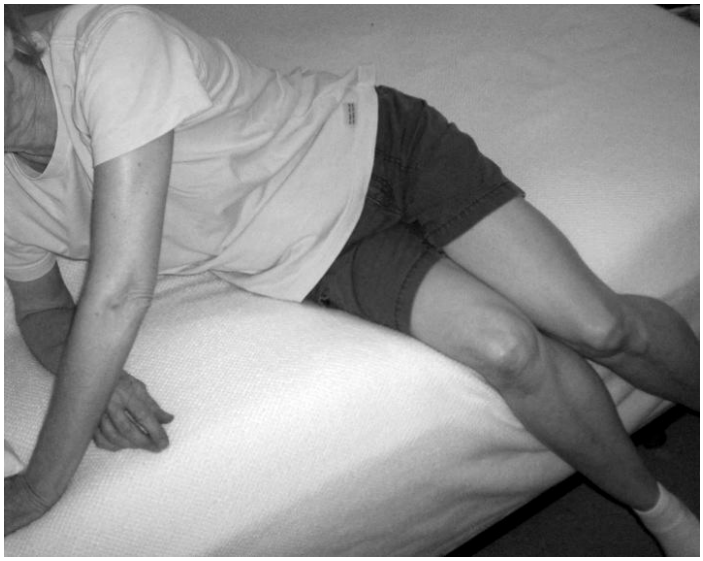

FIGURE 31A – STEP 2

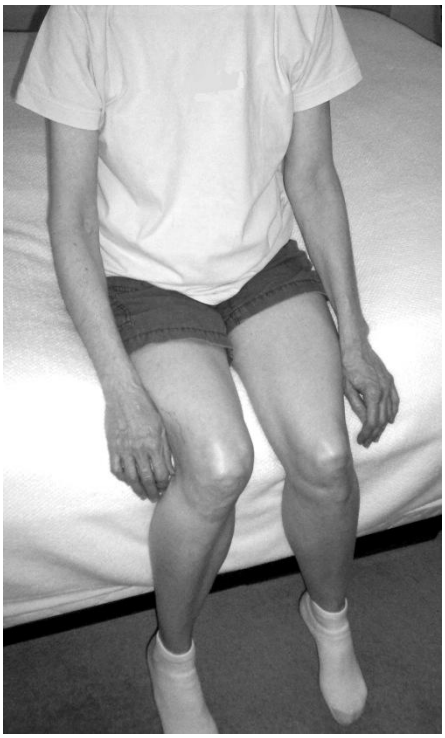

FIGURE 31B – STEP 3

Your bed should be a relaxing place, where you go to prepare for a new day and forget your troubles. Your bed should not be a source of pain. Unfortunately, patients tell me far too often that they dread going to bed because it hurts too much to get out of it. Whether you have back pain or not, make sure you are getting out of bed correctly. Most people sit up and then twist their backs to get out bed, which is wrong. To get out of bed correctly, I recommend rolling onto your side, while you are still lying down, and sitting up from the side lying position (FIGURE 31A). From there, scoot to the edge of the bed, stand up without bending your back, and use your legs to stand (FIGURE 31B). This method spares your back (11).

PERFORM SIT-UPS CORRECTLY

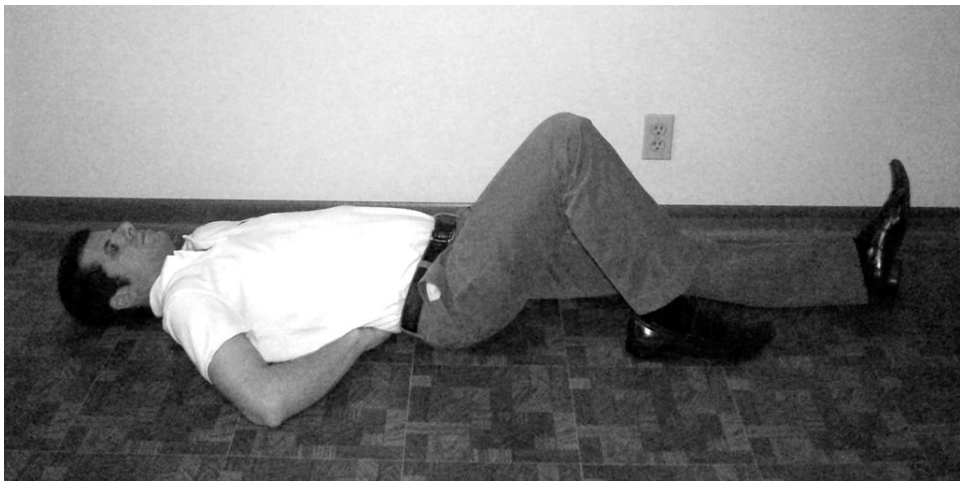

FIGURE 56 – STARTING POSITION

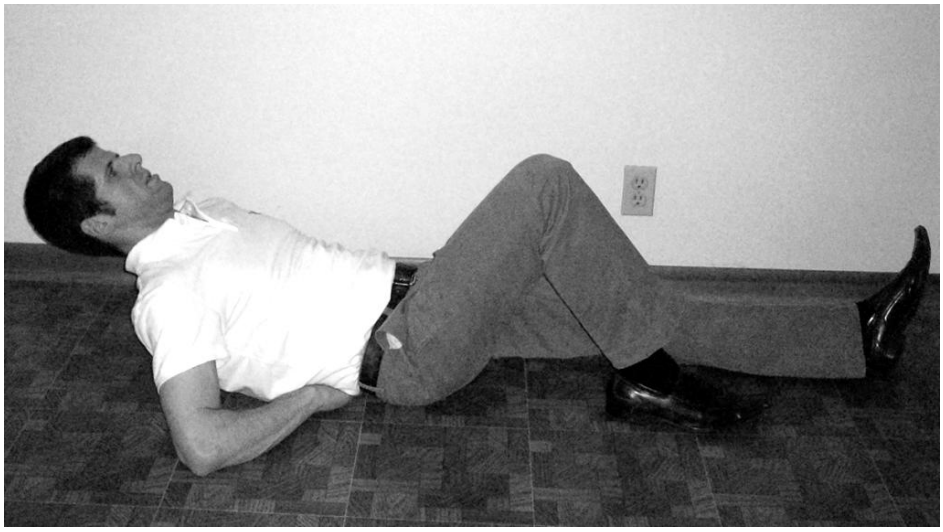

FIGURE 56A – END POSITION

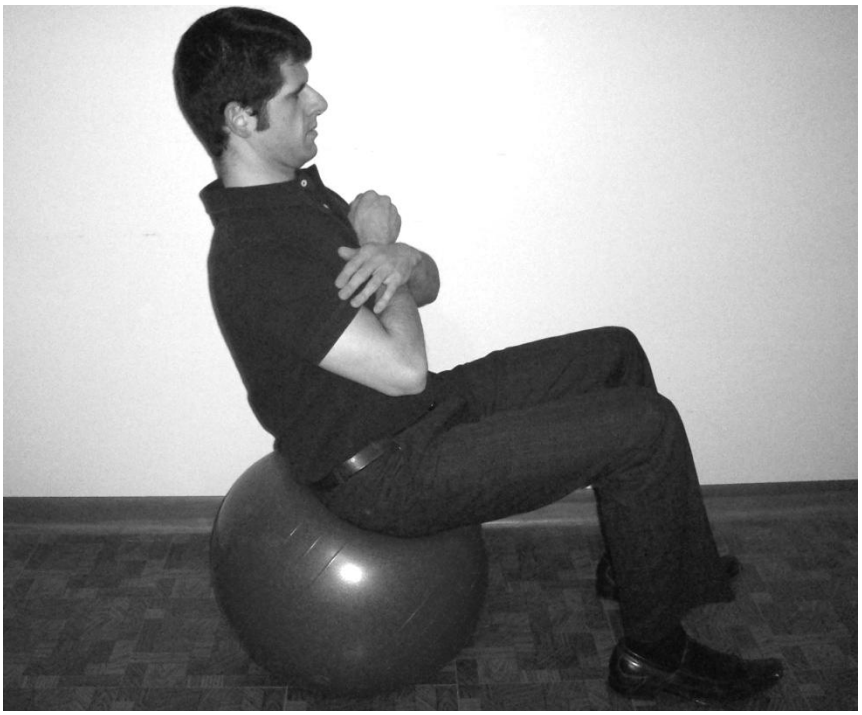

FIGURE 56B – GOOD

The National Institute for Occupational Safety and Health, or NIOSH, doesn't recommend performing job tasks that exceed 3300 N of force on the low back. A typical sit-up (lying on back with knees bent) places 3300 N of force on the low back each time one is performed. Tasks that exceed 3300 N of force are linked to a higher likelihood of back injuries. You should avoid activities that place your back at risk, yet you are likely performing a sit-up incorrectly each day.

A safer way to perform sit-ups is to lie on your back, with your hands placed palm down underneath the low back. Your low back should not be flush with the ground. There should be an "inverted C-shape" curve in your low back for your hands to fit underneath it. Bend one leg (FIGURE 56). It can be either your left or right, as it doesn't matter. Keep your head and torso in the same plane as you flex your torso to 45 degrees (FIGURE 56A). This method is the proper way to perform a sit-up without injury. Performing a sit-up in the manner described above places approximately 2000 N of force on the low back compared to the 3300 N of force generated by the typical sit-up (3).

I also recommend sitting on an exercise ball, as an alternative method (FIGURE 56B), to perform a sit-up if you aren't able to lie on your back as described above. Performing sit-ups on an exercise ball reduces the amount of force on your back as well (4). If you perform a sit-up on an exercise ball, keep your back neutral (straight) and do not come up higher than 90 degrees.