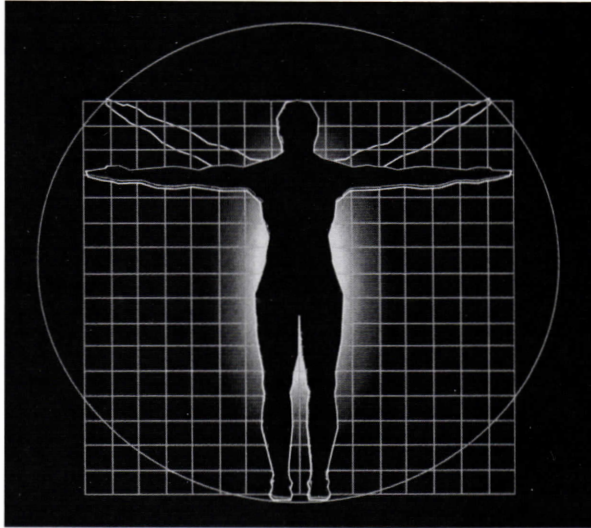


The
BACK SAVER
System



A back pain and injury
prevention program
that really works.

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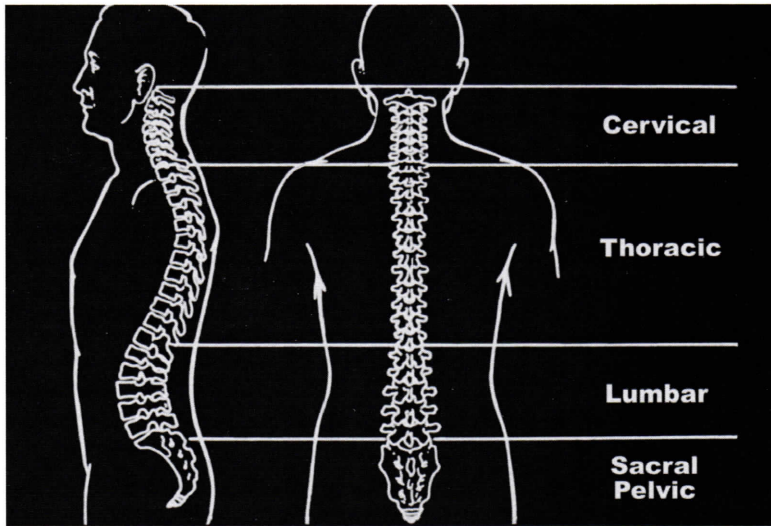
Welcome to *The Back Saver System*.

You have chosen to attend the single most effective back injury prevention program in the nation. This program will produce real, measurable results! The techniques presented in *The Back Saver System* can dramatically reduce or eliminate your back pain and can prevent the majority of all back injuries. Additionally, *The Back Saver System* can show you how *you yourself* can learn to put your back "into position" if you have been unfortunate enough to have your back "go out" of position. Best of all, *The Back Saver System* will accomplish all of this with no-cost and easy-to-implement techniques. You really *can* prevent your own back pain.

***The Back Saver System* is different!**

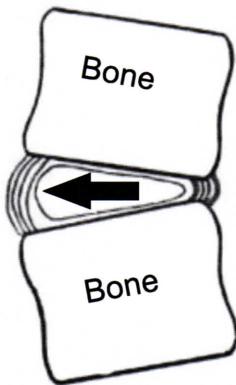
We have developed a unique method of combining proven techniques with a presentation that has been shown to be effective. *The Back Saver System* is not "an exercise program" in the traditional sense. *The Back Saver System* is different from the usual exercises which tend to focus on strengthening. Although strengthening is important in the lower back, it is even more important to first concentrate on actually improving the structure and metabolism of the soft tissues of the spine including the intervertebral discs. *The Back Saver System* focuses on exactly this priority. The program is based on the latest advances in scientific research concerning the causes of most back pain and injuries. The program is continually updated. But it is based on fundamental anatomical, mechanical and physiological principles. You will be taught how to perform only a few simple, but very powerfully effective exercises. The latest and most advanced preventative techniques as well as avoidance of improper and dangerous body mechanics are also emphasized.

The class will be taught by a licensed physical therapist with extensive clinical experience. Additionally, our licensed physical therapist instructors are experienced presenters. They have the ability to deliver the message in an interesting and engaging manner. This is essential if true learning is to occur! *The Back Saver System* is also intended to be enjoyable. Get ready! You are about to receive the most important information of your life concerning the health of your back.



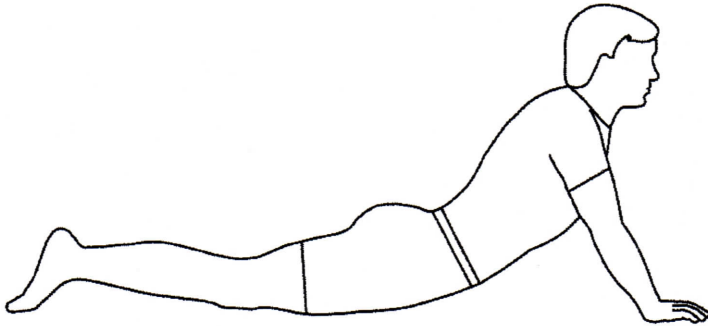
The healthy spine has a gentle “S” shape.

Most notably the lumbar area has an inward arch. This inward arch in the lower back is normal. When we don’t regularly perform the correct flexibility exercises, many of us lose the natural inward arch in the lower back.



When we bend backward, the inside of the disc moves forward (in the opposite direction). Since the nerves are located in back of the spine, it is important to maintain backward bending flexibility.

EXERCISE #1: "BACKWARD BENDING IN LYING"



This is the single best exercise you can perform in order to maintain a healthy, injury free and flexible spine.

Perform this exercise slowly and gently. Relax the lower back and legs. Perform 5 repetitions and then 5 more holding at the top for 5 seconds and exhaling. This total of 10 repetitions is one set.

PAIN _____ sets/day

STIFFNESS _____ sets/day

NO PAIN NO STIFFNESS _____ sets/day

EXERCISE #2: “BACKWARD BEND IN STANDING”



The 3 Golden Rules

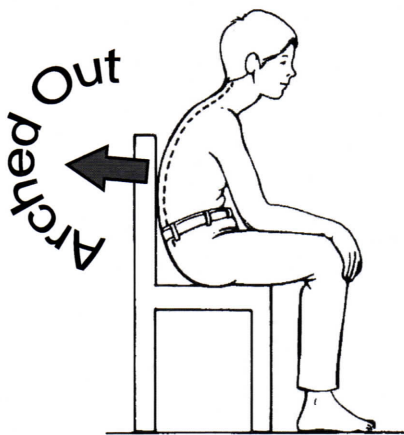
- 1) Interrupt the sitting position every 30 minutes to bend backward.
- 2) Bend backward 5 to 10 times just before lifting and right after lifting.
- 3) This “backward bending in standing” exercise can be substituted when you are unable to perform exercise #1.

Place your hands on your hips and gently bend backward until you feel a mild stretch. Slowly return to the start position.

- Never overstretch
- Always perform exercises slowly and gently

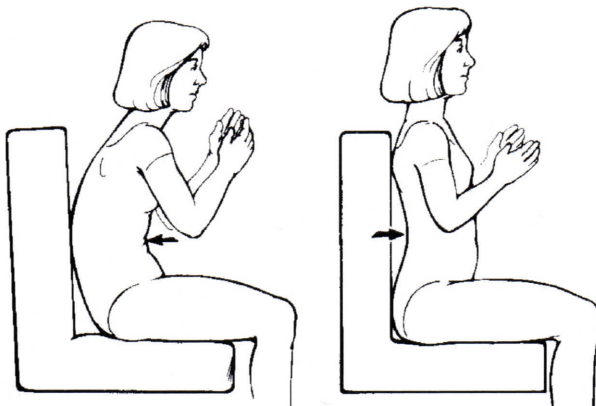
You should never feel any sharp pains with any of the exercises. You should only feel a mild stretch or strain. If you feel sharp pains, back off!

Always consult your doctor or licensed physical therapist before beginning any exercise routine.

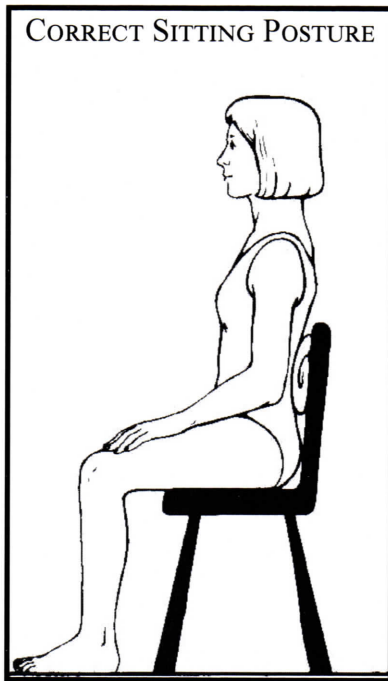


Sitting with the back "arched out" is the cause of much back pain and injury.

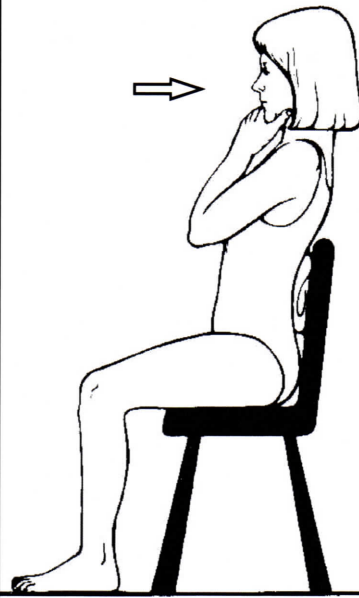
EXERCISE #3: "SLOUCH/OVERCORRECT"



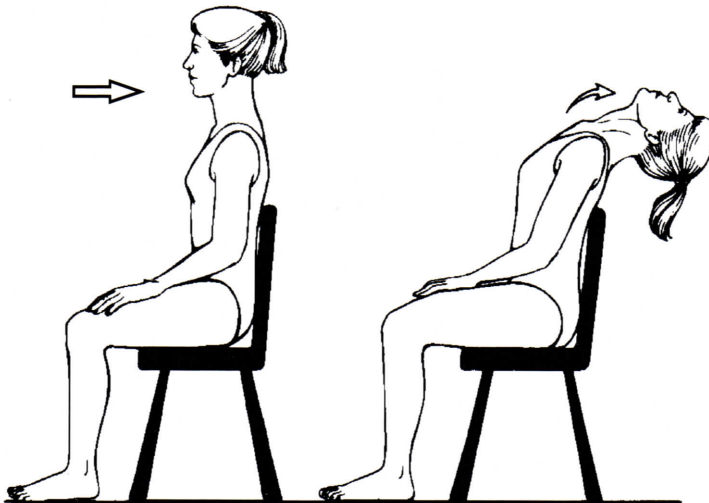
If you must sit for long periods, perform the slouch/overcorrect exercise for 10 repetitions every 30 minutes. You can also interrupt sitting every 30 minutes by performing the backward bending in standing exercise #2.



NECK EXERCISE

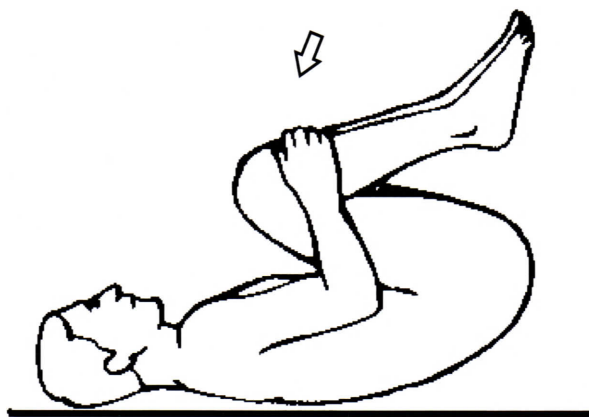


Tuck the chin backward and gently push on the chin with the fingers. Perform 1-5 repetitions.

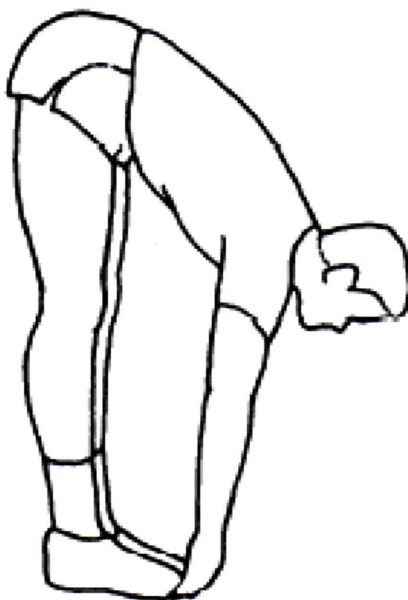


With the chin tucked backward gently bend the head backwards until you feel a mild stretch. Perform 1-5 repetitions.

EXERCISE #4: KNEES TO CHEST



EXERCISE #5: BENDING FORWARD IN STANDING



Knees To Chest

This exercise should not be performed if you have recently hurt your back. This exercise is for the treatment of stiffness in the lower back. This stiffness often develops weeks after an injury or after a period of pain.

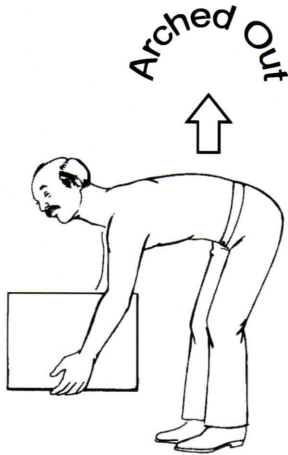
Be cautious with this exercise. Start with only 5 repetitions per set and gradually work up to 10 repetitions. Always perform a set of exercise #1 after you perform this exercise. Always perform this exercise for at least two weeks before advancing to exercise #5.

Each time you perform a set, slowly and gently pull your knees closer toward your chest. Then return the feet to the floor with knees bent. Stop when you feel strain. Do not lift your head up and do not straighten the legs while lowering them.

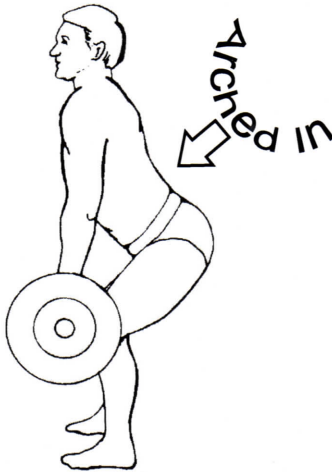
Bending Forward In Standing

Like the previous exercise, this exercise should not be performed if you have recently hurt your back. This exercise is also for the treatment of stiffness in the lower back or pain also extending into the legs. Do not perform this exercise unless you have performed exercise #4 for at least two weeks. Be cautious and start with only 5 repetitions per set and gradually work up to 10 repetitions. Always perform a set of exercise #1 after you perform this exercise. Do not perform this exercise more than one time per day when restoring motion and no more than one time per week after fully regaining motion. Do not perform this exercise in the first 4 hours of your morning.

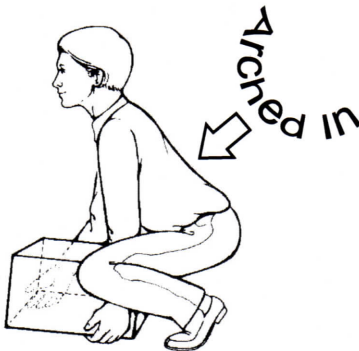
Starting in the upright standing position, place your hands on your thighs for support and slowly run your hands down the front of your legs while bending your body forward. Stop when you feel strain. Then return to upright standing.



Lifting with the back "arched out" is dangerous. This position can cause injury to the lower back.



Weight lifters have known for years that lifting with the back "arched in" is much safer. You will not hurt your back if you lift with the back "arched in".



Always try to squat down and get as close to the weight as possible. Most importantly, keep the lower back "arched in".

"FIRST AID" FOR BACK PAIN

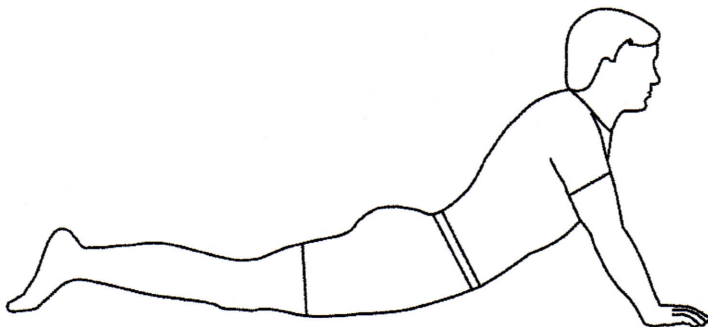
If you experience a sudden episode of sharp pain, perform the following:



Lie down in the prone position. If this is too painful, then you should seek bedrest and do not attempt any exercise until the next day. When resting in bed on your back, use a towel roll under your lower back.



If the pain subsides in the prone position, then you should attempt to get into the "prone on elbows" position



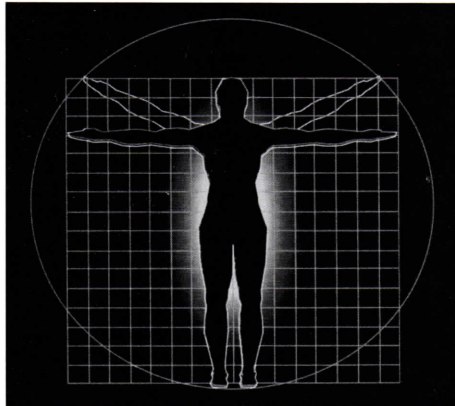
If the pain subsides in the "prone on elbows" position then attempt exercise #1. Assume the prone or "prone on elbows" position for several minutes (or exercise #1) every 2 hours during the day. Do not try to bend forward for at least 2 weeks. When sitting, always use a lumbar roll.

You should never begin any exercise program (including any exercises in this publication) until you have been evaluated by a physician or a licensed physical therapist.

ALWAYS REMEMBER:

- NEVER OVERSTRETCH.
- PERFORM ALL EXERCISES SLOWLY.
- TAKE IT EASY.
- USE COMMON SENSE.

Always consult your doctor or physical therapist before beginning any exercise routine.



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