



The Headache & Pain
Management Centre



If you have **Low Back Pain**, which you have had for a long time, and you aren't getting the results that you need, then you should read this.

If you are like most other patients with Low Back Pain, then you will fall into one or more of the following categories:

- **You** have had back pain for more than 3 months, and it either isn't getting any better or is getting worse over time
- **You** have seen numerous other health professionals, and while things might have got better a little bit, it just hasn't got the job done.
- **You** are sick and tired of being taught boring little exercises to do, which you won't do anyway, or have a list of them that are so long that you don't know where to start!
- **Your** scans show some degeneration or negative results, and you aren't sure of what to do next.

You have been doing your absolute best for a very long time to find the right person to talk to about this, because no-one seems to understand just how this is affecting you. You would like someone to guide you through the process of firstly working out where your pain is coming from, and to know what you can do to sort things out... without having to commit to months and months of twice-weekly treatment or risky surgery.

Moving around makes you nervous, and no amount of pilates, adjustments or "core" exercises have helped.

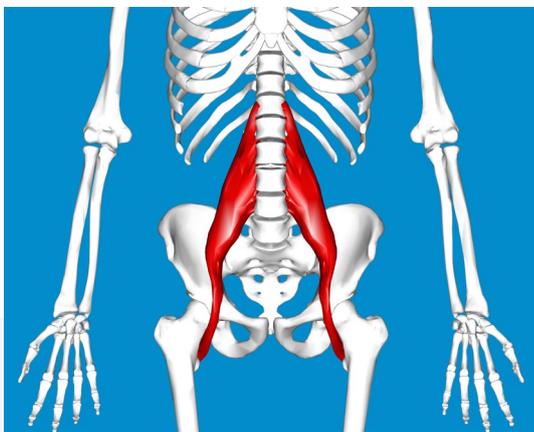
If this sounds like you, then read on...

The 3 reasons that you haven't yet improved your Back Pain.

Reason #1: Your clinician probably hasn't assessed or treated the two main muscles that cause back pain to happen.

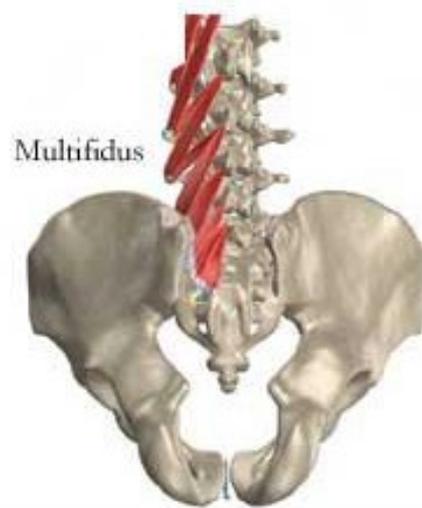
Ask yourself these questions – have the professionals that you have seen ever pressed into your tummy to assess how sore it is, and have they assessed, using computers and technology, exactly how strong your lower back is?

If you have answered “no” to one or both of those questions (it's usually both!) then they haven't assessed the two main muscles that are most responsible for lower back pain starting, – your **Psoas Muscle** and your **Multifidus Muscle**.



Your psoas muscle attaches directly into the front of your spinal bones, and is the main muscle that protects your back when you are moving. It tightens up when you are under stress, or if you happen to have a trauma, like a car accident, fall or acute back strain. If that muscle tightens, it doesn't allow your back to move as well as it could – and refers pain directly into your back.

If you have ever had a tight back, and you are digging into your back but “it's just too deep that I can't get to it...” – the Psoas probably the culprit.



The Multifidus muscles are on the opposite side to the psoas muscles. These small but dense muscles attach to the back of your spine, but about 6cm under your skin. The research shows, with great certainty, that this muscle shrinks when you get lower back pain – and unless it begins to work again, it continues to shrink, meaning your back feels “tight” all the time, and sometimes feels unstable.

Until you have both of these muscles expertly assessed and treated, you will never know how much impact these “hidden prankster” muscles are impacting things.

Reason #2: No-one has ever explained to you exactly how your pain works... in your specific case.

You might not believe this – but people don't actually come to see us because they are in pain. This sounds a bit strange but hear me out.

People **actually** see us because they either don't know why their pain is there, or what they can do to alleviate it.

Have you ever seen anyone with a simple broken arm get frustrated because they don't know when their pain and discomfort is going to end? I haven't. Why? Because they **know** that their bone is broken, it will take 6 weeks to heal, and it has a nice protective cast on it. They also get all the sympathy ('you poor thing, you have a broken arm! What can I do to help??') because pretty much everyone knows how a broken arm works.

Think about this. When people have Low Back Pain – often it is very hard to tell what's causing the pain on a scan, and worse still, employers, family members and friends can say things like "well there's nothing wrong with you" or "it's all in your head". This makes you feel like you are not being listened to, taken seriously, or they think you are just "making it up".

You start doubting yourself, questioning what you've done to have this pain happen, why it keeps happening. You blame yourself for it.

You have helpful and unhelpful information from doctors, health professionals, friends, and the dreaded

Dr. Google. It poses more questions than it answers and you don't know what to do. Where is this pain coming from and why is it **STILL HERE?!**

Thankfully there is a reason why pain occurs, and great tools to work out why it is occurring for you. We know, with great certainty, that pain doesn't always happen because of tissue damage alone – and is usually to do with overly heightened nerves. Your nerves are probably acting a bit like a smoke alarm, which goes off with a piece of burnt toast. The 'alarms' in your body are sensing danger, but the threshold is far too low to be useful – it's just frustrating!

Unless both you and your clinician have an understanding of how your own unique circumstances, history and goals are affecting your pain, you can't tailor a program that is just for you, and you will continue getting the same poor outcomes as before.



Reason #3: Your health professional hasn't spent enough time diagnosing the specific problem before beginning treatment.

You have probably been there. The Specialist's office where you have waited weeks to get in, only to spend 10 minutes in there looking at your scan before being told to "see a physio". Or worse, "we could operate but we can't guarantee that it will work for you". It makes you feel like that you have wasted your precious time, posing yet more doubt in your mind about what's happening.

Or you might have gone to the Chiro, Physio or Osteopath's office where they could be seeing a number of patients at once, in an area that isn't private. Or worse... they stick a heat pack and a machine on you and tell you that it will fix it. You think to yourself "I can do that at home!".

You also might have tried the expensive gym or group class membership, where you go once or twice, thinking that doing Yoga or Pilates will make you better...

but you find that without the proper guidance, you get really sore afterwards, and you are afraid of hurting yourself more.

All of these strategies are useless unless both your clinician, and you, have a very clear idea of what your issue really is, and what you want to get back doing again. There is no point treating someone like a marathon runner if all they want to do is be able to sit or walk without pain for more than 20 minutes!

The key to solving any complex problem like Persistent Low Back Pain is to spend time listening to you and your pain story, and putting all of the details together to accurately diagnose what the problem actually is.

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So how do you create a proper plan to alleviate your back pain once and for all?

Firstly the psoas muscles and the multifidus muscles need to be assessed and addressed properly from day one.

When feeling psoas, it is through the abdomen, so the pressure used needs to be gentle... only with a little bit of discomfort. If it is very painful – then they are pushing too hard (and can be dangerous!). Whoever does this needs to have training and experience... and the gentle touch.

The multifidus muscle strength can only be accurately tested if you isolate the back muscles, otherwise other muscles can cheat! The MedX Medical Lumbar Extension Machine is the most accurate and correct way to test this.

Secondly you need to understand how your pain works – so you can have the confidence to know what is “good pain” and what is “bad pain”.

Your pain is individual to you. It is real, it is there, and only you can judge how bad things are affecting you. The job of a good clinician is to explain how pain works in your body and nervous system – in a way that you understand, not the way they think they should tell it – and for you to use that knowledge to know that you are safe to move, and do the things you want to do.

Thirdly you need to spend at least one hour with your health professional on day one, in order you to work out if they know what they are doing, and for them to be totally clear as to what the treatment needs to be.

When you spend enough time with your clinician, both you and them can be very clear as to what your diagnosis is (or most likely is), the treatment options that are available to you, the expected timeframe that would be expected for improvement, and the total time taken to get back to where you want to be.

When it is in a private setting, one-on-one with no interruptions, you can be certain that your clinician is listening to you, concentrating on the important task at hand, and be assured that the outcome you want is the only thing that matters.

Want to know more about how **EXACTLY** The Headache and Pain Management Centre can help **YOU**?

Our **heavily discounted**, one-hour Initial Consultation might be just the thing for you.

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