

# **SIX SIMPLE & HOLISTIC WAYS TO EASE, PREVENT BACK PAIN (STIFFNESS)**

**WITHOUT PAIN PILLS AND SURGERY**

*"If You don't take Care of Back Today,  
It will push you Back tomorrow"*

- Sam (Sachin) Koshiya

Value \$25



**YOGI SPINE CARE &  
PHYSICAL THERAPY**

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## About The Author of This E-book



Dr. Sam (Sachin) Koshiya is leading Physical Therapist who holds Master and Doctorate degree (Utica College, NY) with his focus is on delivering excellence in medicine and Individualized care. His clinical practice is expansive, treating patients from pediatrics to professional and Olympic athletes.

Dr. Koshiya is Specialized/Certified treating musculoskeletal conditions as lower back pain, neck pain and extremity joints pain conditions by Mechanical Diagnosis and Therapy-MDT (the McKenzie Institute of the USA). He is also recognized as a Certified Vestibular Rehab and Concussion Specialist through the American Institute of Balance (AIB). He is also expert with various techniques such as Blood flow

Restriction-BFR, Myofasial release- MFR, Instrumental assisted soft tissue mobilization-IASTM/Graston, Functional Capacity Evaluations, Pre/post operative rehab and more.

Dr. Koshiya believes 'the right body mechanics/movements and individualized hands on techniques allow the body to heal quick and naturally, without medication and surgery'. He is also firm believer to giving back to community and charities. He spends his spare time with family, golfing, playing volleyball, walking on shores, Volunteer work (ex. Rotarian, BAPS charity) and Yoga!



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## **Do You Know These Facts About Back Pain**

- After 30 yrs, we start losing muscles mass about 3% to 5% every decade
- Astronaut's heights will be more when they come back from space as they live in no gravity so there is no pressure on vertebral disc.
- Stress and anxiety does increase back pain
- Back Pain accounts for 264 million days missed workdays in a year and cost around \$20billion a year
- 80-85% of the population experience back pain at some point in their lives
- Back Pain Is second most common reason to see Doctor
- The only Mammals who suffer from Scoliosis? Human!!

### **Myths**

#### **“My back is hurting just little due to some strain and it will get better by its own”**

Most of the acute back pain turn in to chronic nagging pain on back and if back pain stays more than a week, you don't want to ignore it

#### **“I will get massage and it will be better and relax”**

Sure, Massage Therapy help to relax the muscles and provide 'temporary' pain relief but you want to further find this out if this is just muscle, disc or nerve are involve as well

#### **“I will just take some pain pills and it will be better”**

Pain Medication mask the pain but not addressing underlying issue/reasons for pain. You don't feel pain after having pain pills but it is temporary effect. As soon as effectiveness of pain pills goes down your pain start to coming back.

#### **“My Doctor tells me that surgery is only the option to get rid of the pain”**

Surgery is the last option which also depends on severity. The number of research articles proven that physical therapy and regular proper exercises, posture prevent the surgery.

## **“Six Simple & Holistic Ways to Ease, Prevent Your Back Pain”**

<b>Six Simple &amp; Holistic Ways</b>	<b>Explanation</b>
<b>1. Avoid Sitting Cross-Legged AND Prolong slouch posture</b>	<p>Your Spine isn't designed to twist or turn certain way. Sitting in a crossed-legged position is doing just that. With this position your joint are twisted, muscles stretched and spine/lower back is weak support wise at certain degree which make your back vulnerable to injury- usually aged 40-60.</p> <p>Avoiding sitting more than 20min: Sitting longer increase 10x-20x times pressure on the spine/ lower back area. Prolong Sitting without proper arm and back support increase pressure in the lower back/spine by 20-30%. This cause inevitable aches, pain and stiffness.</p>
<b>2. Avoid Certain Types of Footwear</b>	<p>Footwear Such as Sandals, High hills and less supported fashion footwear may look good but are not helpful while trying to protect your lower back area.</p> <p>Wearing High Heel increase the pressure by 25 times in your lower back area. Think about your back situation using high heels for hours, weeks, months and years!</p> <p>Reverse to this if you Consider shoes fasten tightly, with a soft cushion based and that contain a instep suitable to your foot position will likely decrease pressure in the lower back area by 25 time.</p> <p>Usual Recommendation to Change your shoes every 7-9 months for better elasticity and cushion support.</p>
<b>3. Change Bed Matters Every 5 Years</b>	<p>This is bedroom questions that I get asked every day. People want to know about their mattress and what type should you sleep on.</p> <p>To answer this very generic question; I usually educate them if you haven't change your mattress in last 5 years then it's about time that you do!</p>

	<p>While sleeping on surface spine/back needs support various curvatures in spine, using same mattress after certain year's elasticity, firmness won't maintain.</p> <p>After all, if you going to spend 'a third of life' in it, might as well get the best one that you can.</p> <p>Not too Firm or Soft Mattress or lying surface consider ideal, however, chose one works best for you and your spine!</p>
<b>4. Effective Lower Back exercises Rituals</b>	<p>As you brush your teeth twice a day to keep them clean and to prevent issues in it, the same way, need to do certain Exercises, Yoga and Stretching which focus core strength and stability to prevent re-occurring lower back pain.</p>
<b>5. Lifting and Weight Shifting</b>	<p>You might think that you already know to be cautious during lift things. However, most important thing is your posture. Keeping posture spine in correct position and using lower extremity help to decrease load in the lower back area. While you happened to have to stand longer in one place and position, shifting weight from one leg to other decrease constant pressure, stiffness in the same sport in your lower back area which helps to ease pain.</p>
<b>6. Give a Spine Specialized Physical Therapist a Try</b>	<p>There isn't faster way to END back pain than by going to see a certified physical therapist. Getting to see a hands-on specialist Physical Therapist means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff, stuck and painful joints and strengthen your body so you can go back to doing things that you love!</p> <p>Many Individual don't know how easy it is to access Physical Therapist- You DON'T need referral from a Doctor anymore and no worries from insurance either.</p>



	First session is Free with Spine Specialized Therapist and you'll find out what you can do to ease, prevent about your specific lower back pain. Call this number now: (267) 797 1699
<b>Tips/Note:</b>	<u>Don't chose Therapist Center where you get treatment from Rehab Tech/Assistant, machines and Therapist who spend only 10-15 min working on/with you!</u>

## Bonus Section

### 4 Simple exercises to Defeat Back Pain

Exercises Video Link: <https://www.youtube.com/watch?v=QnXzhE-ckzI>

Defeat Back Pain Exercises	Reasoning/Benefits
<b>1. Pelvic Tilt</b>	Small (forward)anterior and (backward)posterior 'pelvic tilt' movement help to strength to flexors and extensors muscles engagement especially lower abdominals. This exercise helps not only strength but also gentle stretch to the lower back area.
<b>2. Bridges</b>	Bridging stabilized and strengthens the posterior(back) group of muscles such as lower back (spine/core stabilization), glut, hamstrings and calves.
<b>3. Static Back</b>	This exercise help to strengthen your 'core-set/brace' area without moving your joint but tighten the muscles without holding breath. (eg: Try to squeeze small towel with small of back)

<b>4. Trunk Rotation</b>	Small side to side motion on the lower body helps to loosen up and promote mobility by engaging the lower trunk and hip/leg muscles to decrease pain and improve stability on lower back area.
<b>Take Away:</b>	*While doing these exercises do not hold breath, proper posture and gentle very small range movements. Seek attention from your therapist, healthcare provider in case of any questions or concerns.

**Health Advice Disclaimer:** We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see per our experience in our physical therapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical Therapist's advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Expert team member. We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report



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