



**Sam Visnic**

**Corrective Holistic Exercise Kinesiologist**

**"Coaching you to ultimate health and vitality!"**

---

## **The Ultimate Back Pain Relief System—Revealed!**

By Sam Visnic NMT, L.M.T.

If you are reading this special free report, it's a good bet that you or someone you know is experiencing back pain. You have taken the route of searching out your own answers, undoubtedly due to the frustration that you have experienced with the medical community and many types of therapies that simply haven't worked. I can guess with excellent accuracy that you have tried chiropractic, massage therapy, acupuncture, physical therapy, and all sorts of creams, lotions, etc. in an effort to end your back pain. I say this because back pain sufferers rarely get to me first without having done all of these previous therapies. By the time someone finds me, they are generally frustrated, and jaded. They have just about "had it" with their pain and are looking for someone who finally "knows what the hell they are doing". I hear the same things from everyone who walks in my door. So, first of all, I want to congratulate you in finding this free report and I promise to "deliver the goods". You are about to finally learn why your previous attempts at getting rid of back pain have failed, and how you can get the relief you are looking for. So, here we go.....

### **What Causes Back Pain?**

This topic can be debated until the cows come home. The fact is that many times we have no idea how back pain came about. Sometimes it is obvious that a particular episode or trauma caused it such as a car wreck, sports injury, etc., but the majority of the time back pain just seemed to happen. Maybe you woke up one day with it, or you noticed an ache or pain in your back that just seemed to get worse over time. What is important is that you recognize what makes your pain worse, and what makes it feel better. This can easily give you clues as to what types of movements could have caused the injury or stress to the tissues. This is my way of finding out what movements need to be re-educated and which muscles and structures are involved. In my clinic I personally look into 7 key areas that assist me in developing a health program to suit the back pain sufferer. I have a massive success rate by using this approach.

### **The Body As A Whole**

If you have ever been to a "holistic" health professional, this may sound like a familiar concept. You see, the whole body works as an integrated unit, with each part having an important job and function. Your skeleton works with your muscles, your internal organs communicate with your brain and circulatory system, etc. The basic concept here is that you cannot live without each of these systems functioning and working together. That is why back pain is not simply and only a "mechanical" phenomenon. Any woman who has experienced back pain while on their menstrual cycle can attest to that!

### **Physiological Load Concept**

I learned this great concept from Paul Chek, HHP, NMT and use it when working with any client on any problem. Since the body functions as a whole and each system depends upon the others for optimum health, it only makes sense to evaluate each area of the system. This is also why all types of therapies are effective if used at the right time! Therapies of all types are meant to do one thing in common; decrease the stress load on the body. Some therapies can decrease the stress load on the body more than others, depending on how big the problem is. This is the reason why I believe that for instance seeing a psychologist can help someone get rid of back pain. If the stress load on the emotional system is high enough, it can contribute to increasing the load on the nervous system, therefore causing chronic tension throughout the musculoskeletal system. Chronic muscle tension leads to fatigue and lack of stability in the spine, thus increasing the probability of injury or pain. This doesn't mean that the emotional load is the only thing that needs to be addressed. It is simply a way of improving the total health of the individual, thus decreasing overall physiological load. When the total stress load of an individual goes down, then perceived levels of pain will decrease as well. Think about it, have you ever had an ache or a pain, then while you were on vacation, it suddenly went away, but came back when you returned to your normal stressful environment? That is a perfect example of how you can decrease pain by lowering your physiological load!

I am going to now go through the top areas that I assess when working with people. These are the largest areas that tend to contribute to physiological load and each of them have their place in improving over all health and conquering health challenges.

## **Muscle Balance**

I personally believe this is the major cause of the majority of low back pain. The muscles in the human body must maintain an optimal tension ratio in every plane of movement, not just standing still, but in every possible combination of movements. When I think of muscle balance, I think of a bicycle wheel. Imagine the rim of the wheel as the spine and the spokes as the muscles of the body. Each individual spoke must have a specific amount of tension. The combined tension of the spokes will create a balanced distribution of forces throughout the rim. This stability supports the rim and keeps it from bending. When certain stressors are continually imposed on the wheel, some spokes become loose, while others stay tight. In this scenario, the forces are no longer properly distributed and the rim will start to contort and bend based on the increased stress. Pretty soon, the ride isn't so smooth anymore!! The same thing happens in the body. When constant stressors happen, such as sitting at a desk all day with poor posture, or sports with unilateral movement happen, such as golf or tennis, the body begins to contort. The spine, being the major support structure of the body, takes up the load. Over time, muscles begin to overwork, or start performing the job of other muscles as they fatigue and develop ischemia (lack of blood flow) or painful trigger points.

### **The Solution:**

In my clinic, I perform an integrated assessment to test the body for muscle imbalances, joint range of motion, flexibility, and optimal strength ratios for all muscles in the body. Based on this information, I design an individualized stretching and exercise program to bring balance back to the system and decrease wear and tear on muscles, joints and support structures in the body.

## **Posture and Ergonomics**

Posture goes hand in hand with muscle balance. When an individual attains good muscle balance, posture will improve dramatically. However, it is not the only cause of bad posture. Emotional state is incredibly important to consider in posture. Think about it: Have you ever been in a depressed state? How do you stand? If you don't know, then stand up and try it. Think about something that makes you sad. How do you stand? My guess is that you slouch your shoulders, your head drops forward, and you look like that character from "Hunchback Of Notre Dame"! When you feel really good, confident, and happy, how do you stand? Most likely you stand with excellent posture. Can you understand why emotional and psychological state of mind is important? Chronically depressed individuals or individuals with low self-esteem typically have poor posture and thus back pain. If you don't believe me, then get yourself into a dumpy mental state and have bad posture all day at work, then tell me how your back feels at the end of the day!

Ergonomics are the second part of this section. Ergonomics refer to proper alignment or positioning of the body at work. Back pain is significantly high amongst individuals that sit at computers all day long. If your computer screen is not at the correct height, your chair is too low, your feet don't touch the floor while in your chair, or you are constantly twisting to one direction all day like a grocery store clerk, then you are going to suffer from poor posture for about 8 hours a day on average! Take that out for 300 work days per year! That can cause some serious muscle imbalances!

### **The Solution:**

Evaluate your work, sports, and home environment. What types of postures are you using all day? Are you setting yourself up for repetitive movement dysfunction? There are many good books on setting up your computer desk, car seat, etc. When working with clients that have unilateral jobs, like a grocery store clerk, I have them start checking groceries in the opposite direction to balance them out!

## **Movement**

Human beings are made to move. Our ancestors did a lot of walking and traveling. They didn't sit at a desk all day long. Most of them were workers, farmers, hunters, or gatherers. They didn't have the types of imbalances that we have today. They had to lift things. Their bodies were strong and conditioned. Today, unfortunately, most people are what I like to call "marshmallows". They don't perform any more physical activity than is required of them. Childhood obesity is at the highest percentage in history, mostly due to increased amount of hours in front of the television or video games. Adults aren't much better. Most adults have low energy due to increased stress over finances, work, and crappy nutrition! It's no wonder they don't feel like working out. I frequently find during my evaluations of back pain sufferers that they are extremely weak in the muscles that support and move the spine. If you never work out, then one day try to pick up something heavy, you can easily injure your back! The goal of working out, or what I like to refer to as "training" is simply that; training the body to be ready and capable to

perform daily tasks with a minimum amount of stress and effort on the body. Exercise must be specific, however. Going to the local 24 Hour Fitness and sitting on your butt on the leg extension machine isn't going to do it! The goal is to perform "functional" exercise. That means squats, lunges, twisting exercises, and all other movements that you must perform on a daily basis in good form. Spending 20-45 minutes on the treadmill may not be what you need to get through your day. You must also be able to select the right exercises and stretches for your imbalances. I see many people go to the gym and are literally training themselves further into their imbalances. It's sad, many of those people are going to end up in their medical doctor's office or on an orthopedic surgeon's operating table!

### **The Solution:**

Select the right exercises and stretches to fit your muscle imbalance profile. Repetitions, sets, how much weight to use; these are all important factors that influence the outcome of your program. If you are constantly lifting up objects that weigh 20 lbs., then you need to be performing strength training exercises that teach you how to lift weights that are at least that heavy and even more. Leg extensions and leg curls are not going to help you lift a 30 pound child up when they are crying! When designing programs, I choose the correct protocol for the individual and their specific work or sports environment needs.

## **Nutrition**

Nutrition, or lack of it, can be a major source of stress and thus increase physiological load heavily. I usually address this problem quickly when working with individuals that suffer from back pain. Think about this one: What does your body make new tissues out of? Of course the answer is what you put into your mouth! So, if you are made up of everything that you put in your mouth, then what are you made of right now? Are you primarily McDonalds, Burger King, or Jack In The Box? Maybe these corporations should come and seize your body, heck they may even own half of it! Just kidding. It makes sense, doesn't it? If you constantly have poor nutrition, are eating processed foods that are laden with pesticides, herbicides, and all sorts of toxic chemicals and pollutants, how do you think your body deals with this? Your liver has the primary function of detoxifying these harmful agents. When your liver, for example gets overloaded, where do you think your body stores the toxins that it can't deal with? If you haven't guessed it yet, BODYFAT! That's right! Fat people are usually toxic people. When internal organs are stressed out, you cannot feel organ pain, so they refer their pain out to muscles. Again, this one is very obvious with women. During the menstrual cycle, internal organs can cause a viscerosomatic reflex. Usually this reflex causes back pain. When the menstrual cycle is over, typically the pain disappears.

Lack of hydration can be a problem as well. Water acts to remove toxins in the body and flush out wastes. Water hydrates the spinal discs too. Dehydration has been linked to a huge list of symptoms in the body.

Food intolerances and allergies can also create dysfunction in the body. Just because you don't get a rash or breakout doesn't mean you are not allergic to foods. Food intolerances are not found through diagnostic testing. The symptom range can be quite large; fatigue, bloating, immune system problems, sinus problems, depression, etc. Internal organ health relies heavily on your nutrition. Dysfunction in the internal organs will show up in the muscular system, as they have the ability to shut off or decrease function in their referral zones. It is obvious, that with this distinction, that internal organ dysfunction can decrease function of the muscles that stabilize and support the spine, thus causing an increased occurrence of back pain in individuals with poor nutrition.

### **The Solution:**

This topic is way too broad to give you everything here. To begin with, improve the quality of the foods that you eat. Organic foods that are high in nutritional content and don't contain pesticides and toxins are a good place to start. Eliminate all processed foods from your diet. Shop around the perimeter of the grocery store. Stay away from foods in the center, such as cereals, bagels, candy, etc. Start paying attention to how you feel after you eat. If you eat a meal that causes your energy levels to bonk, you have either the wrong ratio of proteins, carbohydrates, and fats, or you have eaten something you are intolerant to. Try to pinpoint these offenders and get them out of your diet! In my clinic I test for individual metabolic type, and use specific protocols to assist individuals in finding the optimal nutrition for their specific body. Diets are a crapshoot. Just because a particular diet works for someone else, does not mean it will work for your body!

## **Emotional Health**

Emotional health is vital to the overall health of the individual. Your emotional status will be represented throughout every cell in your body. They don't call it the mind-body connection for nothing. Mind is not separate from body, therefore it cannot "not" affect it. There are many ways to represent this idea. If you have chronic back pain, how does it affect your thoughts? Is it harder to concentrate when your back is throbbing with pain? Do you interact differently with others when you have a pounding headache or toothache? Do you tend to have more negative thoughts and feelings when your body hurts? Of course! Now, what about the other way around? Do you know any people who seem to be "hypochondriacs"? These individuals actually make themselves sick by believing there is always something wrong with them. People who hate their jobs and have chronic stress in their lives usually have elevated cortisol levels. Cortisol is a stress hormone that is secreted by the

adrenal glands. When the body is in fight or flight mode, the sympathetic branch of the nervous system is activated. The sympathetic nervous system is a natural mechanism that mother nature gave us to be able to escape predators etc. In today's society, this branch of the nervous system is extremely abused. It is constantly stimulated due to stressors that people let in and get the best of them. Taxes, traffic (especially here in Los Angeles!), work, family, and other types of stress can trigger chronically elevated cortisol levels. The interesting thing is, whether or not your body goes into fight or flight is really a matter of perception. For every situation in which one person stresses out, there is someone out there that has the same situation but doesn't stress out because they view the situation differently! For example, if a creditor told you that you needed to come up with \$1,000 in the next 2 days you might consider that a major problem and start your regular routine of worrying like crazy about how you are going to come up with it. I, on the other hand, might get excited about the opportunity to learn a new way to make money quickly. After I get the money and pay off the creditor, I will have learned how to make money quicker, a new skill! You see, its all a matter of how you perceive things in your life. You have the choice to view something as a problem, or as an opportunity!

### **The Solution:**

Working with a coach is an outstanding way to learn to control your thoughts and emotions while decreasing stress in your life. Communication with others and yourself will decrease the amount of tension you hold in your body. Negative emotions, thoughts, and feelings will poison your body. I personally use specialized tools such as Neuro-Linguistic Programming and Hypnosis to teach my clients how to "run their own brain". I also recommend personal development audio programs such as Tony Robbins' Get the Edge, or other great communication books.

Well, there you have it! This is the system that I have successfully used with hundreds of clients. Every time I get a client who says "Nobody has been able to help me," I take them through each step of this system and get results!

**If you or someone you know are interested in getting this assessment done, call my office or send me an email for more information.**

Sam Visnic is a licensed Neuromuscular Therapist and Corrective Exercise Expert in Lawndale, CA. Call today at 310-349-6403 to make an appointment or visit his site on the web at [www.EndMyBackPain.com](http://www.EndMyBackPain.com) for free special reports, articles, and tips for improving your health, vitality, and becoming free of pain!