

# 9 NATURAL WAYS

**TO STOP  
BACK PAIN  
RUNNING YOUR LIFE  
...WITHOUT PAINKILLERS,  
'SLOWING DOWN' OR  
VISITS TO THE GP**

**REPORT BY ORSON WAJIH PT, MCSP**

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# About The Author Orson Wajih



Every week, for more than a decade, hundreds of people have consulted Orson Wajih **looking for answers to their concerns about Back Problems** and to know exactly what to do for a **fast end to their Back Pain and Stiffness..** Orson Wajih works with people aged 50+ on a daily basis. He is passionate about helping people understand and differentiate the facts from the myths surrounding back pain. Helping them experience the natural resilience, health and strength of their bodies so that they can enjoy active and independent lifestyles.

## Introduction

In this Special Report on **Back Pain** I want to share with you **9 powerful strategies** that you can make work for you, some will give an almost instant improvement and some may take time to work.

To be honest, without me knowing your individual history it is not possible to say which will work the best for you. There's no guarantee that any single strategy will work for you. But over the last twelve years of helping people combined with an up to date understanding of the scientific research I have been able to identify **what does and does not work for easing back pain.** I understand that there is a lot of confusing information out there regarding back pain and some of it is simply out of date and wrong, but you can rely on this report to only provide science backed, up to date principles for you to try.

Imagine, how great would it be if you **tried just one of these tips every day?** Then you would know what strategies work best for your neck and shoulders, so that you can feel comfortable sleeping, sitting at work or driving, without headaches or pain taking your energy, so that you can enjoy the active lifestyle you deserve.

**TAKE THE CHALLENGE:** Now that you have this knowledge in your hands try at least one of these strategies each day. Most of them will only take a few minutes and can easily be incorporated into your day. In fact you may find that being in less pain gives you more energy and concentration allowing you to be more effective with the important tasks of your day. I think you will be surprised by how much stronger and healthier you will be feeling after implementing these ideas.

# **9 Ways To Help Resolve Back Pain And Get Back To Enjoying An Active Life For Years To Come. (Without Needing Painkillers, GP Visits Or Surgery!)**

## **1. Don't rest - Keep Moving**

The most important thing to do if you have lower back pain is to continue with your normal daily activities.

Don't worry- **Even though back pain can be seriously painful, 99% of the time the causes are not serious and can be addressed.** Our backs are inherently strong and robust, but even a very minor back strain can be agonisingly painful. Pain is not good at reflecting the physical state of our back. We can have lots of pain without significant damage. If you've ever had a paper cut or a bee sting you know it really hurts but there's no real damage. It may seem intuitively that resting is the best option for back pain but the opposite is true. Research shows that avoiding activities is more likely to flare up an episode of back pain than if you keep moving.

You may need to avoid certain aggravating activities in the short term. But this is only temporary, make sure you go back to doing them. **Don't let anyone tell you that you have to avoid something indefinitely.** Start with movements that you can do easily and gradually expand. You may be able to continue your normal exercise classes. Some movements that cause tolerable pain can be helpful but it can be difficult to know if you should push through them. If you are not sure read tip 9.

## 2. Be Aware of Your Breathing

Many of us carry excessive tension and stress in our back muscles, and it is often worsened with stress and pain. You may not be aware of this, but your usual breathing patterns may contribute to muscle tension. When we are in pain or feeling emotional stress we can unconsciously hold our breath or only take shallow breaths. This can over tense muscles. **This is a natural protective response but it is not helpful in the long term** and makes things hurt more.

**Are you feeling stressed out?**

**Has it become normal to feel tired, stressed out, and be running on autopilot just to get through the day's tasks and responsibilities?**

[CLICK HERE](#) to find out how Calm, Energy & Resilience coaching can help you.

For passionate achievers who are feeling stressed out, in pain and disconnected from what's important to them. Grow beyond being driven by worry and perfectionism so you have the grace, energy and enthusiasm to excel at work and make deeper connections to yourself and to others in all areas of life.

Try this breathing exploration for 5 minutes:

-Lie on your back with knees bent and a pillow under your head.

-If available you can also roll a towel lengthways and place it underneath you, along your spine.

- Once in this position relax and breathe silently in and out through your nose, with lips sealed closed.

- Take normal size breaths in and out through your nose, imagine breathing low down into your abdomen. Place one hand on your stomach and one on your chest to monitor where your breath goes. Be sure your rib cage is not rising substantially as this is a sign you likely have excess neck muscle tension with breathing.

**Be aware to keep your head, jaw, neck and back relaxed. Try consciously relaxing them each time you exhale.**



### 3. Don't sit for too long at a time

Even if sitting is not the cause of your back pain prolonged sitting has been shown to cause flareups during an episode of back pain. Don't sit for more than 20 minutes at a time. If you need to sit for work get up and move every 20 minutes. It can be as simple as standing and walking around the room for 20 seconds.

Despite the myths in our culture up to date research shows there is not one 'perfect' sitting posture, it is more about not being stuck in any particular posture without changing. **Try to vary your sitting posture** rather than rigidly holding a 'perfect' sitting up straight posture. Being overly rigid and unrelaxed can make the pain worse.

Check in regularly to let go of any unneeded tension. Sit with both feet on the floor and allow yourself to consciously relax. As you exhale:

- feel the weight of your sit bones sink into the chair.
- feel your upper back relax into the support of the chair back.
- feel your shoulders relax.

On a long car journey take breaks at least once an hour and get out for a 5 -10 minute walk.

### 4. Ice or heat?

See what your body prefers but ice is the best option for most people. An unopened packet of frozen peas works well if you haven't got an ice pack. Place a tea-towel between your skin and the icepack. 10 minutes is enough.

With an injury that has occurred within the last 36 hours ice is the preferred treatment. With more long term back pain your body may respond better to heat. A heat pack, warm bath or shower can help tremendously. Once the pain has eased make sure you take advantage of the opportunity to get your back moving straight afterwards, e.g. tip 5.

## 5. Walking

Walking can be a good way of getting some relieving movement into a stiff back. Research has shown that walking can be an effective way of relieving back pain for many people. Try going for a 20-30 minute walk and see if it helps you too.

## 6. Are you worried by the result of a past MRI scan? Is the feeling that you have a 'bad' back stopping you from doing something you love?

Have you been given a diagnosis for your back pain based on a scan or x-ray in the past? **Do you now feel that you have to permanently avoid lifting, bending, dancing, gardening or anything else that you'd love to do?**

There are several factors that determine whether your back hurts. The structure is only one and may not be the most important. Many other factors can be addressed naturally without ever needing to 'correct' the structure. Research has changed our understanding in recent years and it is now clear that **x-rays and scans do not dictate what we are capable of**. 80% of people with no pain will have an MRI scan showing disc and joint changes. These are a normal part of ageing. Even 30% of 20 year olds will have changes showing on a MRI scan!

**Our bodies are naturally resilient and capable of accommodating the physical and emotional stresses of life.** Whilst our anatomical structure is not irrelevant and can contribute it is often not the only significant driver of our pain. Lots of different factors (many of which you may have not considered) can have a large effect on your back pain. **This can make you feel that your pain has a life of its own.** It may be that you have not been informed about or considered all of the potential contributing factors.

These other factors can include:

- **Lack of quality sleep**
- **Life stressors including work and family**
- **Feeling that the pain will never go away**
- **Negative beliefs about your pain and the feeling that you are causing more damage by performing daily activities and movements.**



**Our structure is not the only factor when we are in pain and may not be the most relevant.** Successful resolution of pain comes from addressing multiple factors specific to each individual. Usually the structure doesn't need to change. Research now shows that people usually don't need surgery and can do just as well with physiotherapy while avoiding the risks and inconvenience of surgery.

## 7. Improve your sleep

Both the quantity and quality of your sleep can effect your low back pain. Improving the quality of your sleep can decrease your pain levels as well as increase your energy and activity levels.

Try to arrange your schedule so that you get at least 8 hours sleep. Make sure your room is dark and avoid computers and smart phones for an hour before bedtime.

Try setting a 'reverse' alarm clock which goes off one hour before bedtime - to let you know it's time to wind down.

**Do you have long term insomnia?**

**trouble getting to sleep, or staying asleep? Relying on sleeping pills?**

[CLICK HERE](#) to find out more about an insomnia intervention that has over 20 years of solid research behind it. It is natural and uses no medication. It has been shown to be effective in improving sleep in 70% of cases, even when people have been struggling for years and 'tried everything'. The National Institute for Health and Care Excellence (NICE) recommend it above pills.

## 8. If you are having pain at night...

If you are finding it hard to get comfortable in bed try these tips:

- It may help to avoid sleeping on your front.
- When sleeping on your side place a pillow between your knees.
- When on your back place a pillow under your knees.
- Avoid reading in bed.



## 9. Physiotherapy

The fastest way to get relief is to visit a physiotherapist. Seeing a hands on specialist physiotherapist means you will have a thorough assessment and understanding of why your back hurts and the best plan to get you back to normal again. After the first physiotherapy appointment your concerns and questions will have been answered and you will know exactly what you need to do to get back to enjoying life. In most cases a MRI scan or X ray is not needed. Research shows that the best outcomes for back pain are due to getting you moving again with a simple programme that is tailored to you and fits into your life. Expert hands on treatment has been shown to quickly relieve pain while you recover.

Combine the tips in this report that work for you plus a visit to see a hands on private physiotherapist to get you back to confidently enjoying life and all the activities that are important to you.

You can often leave a good physiotherapist with your concerns resolved, a clear plan and prognosis and physical pain reduced in less than an hour.

Many people I talk to have the belief that they need to visit their doctor first when they have back pain. Physiotherapists are first line practitioners, which means that you can visit one directly and don't need a GP referral. The quicker you can get a diagnosis and treatment the quicker you can get relief.

## Conclusion

Are you finding yourself with aches and pains in your back? **You are NOT alone.**

Many people deal with back pain or discomfort during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has given you some ideas of **how to stop your back pain and avoid making it worse.**

If you are currently dealing with back pain, whether it is new or something nagging, we are more than happy to provide you with a **FREE phone consultation.**

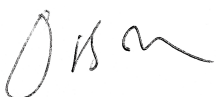
It only requires a few minutes for us to get an idea of what might be causing your back pain, and it doesn't require any bookings or appointments.

Click [HERE](#) to request a phone consultation.

Physiotherapists have extensive experience and success treating back pain. We at Orson Wajih Physiotherapy are passionate about helping people alleviate back pain so they can enjoy life to the utmost. There is obviously more I could go into regarding resolving your back pain. In the weeks ahead **I'll be sending you even more tips and advice on how to restore your active lifestyle** and share with you how physiotherapy can make a difference in your life.

I sincerely hope this is the beginning of a great, long-term relationship where you can have an honest conversation about your health and receive leading edge, evidence based health advice that truly makes a difference in your life.

Dedicated to helping you move better and feel better,



**Orson Wajih MCSP**

**Specialist Back Pain Physiotherapist**

Knightsbridge, London

## ***Health Advice Disclaimer***

I make every effort to ensure that I 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 I commonly see in my physiotherapy 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 physiotherapy 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 Orson Wajih a Chartered Physiotherapists at Orson Wajih Physiotherapy. I am 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.