



Freedom from Back Pain

giving you the freedom to do what matters

Chiropractic
Counselling
Naturopathy
Personal training
Rehabilitation exercise
Relaxation
Weight loss
1-2-1 gym work

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Disclaimer This booklet is intended to give you some first aid ideas for managing back pain until you can get an expert diagnosis and advice on treatment from a chiropractor or your own GP. We have found these suggestions useful to our clients over many years but if you do not find them helpful please ask for a free consultation or try one of the other tips. It is not possible to recommend specific treatments without a consultation in person. Everyone is unique, we have had different injuries and have different bodies. We respect this uniqueness and adapt our treatments to your needs.

The Freedom from Backpain Programme

Steven Rudd

Doctor of chiropractic and naturopath

*The Doctor of the future
Will give no medicine
But will interest his patients
In the care of the human
frame, in diet, and in the
Cause and prevention of disease.*

Thomas Edison

Dedicated to my patients past present and future.

About the author

Steven Rudd ND MRN CCEP Cert. AK, Advanced Cert. SOT DC FRCC. UK state Chiropractic register 00109



Steven Rudd graduated from the prestigious Anglo-European College of Chiropractic in 1984 as a Doctor of Chiropractic, and from the British College of Osteopathic Medicine with a Naturopathic Diploma in 1995. He holds post-graduate certificates in Applied Kinesiology, Sacro-occipital technique, extremity manipulation, manipulative therapy, cranial osteopathy and Family Constellation therapy.

Steve is a state registered Chiropractor www.gcc-uk.org, a member of the British Chiropractic Association, www.chiropractic-uk.co.uk, a Fellow of the Royal College of Chiropractors www.colchiro.org.uk, a Member of the British Naturopathic Association www.gcrn.org.uk, The International College of Applied Kinesiology, The Sacro-occipital research organisation and the Cyprus association of alternative therapists. He is listed in Marquis Who's Who in the World for making an outstanding contribution to his field.

All UK Chiropractors must be state registered with the General Chiropractic Council. To register they will have trained for 4-5 years full time with extensive training in anatomy, physiology and biomechanics with a particular emphasis on the musculoskeletal system and the nervous system.

Steven Rudd is especially keen to see people who have longstanding or complex health problems that have not responded to other treatments or practitioners. He brings his wide range of post-graduate and specialist treatments and 40 years in healthcare together in his work.

Steve has lectured in the UK and abroad about holistic approaches to health, applied kinesiology, chiropractic, yoga asana therapy (which he developed) and cranial treatments.

His hobbies include trail and marathon running, whole food plant-based nutrition and yoga. In 2018 he ran the London marathon and raised over £3000 for the NSPCC.

Chiropractic manipulation, mobilisation or soft tissue work can be useful for:

- Acute and chronic back pain
- Migraine and cervicogenic headache
- Extremity joint conditions such as knee, foot, wrist or hip problems (post graduate certified chiropractic extremity specialist CCEP)
- Thoracic manipulation/mobilization for acute/subacute neck pain

- Many types of shoulder problems
- Naturopathy gives extra insights that may be useful for people with back pain where the cause is partly stress or nutrition related.

Your 11 Tips to help manage back pain

1. Ice pack

Do not use heat!

Apply wrapped in a thin towel over the painful area for 10 minutes hourly. Always apply ice if you get an acute pain in the future while lying in a comfortable position. Some people report that a hot shower feels great, or a hot water bottle. Heat may be used usefully where there is no inflammation but try the ice first as it is more likely to help.

2. Sleeping position:

Disturbed sleep can make matters worse. Try to find the position which gives you maximum relief. For example if you prefer to sleep on your back then try putting a pillow under your knees to reduce back strain. Do not lie face down, it strains the neck badly. It is preferable to sleep laying on the pain-free side if possible with a pillow between the knees. The pillow reduces rotation in the spine and can be more comfortable than without. Changing your mattress regularly is important too, some last longer than others but most should be changed every 5 years.

3. Gentle exercise:

Do not push through pain but stay mobile.

Usually in the first month of treatment swimming (if you swim reasonably confidently) or walking is the best exercise. Add gym work and careful exercise

classes such as yoga and pilates once you are out of pain. Our clinics offers 1-2-1 exercise advice and rehabilitation programmes when appropriate. These often focus on building the core strength muscles around the abdomen and back. Once you start an exercise programme it is best to exercise 3-4 times a week. Choose something you enjoy doing. Exercise has many benefits; The British Medical Journal reported that exercise works well for back pain although manipulation is more effective while a combined approach using both is the best (British Medical Journal 2004,329:1377)

4. Posture

While sitting at a desk have your knees level or lower than your hips, either use armrests or the table to rest the weight of your forearms on. If lifting, bend your knees and keep your back as straight as you can. When driving, adjust the lumbar support (or use a cushion) so you can feel the support in your lower back. Cars with more upright seats tend to be better for people with back problems. Automatic cars too have their advantages if you suffer with leg or back pain.



5. Avoid:

Lifting, soft or low chairs, driving, standing still, lengthy shopping and stooping.

6. Diet:

"A lot of chronic pain is the result of chronic inflammation, and the evidence is quite strong that your diet can contribute to increased systemic inflammation," says Dr. Fred Tabung, a visiting researcher with the Department of Nutrition at Harvard's T.H. Chan School of Public Health. "But your diet is also one of the best ways to reduce it." (July 2018) Dr Tabung recommends broadly the Mediterranean diet approach with lots of fresh vegetables and high omega three foods.

- Water: Muscles are mostly water, muscle pains or cramp may be partially caused by dehydration. Drink 1 -2 litres daily. See the book *Your Body's Many Cries for Water* by Dr Bhatmanghelidj for an interesting insight into our water requirements.
- Avoid: Caffeine as it causes dehydration and excites nerves so it is the opposite of a painkiller.
- Avoid: Sugars and refined (white) carbohydrates as they excite the adrenal glands relaxing the ligaments and tensing muscles causing pain!

7. Stress rest and relaxation:

Many people report that stress either initiated their physical symptoms or made them worse. I think we can all relate to getting tense muscles when we are anxious or angry. Stress and strain potentially accumulate from all areas of life including your work environment, family, relationships, grief, self-esteem, anxiety, depression, having no relaxation or rest time and not getting regular exercise. Ultimately exhaustion is the result and this causes a host of painful physical symptoms let alone just feeling stressed. The science of psycho-neuro-immunology shows that the body and mind affect each other. For example *The Second Brain* by Professor Gershon states how gut health affects our mental state. *The Body Remembers* by Babette Rothschild conversely looks at ongoing physical symptoms that can be caused by emotional trauma years previously.

There are several techniques we use to help you individually or in a small group if you think that stress plays a role in the cause of your problems. These techniques can help achieve a relaxed state mentally and physically.

On our website under articles is an essay titled *Can emotional stress cause back pain?* This article goes through the physiology of how stress affects us. We can give you a printed copy in the clinic if you wish.

We offer relaxation classes in the clinic over 6 sessions in a small group or 1-2-1. Other people prefer a more active way to induce relaxation such as exercising, so if that appeals to you and you are fit enough to exercise then please see a personal trainer to help you decide on the best exercise plan for you. Relaxation or releasing stress can speed up getting well whatever the problem but if you have chronic pain or other longstanding health problems learning to relax may be vital to breaking the cycle.

Mindfulness

One technique that is popular currently is mindfulness. Essentially this means being in the moment. Not thinking about the past or the future but putting all your attention on the here and now. You could try this: When you go out for a walk really listen to the sounds, smell the air, look at the different colours all around you, feel the heat or the cold, simply pay attention to all your immediate sensations. Another related technique is to follow your breath, as you breathe in say to yourself 'I am breathing in' and as you breathe out say to yourself 'I am breathing out' while observing your breath as it does just that. See how long you can do this for; most people have difficulty maintaining concentration for more than a few breaths, aim for 5 minutes mindful attention in these exercises to begin with and extend it to 15 minutes as you are able.

In summary stress causes pain, and pain causes stress, so make sure that you make an effort to relax daily once or twice for 15 minutes, take time for yourself.

Do something that makes you happy. Watch a funny film, laughter helps healing by boosting pain killing endorphins! You could even take a siesta after lunch.

8. Wear appropriate footwear

Many, but not all, people have flat feet, some have high arches. Athletes choose running shoes in three widths with different designs for those with high, neutral and flat arches. You should also take care to select shock absorbent comfortable footwear which will offer good support for you posture and thus your back. Avoid high heels as they increase pressure on the low back.

9. Don't sit!

Do not sit any more than necessary, ideally not more than 10-20 minutes at a time. There is more pressure on the spine and lower discs while sitting than standing. If you need to rest lay down on the bed with a pillow between your knees and use an ice pack for 10 minutes every hour. Otherwise you may be best to potter about keeping mobile. This means driving is probably not a good idea for any great distance.

10. Chiropractic manipulation

The National Institute for Clinical Excellence (NICE) and the Royal College of General Practitioners both recommend manipulation for back pain as delivered by Chiropractors. If you have not yet had a chiropractic consultation call now to arrange a free interview to see if chiropractic can help you or to book your first treatment. Our clinics in Haywards Heath and Nutley (near Uckfield) would love to welcome you but if you are out of our area do feel free to ask us to recommend a British Chiropractic association chiropractor near you.

Contact details

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Or email info@freedom-healthcare.co.uk giving us your contact details and we will get back to you