



**The 5 truths about your back pain: what most therapists won't share with their clients!**



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## About Lombafit Studio

Lombafit Studio was created exclusively to help people with back problems who want to stay active. Our physiotherapists use their expertise and experience to help those living with back pain to reduce their symptoms, prevent recurrence of injury and improve their general fitness.

As health professionals, we are aware of how confusing it can be for patients to make the right decisions about their health. It may even be that the solutions undertaken so far have not been that convincing, or simply not effective enough in the long run! This is exactly why we are focusing on scientifically proven methods as well as the ongoing education of our clients.

All classes are conducted in small groups and are led by a certified physiotherapist. Despite the group environment, your therapist will be able to adapt the exercises to personalize them to your needs. This treatment model allows you to benefit from the expertise of a physiotherapist and the motivation provided by the group... not to mention the reduced cost of working with a physiotherapist in comparison with individual sessions!

## Introduction

If you've made the effort to get this ebook today, it is certainly because you suffer - or have already suffered in the past- from low back pain.

My name is Anas Boukas and I am a physiotherapist. In recent years, I have been working with thousands of individuals with back problems in several countries. Despite the different infrastructures, lifestyles and cultures, there is something that never changes; the vast majority of the population lives with back pain and it's affecting their quality of life! Everywhere, I heard the same story. Everywhere, my clients were complaining of back pain that were previously relatively under control until they experience flare ups. As the pain becomes more debilitating and affects the daily activities, several clients decide to speak to their doctor. Unfortunately, the proposed solutions are not attractive, and sometimes even disappointing. Rest?... you've already tried, but it did not seem to work. Medication?... yes, it works sometimes, but you don't want to create dependence. Injections or surgery?... thanks, but no thanks!

If you got yourself this ebook, it is also because you're probably starting to worry about the future. You do not want to lose your mobility or independence, and you want to stay fit and healthy for as long as possible. Know that your willingness to educate yourself by seeking quality information is an excellent starting point! Indeed, the majority of websites about back pain convey false information on the topic. Most of the time, it's because they are made by alleged "experts" who are looking to sell a product. This has always made me angry because instead of helping, this information often confuses my clients more than anything, which leads to more anxiety and fear. As a certified physiotherapist who specializes in the treatment of back pain, you must know that the information I am sharing with you today is supported by medical research and tested on thousands of clients.

## The 5 truths about your back pain

Without further ado, here are the 5 truths about your back pain that will change the way you perceive your condition. From experience, I know that an educated client greatly increases his chances of recovery. Some of the statements are likely to surprise you, and may even go against what other therapists have told you in the past! My aim here is not to belittle anyone, but I am convinced that it is by adopting a scientific methodology that we will succeed in treating your condition in the long run.

### 1. The limits of “hands-on” treatments: the "magic" hands of your therapist are not as extraordinary as you think!

Whether it is massage, chiropractic, acupuncture or osteopathy, many people with back pain have already tried different therapies to relieve their symptoms. Often, the treatments have brought some level of relief, but the pain often ends up coming back. Why? The answer is simple... it is because these types of passive treatments (where the therapist does all the work) provide short-term effects only. Initially, it was thought that as therapists, we were able to change the tissues by breaking adhesions through massage, or by repositioning a vertebra that was "displaced" through manipulation. Recent studies have shown that relief provided from manual therapy is mainly due to changes in the perception of pain from your central nervous system (i.e. the brain), and NOT as much as modifications in your tissues. Therefore, manual therapy techniques are effective only in the short to medium term, for example if one feels more pain or stiffness. They will not really cure the cause of your problem, and their long-term effect is limited. In addition, it creates dependence to the therapist, which is ideally avoided.

In short, keep this in mind: manual therapists can do a lot to help you reduce your symptoms, but the long-term effect of hands-on therapy is limited. If you have the budget to see a therapist every week, that's nice!... but most people prefer to find a cheaper solution!

### 2. Is your "bad" posture really the cause of your back pain?

How many times have you heard someone complain about back pain because of his "bad posture"? Maybe you, too, have this speech to explain your back problems? Perhaps you think that by adopting a better posture during your working hours, your pain will automatically disappear? Unfortunately, the solution is much more complex, and the link between posture and low back pain is surprisingly inconsistent! Nowadays, most of us drive to work, and then sit at their desk all day long. When we get home, guess what we do to relax from a stressful day? Yup, we

slouch on the couch and spend hours watching our favorite shows...Then we wonder why we have back pain! Instead of pointing out the bad posture, we must instead question our health and fitness habits. In this case, it is probably not the bad posture that causes our pain, but rather our lack of physical activity and poor management of daily stress. When we have back pain, sitting for a long time may make our symptoms worse, but this is probably not the primary cause of our problem. In short, if you have a sore back after sitting for a long time, try to get up from your chair and have a walk. It's much more effective than trying to find the "perfect" posture that does not really exist!

### **3. Victim of medical imaging**

When you have back pain, you obviously want to understand why. Obviously, we assume that having an X-ray or MRI will tell us the exact cause of our problem. Unfortunately, this is far from true...it could even aggravate your symptoms for that matter! Did you know that a large proportion of the asymptomatic population presents with disc degeneration and disc protrusions on MRI?

In other words, even people with no back pain AT ALL may have changes on their medical imaging (such as X-Rays, Scans, MRIs, etc).

In other words, even if your MRI shows herniated discs, they may have been present well before the onset of your pain, meaning these herniated discs are probably not the main cause of your problem.

In other words, do not panic if your MRI is filled with complicated terms that may seem scary and confusing... these changes are NORMAL and occur as early as age 20 in most individuals.

It should be noted, however, that medical imaging can be extremely useful in identifying more severe medical conditions. Your qualified health professional will guide you in deciding whether imaging is relevant to you, and to help you better understand the results and steps to follow.

### **4. Are you telling me that my back pain is in my head?!**

When you suffer from back pain, you may think that the underlying cause is related to muscles, ligaments, joints or discs. But did you know that negative thoughts such as fear, anxiety or catastrophization are strongly correlated with pain and disability? The separation between physical and psychological factors to explain back pain is a mistake many patients - and therapists - make. For example, when you are experiencing a stressful situation at work, I am sure you feel more tension in your

back in the days that follow. Another determining factor is kinesiophobia, which is the fear of movement. By avoiding to move and choosing to rest only, you might think that this will help lessen your pain. Unfortunately, since the muscles get weak and the back stiff, the opposite is most often seen.

Is your back pain in your head? Yes and no! Yes, because pain is an experience and an output coming from the central nervous system (i.e. your brain). And no, because your pain is real and no one can deny it. However, by correcting false beliefs and providing the necessary education, it is possible to greatly influence the perception of symptoms and thus promote healing.

### **5. Really, I have to exercise even if my back hurts?!**

Everyone knows the benefits of exercise as one of the best ways to stay fit and healthy. On the other hand, for the population with chronic back pain, most are reluctant to engage in an exercise program. First, you should know that exercise combined with manual therapy for back pain has been shown to be more than manual therapy alone. This means that if you want to put an end to your back pain in the long term, a massage or manipulation is usually not enough ... you will have to move! The reasons for this are many: first, physical exercise (including aerobic exercise) has a positive effect on pain. By promoting blood supply and oxygen to your tissues, this allows better healing and desensitization of your hypersensitive nerves. Exercise also improves sleep, appetite, mood and anxiety... don't forget that these factors are closely related to low back pain in general. In addition, by incorporating a core stability and strengthening program, it will help control your symptoms and prevent future recurrence of injury.

Okay, you say, I am aware of the importance of moving, but I don't know which exercises are best suited to my condition. Even worse, I'm afraid of worsening my symptoms by doing the wrong things! Many will say that they don't have time to exercise, but the most honest ones will admit that they lack motivation. Whether it is due to the monotony of the exercises or their complexity, many people have stopped the program they had started, and sometimes even cancelled their gym membership!

So we need to find a way to exercise in a safe environment in order to improve your symptoms and quality of life...but without flaring your symptoms...while keeping you motivated and happy...This is where Lombafit Studio comes into play!

## Final words

If you have had back pain for a while now, please do not expect your symptoms to go away overnight! Enough of our clients have already made this fatal mistake to then realize that their pain had not only changed, but was even worse than before! Another mistake is to believe that back pain is normal given your age, and that you have to learn to live with it- like most people in their forties with back pain. Instead of adopting a negative attitude, let's get proactive in your approach to treat your condition! As I mentioned before, you have already taken a huge step forward by getting this ebook. Now that you are more educated about crucial truths related to back pain, you should definitely ask yourself what is the next step. Here are a few things to do to help you:

- If you have benefited from this educational booklet, be sure to visit our website at [www.lombafitstudio.com](http://www.lombafitstudio.com) and check out our blog where we share tips and tricks to treat your back pain. You can also subscribe to our newsletter to receive education on a regular basis.
- Find out about our next free educational workshops given at our studio. Visit the "Free Educational Workshops" section of our website [www.lombafitstudio.com](http://www.lombafitstudio.com) or call us on the number displayed on our website.
- Follow us on Facebook and Instagram by searching Lombafit Studio for educational tips and videos. You will also be informed on our promotional and educational events.
- If you want to know how Lombafit Studio can help you, contact us by phone to find out if you can benefit from our services. This telephone consultation with one of our professionals will allow us to identify your needs and answer your questions. Of course, this call is free and does not incur any liability on your part. It is only used to help you make a more informed decision about your health.
- If you are tired of procrastinating and are ready to take care of yourself, take advantage of our introductory offer to receive an individualized assessment with a certified physiotherapist followed by a group session tailored to your back problems. More details at [www.lombafitstudio.com](http://www.lombafitstudio.com)