



# 7 Best

Daily Habits for a  
Healthy Happy Back

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ExercisesForInjuries.com

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**Title:**

7 Best Daily Habits for a Healthy Happy Back

**Edition:**

1<sup>st</sup> Edition (May 2015)

2<sup>nd</sup> Edition (September 2016)

**Author:** Kaselj, Rick, 1973 –

**Key words:** back pain habits, back pain exercise

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**Published by:**

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### **Preface**

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

#### **Pass this Book On**

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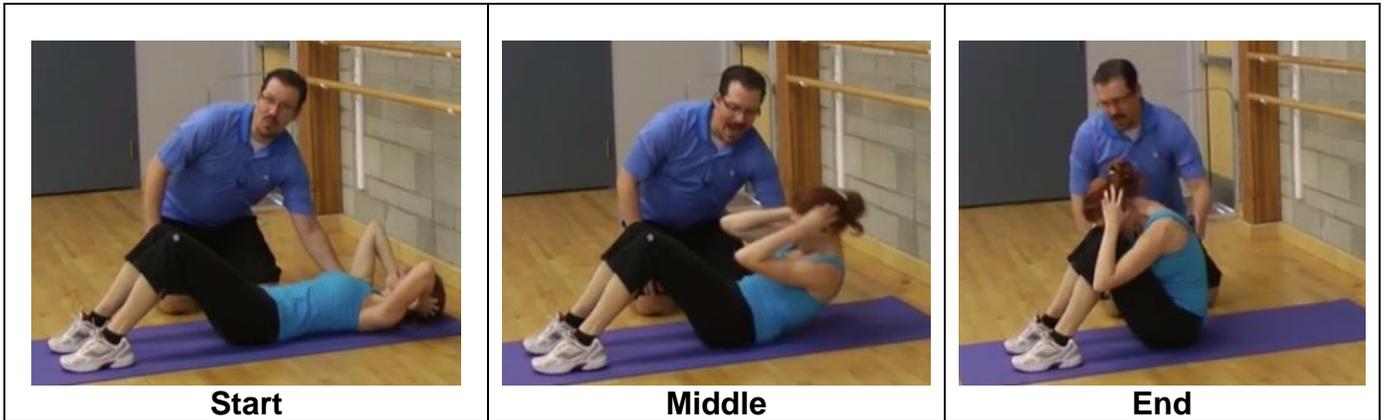
### Introduction to 7 Best Daily Habits for a Healthy Happy Back

Hey, this is Rick Kaselj from ExercisesForInjuries.com. I want to welcome you to 7 Best Daily Habits for a Healthy and Happy Back. I am really excited to put this program together for you. The idea came up when I was doing an interview with Dan Ritchie and Cody. They asked, 'what are some really simple and quick things, which only take a minute, for people to do every single day to improve the health of their back?'

You are probably going through this program because you have a back issue... and that is very common. In fact, about 80% to 90% of people around the world will have back pain sometime during their life. That being said, I am going to go through seven quick things that you can do on a daily basis to make your back healthy and happy.

## Habit #1 - Avoid Crunches First Thing In The Morning

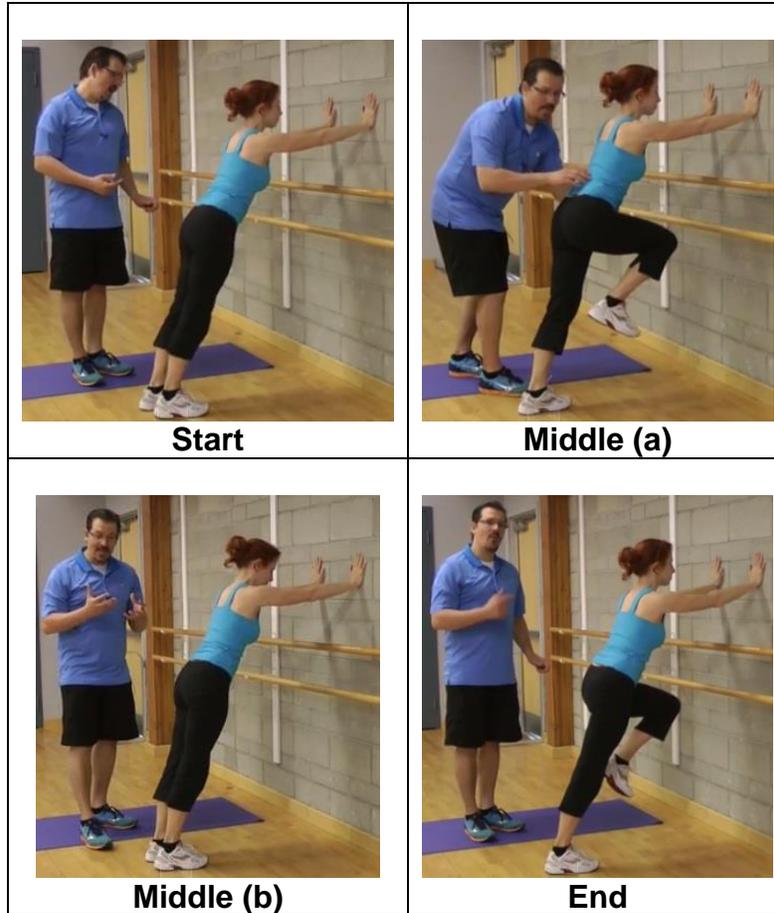
My dad used to get up in the morning and do 25 to 100 crunches, but I do not recommend that. Let me show you why. Below, Donnalee demonstrates crunches - coming all the way up and going back down. I really want you to notice her back as it rounds out.



### Crunches

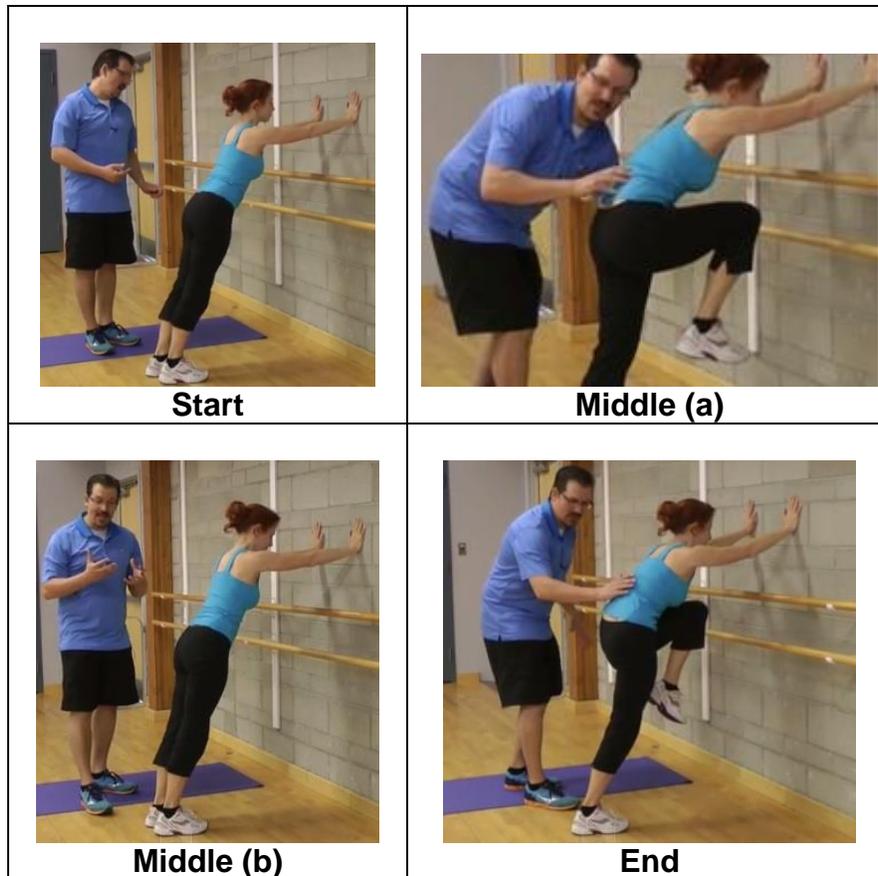
While you are sleeping at night for seven to eight hours, your spine is actually expanding; so you have the vertebrae, the bones and then the discs between those bones - the intervertebral discs, expand. Those discs are exposed to greater force when you get up, and when you are doing lumbar flexion or bending forward. What we want to do is, we want to give the back about an hour or two after waking up to settle down and shorten up, as opposed to being elongated with those discs being exposed to greater risks of injury, irritation, and pain.

I will get you to do this little wall test to see if you are putting unnecessary stress on your back when you are moving around. With this wall test, you are coming up to the wall. It's almost like you are in a starting push-up position. Now, you are going to take a step back. Then, lift one knee up to about hip height and finally, come back down and then lift the other knee. Look at what is happening in the back.



### Wall Test

Now when you lift the knee up if your back rounds out, it indicates that your body doesn't know the difference between your hip moving and your back moving; and it is very important to be able to do that. Your body needs to know the difference between hip movement and low-back flexion because anytime you move your legs if your body doesn't know the difference between hip movement and low-back movement, your low-back will move and you will have unnecessary stress.



### Wall Test with rounded back

Do that wall test and see if your body has good awareness and is able to differentiate between a hip movement and lumbar flexion or lower back movement. If it doesn't, really focus on this wall test as an exercise. Tighten your abdominal area, move your hip and try not to have your back move, just have your hip move. It is very important for your body to have those good movement patterns so that there is less stress on your back and your hip is doing the work.

To summarize, when you get up in the morning, don't do crunches and more importantly try to minimize your lumbar flexion during your first two hours in the morning. You can check to see if your body is able to differentiate between a hip movement and lumbar flexion or low-back movement by doing the wall test. When doing the wall test, if your back rounds out, that means you need to work on educating your body and yourself to focus on hip movement and not on low-back movement.

## Habit #2 - Avoid Poor Posture Especially When Sitting

We all know this. Your mom has probably told you to sit up tall, stand up nice and straight, but I want to go through a sitting test to show you why it's important for your back. I will get Donnalee to demonstrate it.



**Sitting nice and tall posture**

The first position Donnalee does is sitting nice and upright, nice and tall like mom taught us. She grabs the bottom of the chair and tries to pull herself down to compress her spine. She wants to see how that feels on her spine.

Now she is going to assume poor posture, like slouching. She does the exact same thing, pulling up, trying to push herself down, and then see how her back feels.



### **Slouched Sitting Posture**

With the slouched posture, you are going to feel more stress not only in your back but also in your shoulder and in your neck. If you are sitting for a long period of time, like driving or sitting at work, it will put unnecessary stress on the back which can cause irritation that could lead to pain and a full blown injury.

This also applies to standing. You can do a standing version of the sitting test. You are standing nice and tall. Everything is in good alignment with your ears, shoulders, hips, and ankles. Keep a nice straight line and then check to see how your back feels.



### Standing nice and tall posture

Next, assume the poor position. Go into poor posture, slouch over with head forward, rounding out the mid-back, rounding out the low-back, and then take inventory on how your back ends up feeling.



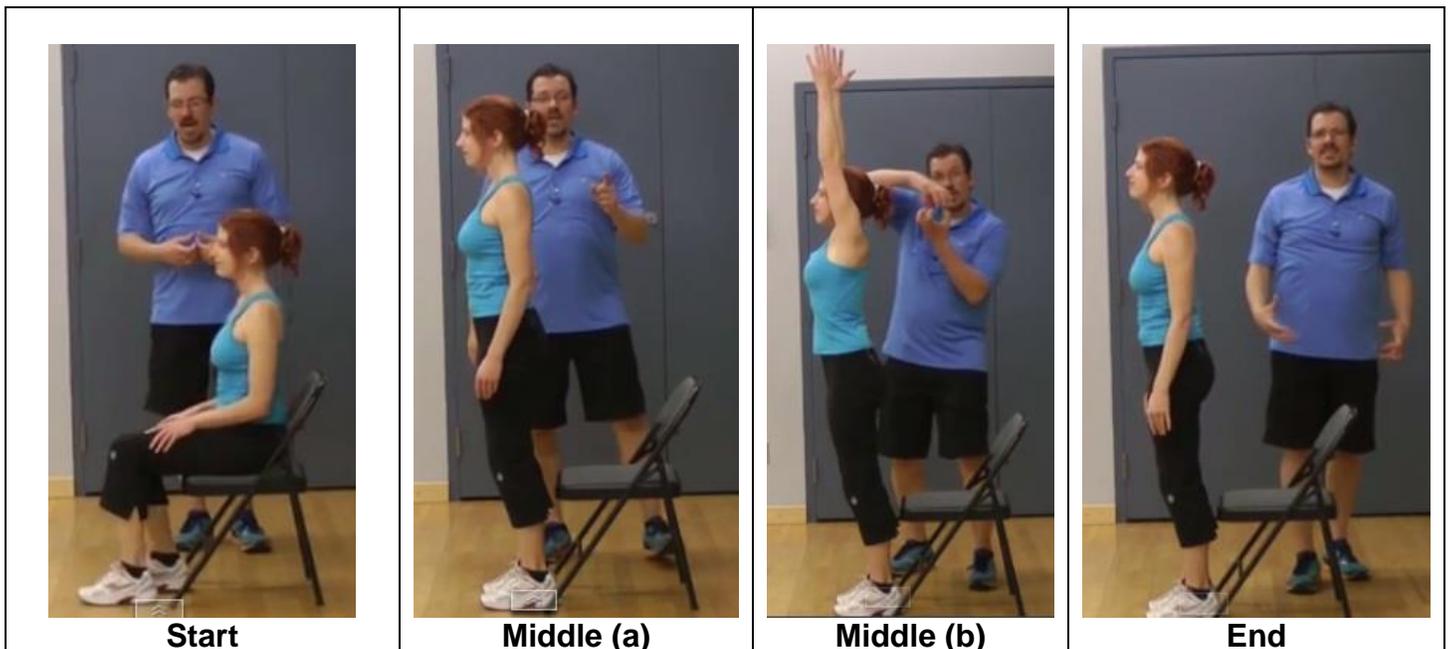
### Slouched Standing Posture

The majority of people will feel more stress in their lower back. For a little while, it's going to be fine, but it will reach a point where the back is going to be irritated and you are going to have pain which could possibly result in a full blown injury that could affect your life, work, and the fun things you do.

## Habit #3 - Do This After Sitting

Research shows that there is greater pressure on the back when you sit compared to standing. When you sit for a long period of time the flexibility in the lower back decreases. Now the flexibility is different between men and women. What they found is at about the 30-minute mark the flexibility of the low-back decreases in men, but for women it takes about 60 minutes.

I recommend doing the following exercise after sitting. For men, try to do this exercise every 30 minutes. For women, try to do this exercise after 60 minutes of sitting. I will get Donnalee to demonstrate the exercise. There are three progressions to it and you need to pick which one is most appropriate for you.



### Reaching for the Ceiling (1<sup>st</sup> progression)

Start off sitting, and then stand up, and reach for the ceiling. Look straight ahead, nice and tall, and reach with the arms, trying to elongate your back and upper body. Hold this reaching position for about five seconds.

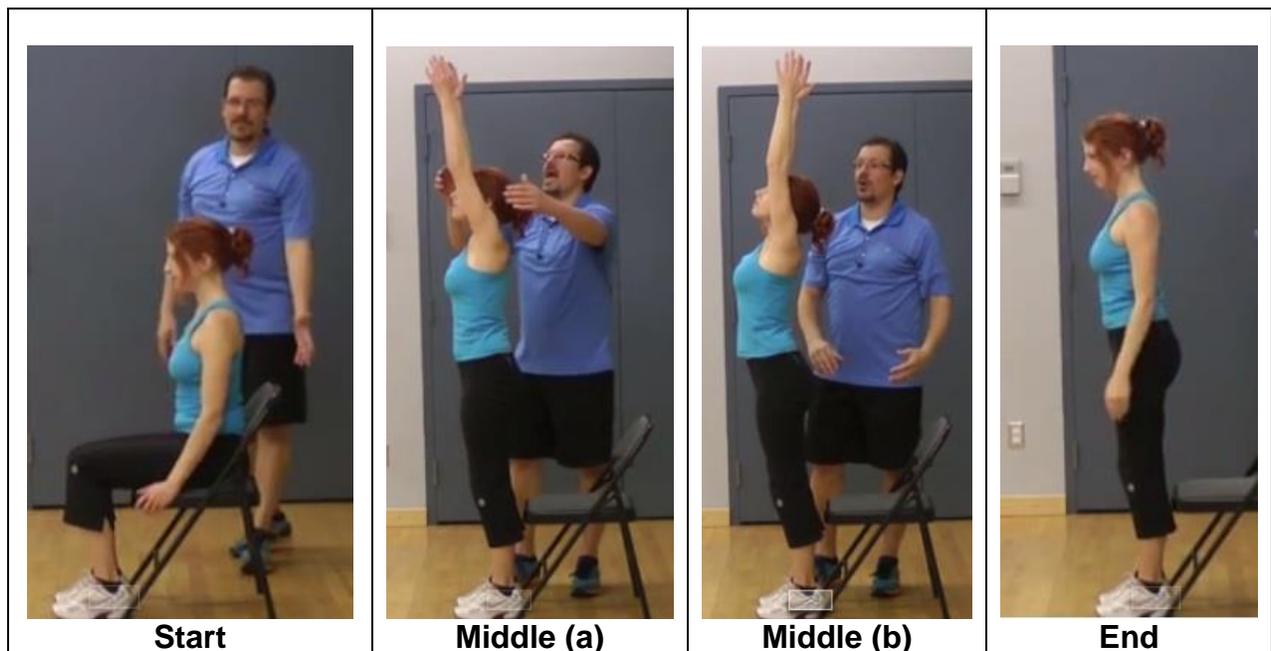
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Try to stay relaxed and not to tighten up. Then you move into the next repetition with good alignment, reaching, trying to elongate the back and decompress the pressure in that low back area. You are looking at doing 5 to 10 repetitions with a 5 second hold for each repetition.

When doing the exercise, see how you feel. You should feel good and your back should feel better. There are about 5% of people that don't like that traction of their low back. If you are one of those people, then don't do this exercise. But if your back feels better or looser, then this is an exercise that you should be doing.

Now moving on to the second progression, Donnalee is sitting and then she stands up and reaches for the ceiling with a little bit of an arched back, focusing on that low back area, arching and back down.



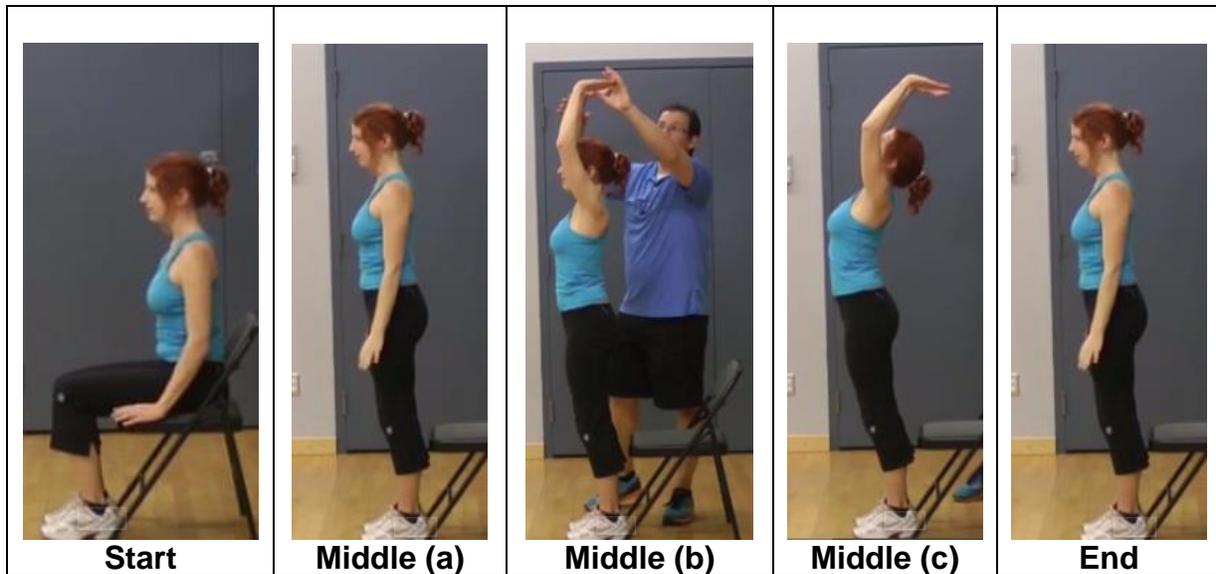
### Reaching with Arched Back (2<sup>nd</sup> progression)

Do this for 5 seconds, reaching, decompressing the spine, arching the back a little bit, and back down. Just like the first progression, 5 seconds for each repetition and do 5 repetitions of this exercise.

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The third progression is you go from sitting to standing and do the Raising the Roof exercise. It's like you are pushing up the roof with your hands, and you arch the lower back as far as you can comfortably; do this for five seconds and then come back down.



### Raising the Roof (3<sup>rd</sup> progression)

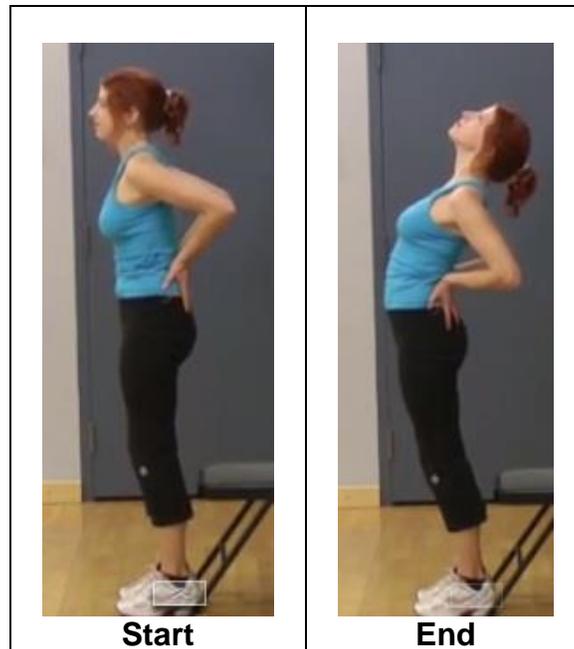
With this exercise, we are decompressing the spine by raising the roof, and then we are arching back in order to reverse the stress that we have put on the back from sitting.

A lot of times while we sit we are putting a flexion force in the low back. With this arching back movement we create an extension force or arching back force. I would suggest you try all three progressions and see which one is best for you. Ideally, you want to work your way to the third progression.

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Now one exercise that you can do throughout the day, especially if you stand a lot (or if you sit a lot), is a Back Arched Exercise. With this one, you can also move from sitting to standing. You grab the tops of your hips and then arch back.



**Back Arched Exercise**

Hold this exercise for about two seconds and then come back to the start. I recommend doing this movement progressively. Every time you go a little bit further but you want to stay within comfort.

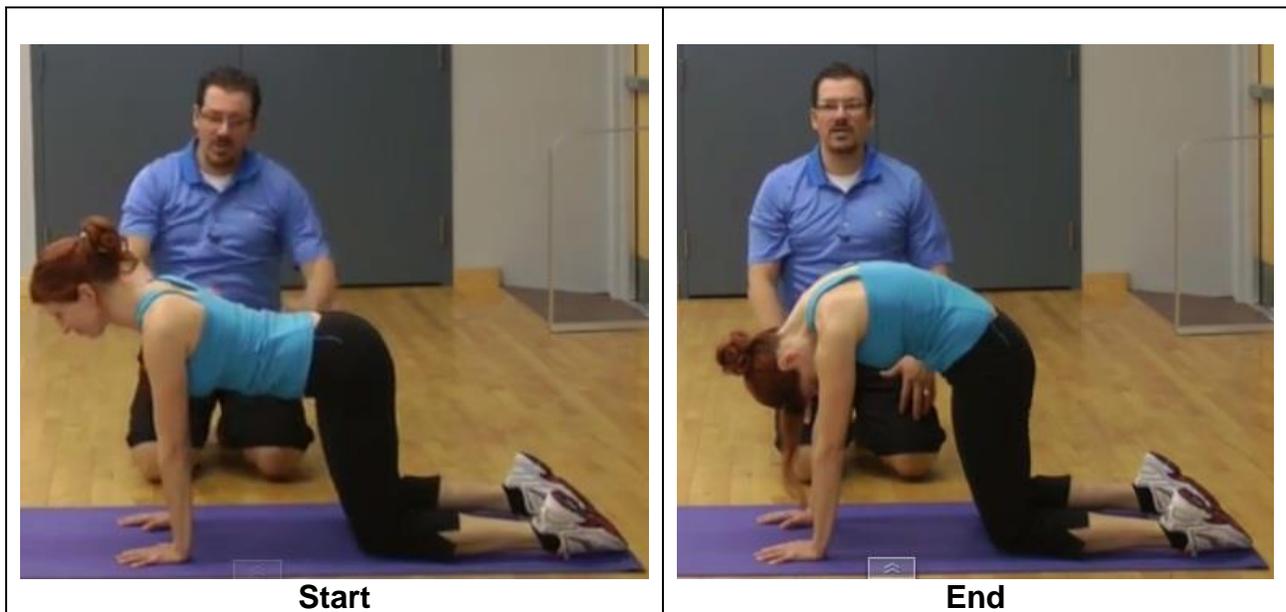
And just like the other exercises, if your back is feeling looser and better, this is an exercise you can continue to do and this is great for about 95% of people. There are about 5% of people that irritate their back with this exercise.

If you fall in that 5%, go back and make sure you are doing the exercise smoothly and correctly. Are you holding the end position for two seconds? Make sure you are not going too far. If it still doesn't feel good or if it doesn't feel right, then cut this exercise out. So there you go! That is the third habit and now we will move on to the fourth habit.

## Habit #4 - Best Mobility Exercise For Improved Back Flexibility

Now, we are going to address your whole back. We call this next exercise the Cat and Dog Exercise. Donnalee demonstrates below.

She begins in a four-point position. Hands are underneath the shoulders and knees are underneath the hips. Next, she moves the knees a little bit further to start off with nice straight alignment. Donnalee drops her head, and proceeds to flex her head, flex her mid-back, flex her low-back, and then also tilt her pelvis which is the end position. This is the Cat position.

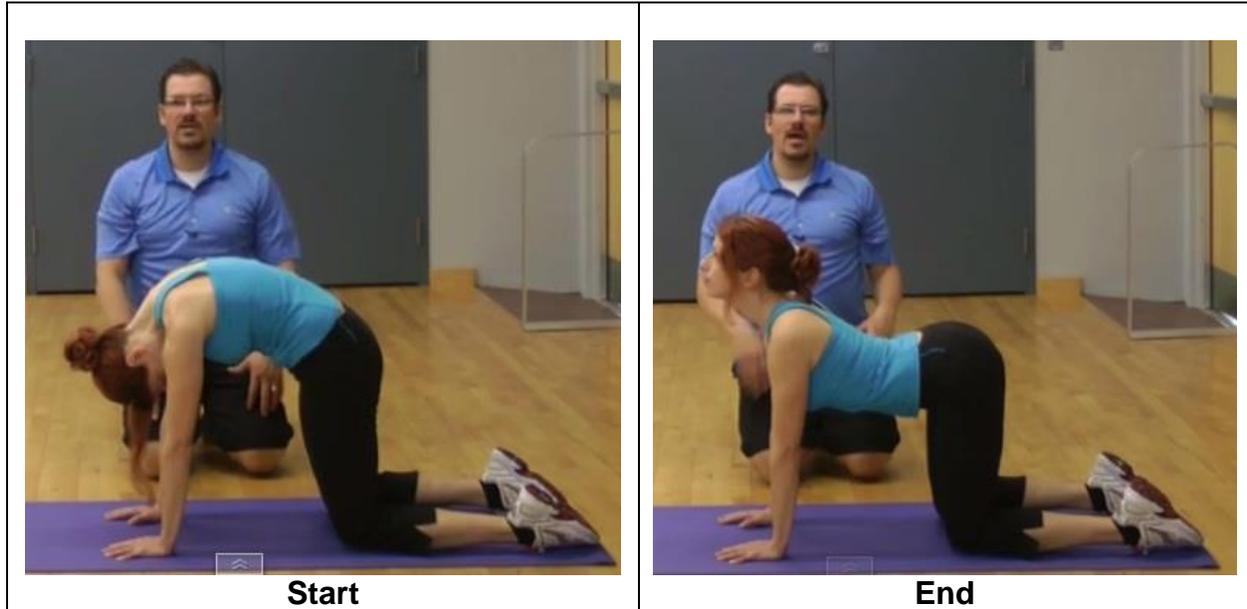


**Cat Position**

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Moving on to the Dog position, she is going to reverse everything. She's changing the position of her pelvis, dropping her low-back, dropping her mid-back, and extending up her head. You are going to do 5 to 10 repetitions and focus on smooth, controlled movement between each of those positions, really try to remember the neck, mid-back, back and pelvis area are moving.



### Dog Position

As you can see, we are not just focusing on the low-back. We are looking at the whole back or the whole spine. What happens when you sit a lot is, you become stiff in that mid-back area which puts more stress on the neck and the low back area. Also, people get stiff in the pelvis area and because of that stiffness in the pelvis area it puts unnecessary stress on the hip, the knee, and the low-back. You definitely want to loosen up the pelvis area and that mid back area.

By moving the low-back and the neck, we are lubricating up the spine. An example of what I mean by *lubricating up the spine* is when you have woken up in the morning and you feel stiff, and then after you move around a little bit, things loosen up.

Our bodies are different than cars. When movement points in a car get stiff, it needs oil in order to loosen them up. Now with the body, our joints are self-lubricating, so when they don't move they get stiff. But as you move them, they self-lubricate and things loosen up, and that is what we are doing with the cat and dog exercise. I know you are

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probably thinking, "Oh well, I don't like getting on the floor" or "I am not able to get on floor at work, so what else can I do"? What you do is the Touch Down exercise.

Begin by standing nice and tall. Notice that Donnalee drops her head and then rolls through the mid-back, rolls through the low-back and then moves the pelvis. She is going to go as far as she can and then she is going to reverse. Now she is going to come back up, moving the pelvis, moving the back, moving the mid-back, moving the head, bringing the arms up and then reaching back a little bit, and coming back down.



### Touch Down Exercise

Do this exercise with slow and controlled movements. The focus is loosening up stiff areas like the pelvis and the mid-back, and then lubricating that low-back and neck area. The key thing to remember is you are going nice, smooth, and controlled

throughout the movement. We are looking at doing 5 to 8 repetitions in order to loosen things up.

I prefer the Cat and Dog exercise. However, if you are not able to get on the floor into a four-point position or you don't like to, give the Touch Down exercise a go. I am quite sure it's a new exercise that you haven't seen but it's equally as effective as the Cat and Dog. Pick one, Cat and Dog or the Touchdown Exercise. That ends habit number four. Now let's move on to habit number five.

## Habit #5 - Focus on Your Gluteus and Not Your Hamstrings

A lot of people with back pain focus on their hamstrings and do all types of leg movement, especially hip extension. The bad thing about that is it ends up putting unnecessary stress on your pelvis and your low-back which can lead to irritation, pain, and injury.

What you want to do is focus on your Gluteus Maximus and the supporting muscle called Gluteus Medius. There are two exercises that can train you to activate and work on the strength and endurance of these two very important muscles.

The first is the Clam exercise. Begin by lying on your side. Your knees are bent and you are trying to keep your body in good alignment; head, mid-back, and low-back are in a nice straight line. Your pelvis is square to the ground, about 90 degrees from the ground. You are going to hold this position; tighten up your abdominal area and separate your knees to about 30 degrees to 45 degrees, hold that for a second or two and then come back down.



**Clam Exercise**

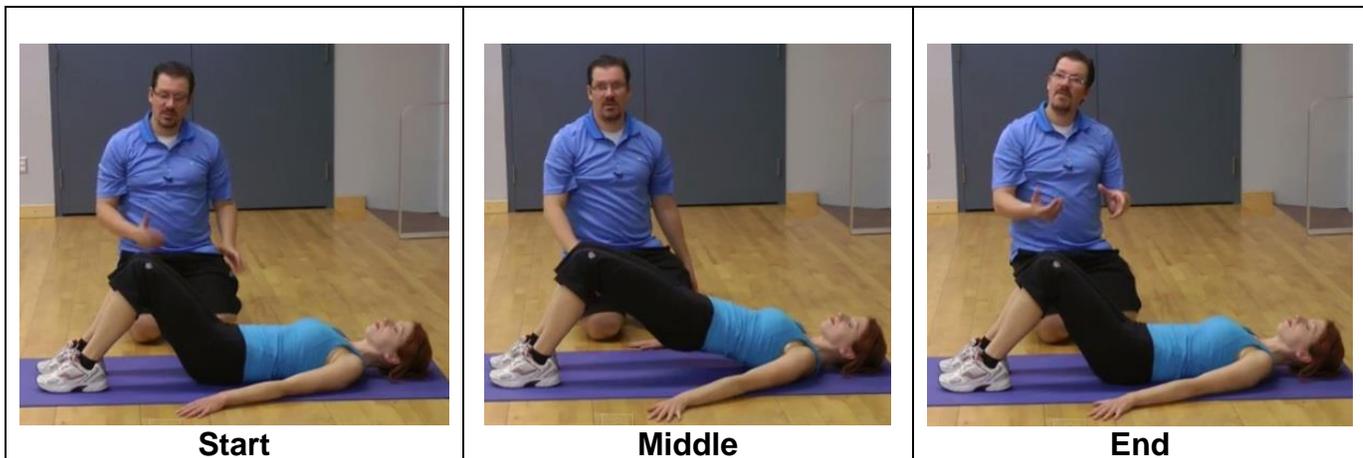
In this exercise, we are focusing on the Gluteus Medius which is a glute muscle that helps when it comes to side-to-side movements and rotation movement of the hip. A lot of people have poor activation, endurance, and strength.

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We are going to do 5 to 10 repetitions with controlled movement, holding for a second or two at the top which will help to target that gluteus medius muscle. In order to see if you are working it properly, take your hand and just like when you are putting it in the back pocket of your jeans, that area is your glute muscle. What you should feel is that muscle underneath your hand as you move.

Moving on to the second exercise, we are going to do a Bridge exercise. You can transition from the Clam exercise into a Bridge exercise. Begin lying down, relaxed. I usually have the arms out to the side at 30 to 45 degrees. And then you are going to tighten the abdominal area and lift the seat up. You are in line with your shoulders, with your hips, and with your knees. You are going to hold this position for a couple of seconds and then come back down.



### Bridge Exercise

You can check to see if you are working the correct muscle. Below you see Donnalee place her hand on her glute and compare it to her hamstring. We want the glute to be more contracted than the hamstring.



### Checking the Bridge Exercise

Doing that feedback procedure on yourself gives you a better idea of what muscle is working, and also allows you to focus on activating the correct muscle. You want the glute to be doing the work rather than the hamstrings. And just like with the other exercise, you hold it on the top for a second or two, going for 5 to 10 repetitions with nice and controlled movement.

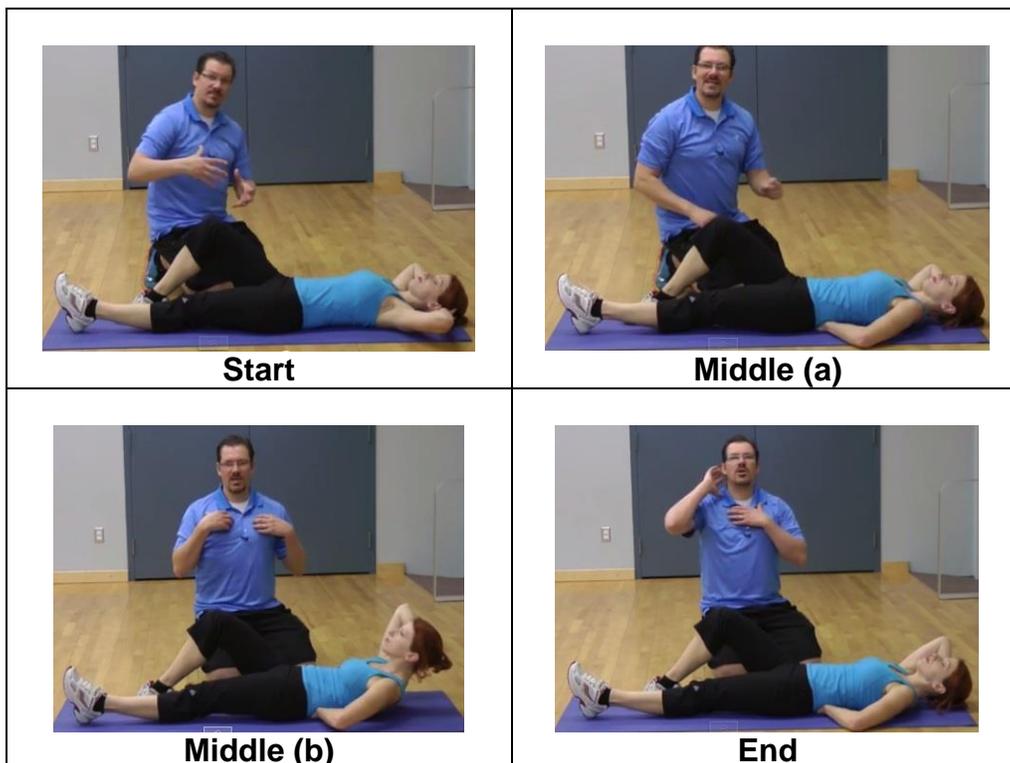
A common mistake that people make that results in back pain is they work their hamstrings way too much. You need to have nice strong glutes in order to protect your back (and make sure your back is healthy and happy). That is habit number five. Now we will move on to habit number six.

## Habit #6 - Perform the "Big 3" For Back Health

You need to perform the Big 3 every single day. These are three exercises that target all the essential muscles in the back while putting the least amount of stress on the low-back.

### #1 - Curl Up

We are going to modify the crunch so it will work on the rectus abdominis or six pack muscles but puts the least amount of stress on the low-back. Begin by laying down in a starting crunch position. You are going to straighten out one leg. It doesn't matter which leg you straighten. *The purpose of straightening out the leg is it locks the pelvis so your pelvis can't rock, or it is less likely to rock, forward and back.* Next, you are going to take one hand and put it underneath your low-back and that is going to give you feedback on what your low-back is doing.



Curl Up

Ideally, we don't want to flatten out the low-back. We want to try to maintain the pressure we feel on the hand and have it not change throughout the exercise. With the other hand, you have it cup your head so it's going to pick up the weight of your head in order to decrease the stress on the neck and keep the head in line with the rest of the body.

Now we are in the starting position and we are ready to do the exercise. With this exercise, you are lifting, taking some of the pressure off the shoulder blades and coming back down. It ends up being a small movement and we are really targeting rectus abdominis or six packs.

You can progress to where you are lifting more of the weight of the shoulder blades off the mat, or lift the shoulder blades completely off the mat, and you are doing your best to move from your ribs as opposed to your head.

The movement should not take more than 7 to 8 seconds and you come back down to end the repetition, take a break for a second or two, and then move into the next repetition. Do 5 to 10 repetitions of this exercise.

This exercise is not going to give you the burn that leg crunches do, but what we are working on is activating that rectus abdominis. We are working on the endurance of the rectus abdominis. And we are working on the strength of the rectus abdominis.

### #2 - Side Bridge

The first progression begins by lying on your side from the knees. Try to have your forearm underneath your shoulder as it puts less stress on your rotator cuff. Your knees are bent and you are bent at the hips. Now you are in position to start.



#### Side Bridge (1<sup>st</sup> progression)

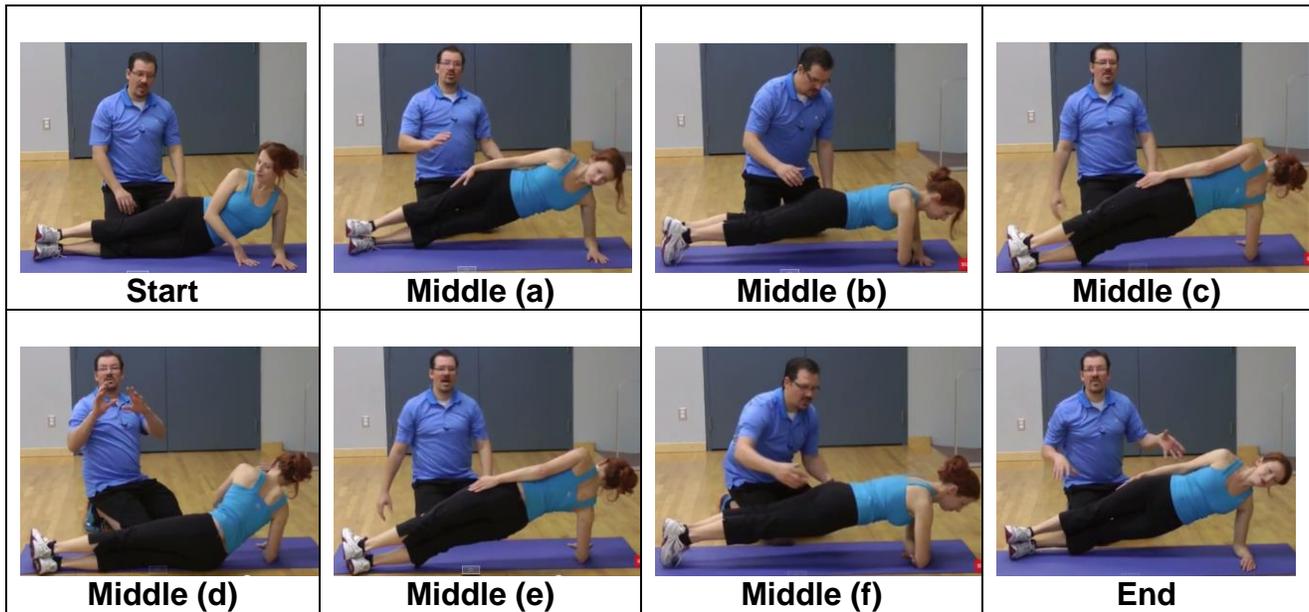
You are going to tighten up the abdominal area and your hand on the side. Lift up and bring your hips forward a little bit so you are in good alignment. You are going to hold that position for 7 to 8 seconds and then come back down. Do 5 to 10 repetitions on each side.



#### Side Bridge (2<sup>nd</sup> progression)

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Now the second progression includes the feet. We are keeping the body straight. We are slightly bent in the hip. The arm is in a good position and we are going to tighten up the abdominal area. Lift up and bring the hips a little bit forward so we are in a good straight line from the side and in the front. Hold it for 7 to 8 seconds with 5 to 10 repetitions on each side.



### Side Bridge (3rd progression)

Now the third progression of this side bridge is called the Side Bridge Sequence. See how Donnalee bridges up from the feet. She holds it for a second or two and then she does a Front Bridge for 2 seconds. She moves to the opposite side, one to two seconds, lifting up, and with good alignment. Then take a break.

This exercise should not last more than 7 to 8 seconds. Then we go into the next repetition. Come up, moving into a front plank, and you want your body to be in one nice unit; hold this position for two seconds. You want your upper body to move with your lower body just like a piece of plywood or a 2x4. That's the third progression which is the Side Bridge Sequence.

With the Side Bridge, pick one, whichever level you are at now. The first time you do this exercise, start with level one or progression one from the knees. Then advance to level two or progression two from the toes. And then level three, the third progression, which is the Side Bridge Sequence.

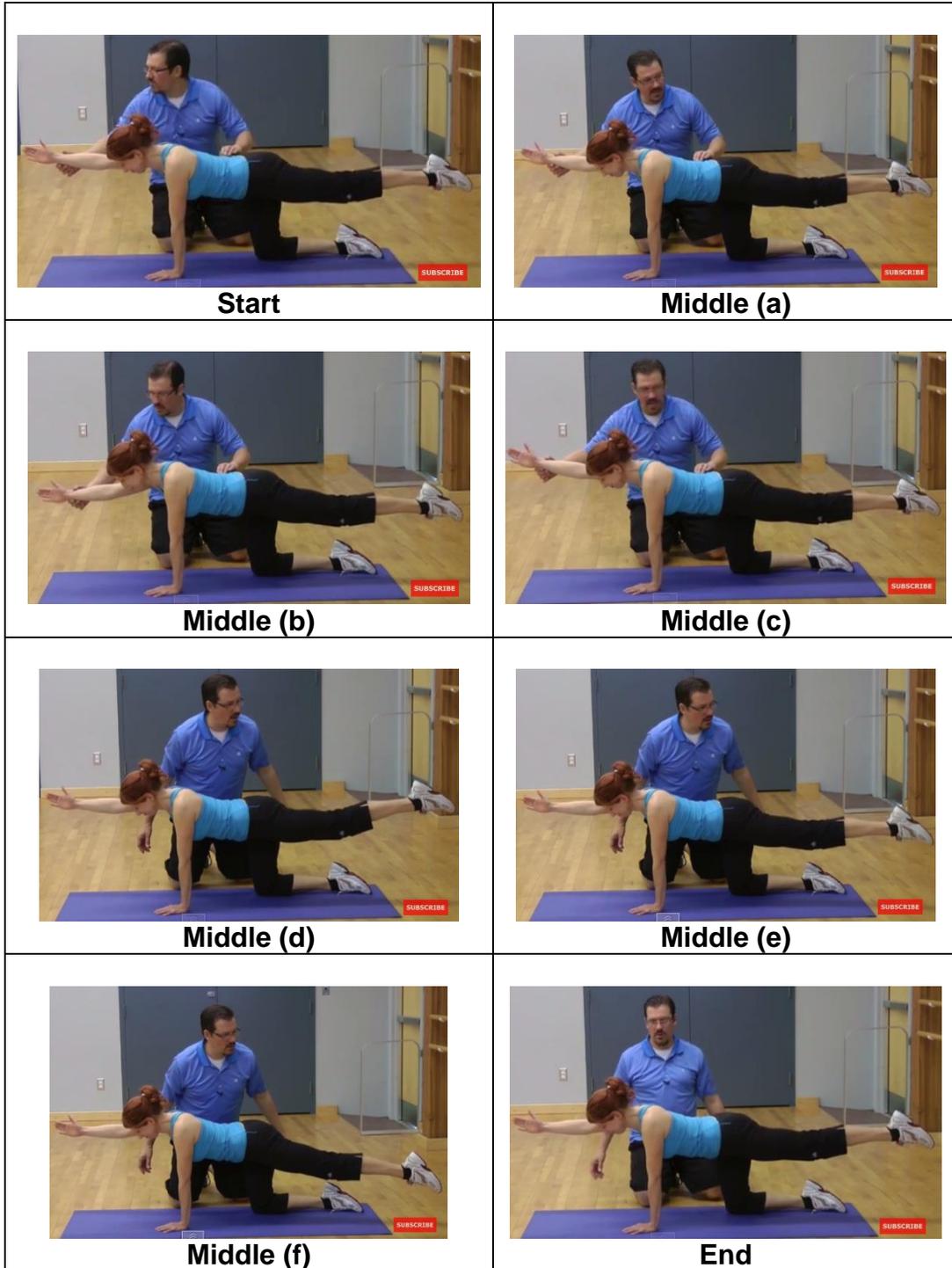
### #3 - Bird Dog

Begin with the four-point position, hands are underneath the shoulders, and knees are a little bit forward so the knees are underneath the hips. There is good alignment with the hips, shoulders, and head. Next, tighten the abdominal area. Then reach the hand forward and reach back with the opposite leg. We are looking straight down and holding this straight position for 7 to 8 seconds. Then relax, and switch to the other side.



### Bird Dog

I find it's important to reach with the foot and reach with the hand because if you just bring them up it often arches the low-back. Another thing is the head. If you are looking down between the hands, that helps the spine to be in good alignment. If you bring the head up and look straight ahead, that is changing the arches in the spine which we don't want to do. We want to work the muscles but have minimal stress on the back.



Bird Dog with Box Movements

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A way to take this exercise to the next level is to add box movements with your hands and legs. Bring the hand and leg up, then move the hand in a box movement; and you can bring the leg into that box movement as well. You can combine the two and come back to the starting position.

Here is the sequence. The first one is alternating arms and legs. The next progression is bringing the arms and legs, and then moving the hand in that box movement and then back to the start. You can make it more challenging by bringing arms and legs, and then moving the leg in a little box movement and then back to the start. The third progression is combining the arms and the legs in that box movement and back to the start.

The movement should not last more than 7 to 8 seconds. Do 5 repetitions on each side for a total of 10 repetitions. It will take about 3 to 5 minutes to go through all of the exercises. Doing them will help you to have a healthy and happy back.

Now with these exercises, and when it comes to back training in general, it's different than the common thought out there. These exercises can be done every single day. We are focusing on perfect technique during these exercises because if we have bad technique, it puts unnecessary stress on the back, increases the risk of irritation, injury, and pain.

Just like I talked about in the first exercise or the first habit, we are really working on improving the stability in the low back area and working on hip movement. Really working on achieving perfect movement and improving endurance. Those stabilizing muscles for the back are protecting the back throughout the whole day. Add the Big 3 exercises into your daily routine and your back will be healthy and happy. So this is the sixth tip. Now we will move on to the last and seventh tip.

## Habit #7 - Walk With Your Back Exercises

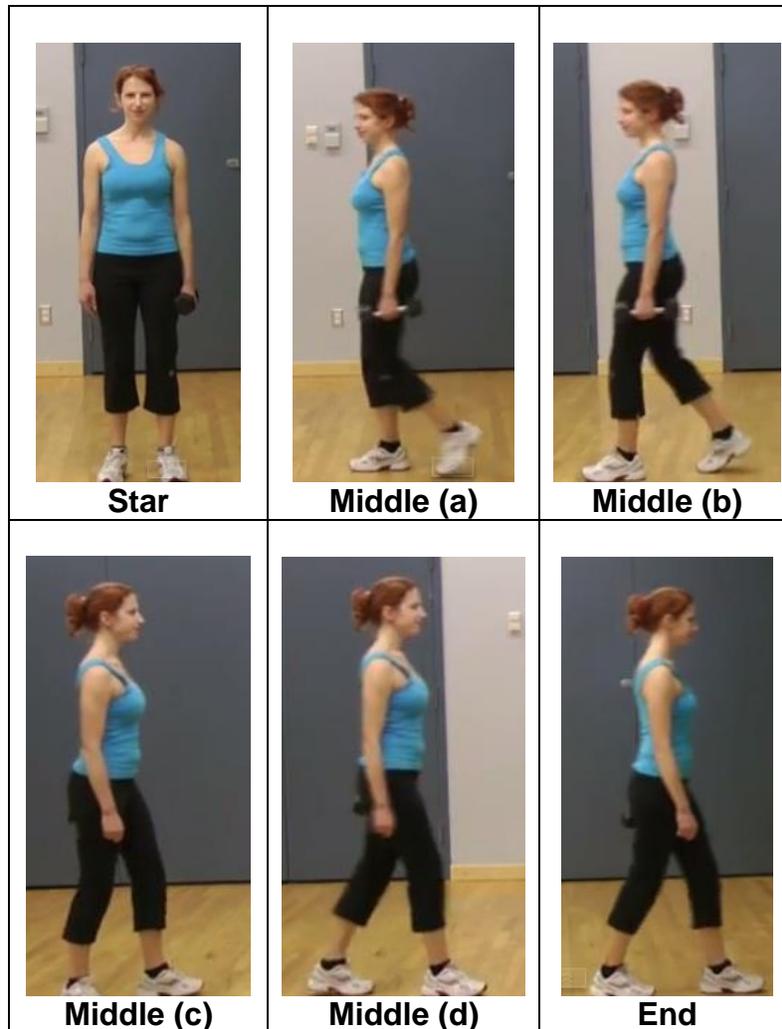
Now if you want to get more benefit from your back exercises, like including the 6 habits we just covered into your daily routine, (especially number 6 where we talked about doing the Big 3), adding some cardiovascular exercise will help even more.

When it comes to cardiovascular exercises that you can do, I consider regular walking and brisk walking to be great. Walking on the treadmill, stairs climbing machine exercise, and recumbent bike or upright bike are all great exercises that will help improve your cardiovascular fitness.

An excellent exercise that is great to incorporate walking into your workout or exercise routine is doing a Farmer's Walk. Do this by getting a weight, and hold one weight in one hand. I recommend using the kind of weight that causes you to fight to really keep yourself nice and upright. With the weight in one hand, you are going to walk about 15 feet out and then 15 feet back; and you really have to fight and work to keep your body nice and upright as you are going through a regular walk.

You can use a dumbbell, a barbell, or a kettlebell. When you load up the weight you will start feeling it after doing 5 repetitions of that 15 feet out and 15 feet back.

In order to get more out of your habits and out of your back exercises, make sure to add some cardiovascular work and one excellent exercise is the Farmer's Walk.



### Farmer's Walk

Also, if you have difficulty with the Side Bridge because of shoulder, hip or knee pain when we were going through the Big 3 exercises, you can replace it with the Farmer's Walk but make sure you start off with a lighter weight.

Focus on perfect technique and find the weight that causes you to really have to work hard. If I am holding the weight in my left hand I am working the muscles on the opposite side. I would do this exercise on one side for 5 repetitions, and do the same 5 repetitions on the other side. That is seventh tip and now I am going to go through a bonus tip for you!

### Bonus Tip - Stick with It

I want to go through a bonus tip for you when it comes to the 7 Best Daily Habits for a Healthy and Happy Back and that bonus tip is to “Stick with It”. It might take up to 3 months for your function to improve and your pain to decrease. What I mean by *function* is what you are able to do. Now three months may sound like a long period of time but I know if you stick with these 7 habits and remember this bonus tip, your back will get better, feel better, and be happy. So stick with these 7 Habits and I know your back is going to be great.

### Wrapping up

This is Rick Kaselj from ExercisesForInjuries.com. Make sure to swing by ExercisesForInjuries.com. If you have never been there, just enter in your injury or pain. I have all kinds of information when it comes to interviews, videos, or articles on all kinds of pain and different things you can do to overcome your pain.

Secondly, make sure to swing by my YouTube channel. If you are on ExercisesForInjuries.com you will see the YouTube symbol or you will see one of my YouTube videos so click on it, head to my channel, and Subscribe to it. When you do that, every couple of days you will get a video where I talk about tips and tricks on overcoming injury and pain.

Thirdly, make sure to connect with me. If you have a question or a comment, you can reach me at ExercisesForInjuries.com. Just hit the contact button and that will give you all the information on how you can connect with me.

Now lastly, if you are looking for a comprehensive solution when it comes to overcoming back pain, I would highly recommend swinging by Fix My Back Pain. This is the program that I go through with my clients in the clinic but I have also put it together as a program that you can do at home with very little equipment and it takes about 5 to 10 minutes a day to do. This is Rick Kaselj from ExercisesForInjuries.com and also from the 7 Best Daily Habits for Healthy Happy Back. Take care and bye!

## About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Hi, I'm Rick Kaselj. **I create exercise programs that help people heal injuries and eliminate pain, so they can go back to living a full, active, healthy life.**

I've always been a fitness and exercise enthusiast, so starting in 1994, I decided to make this my career also. I started as a personal trainer, exercise therapist and kinesiologist, but quickly discovered that many of the traditional exercise and treatment programs weren't producing the results I wanted for my clients...

...so I took it upon myself to get the right knowledge, scour the medical research, and do hands-on testing, so I could ACTUALLY help my clients get better.

With the advent of the Internet, I saw a terrific opportunity to offer and deliver my programs to many more people, so they too could finally get relief from pain, heal their injuries, and get back to the lives they enjoy.

### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN.**

*I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!*

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are counterintuitive... and they required diligent research, testing, and creativity to discover.

**People get the best results** when they follow a program that's been properly designed. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it. Not doing all the steps, or performing them in the wrong order, or taking too little rest, or too much, can throw you off course, and sometimes even make things worse!

**I've learned** that understanding the CAUSE of injuries and painful conditions can help heal and prevent them. For example, most people don't realize that they're doing certain things every day that put stress and tension on certain muscles, tendons, tissues and joints, and over time, this creates chronic pain and injury. Simply becoming aware, and then making tiny adjustments, can actually result in a much higher quality of life for many people.

**All of my injury and exercise programs were developed as a result of my research, study and years of hands-on testing and training:**

- I've been in the fitness and rehab industry since 1994.
- I spent 6 years at University studying kinesiology, corrective exercise and therapeutic exercise, and got my Master's Degree in exercise science.
- I have 16 years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I've conducted thousands of personal training sessions.
- I've carefully scrutinized hundreds of relevant medical research papers.
- I'm also an author and speaker and I've given over 260 presentations to more than 5,000 fitness professionals across Canada and USA.

### WHAT MY CLIENTS AND CUSTOMERS SAY:

“Your exercises have changed my life. I have been in constant pain for 15 years.” **Shelley Watson, Carmel, CA**

“I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months.”  
**Tracy Walker, North Carolina**

“Before I used the information, I couldn’t walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention.” **Cher Anderson, Athens, TN**

“Thank you Rick, you saved my career!” **Marco Mura, Professional Forester, Sardegna, Italy**

“I used the 90 second pain relief alone and it helped relieve the pain right away and after playing sports I feel better and the pain is not as intense. I thought I would just have to retire due to the foot pain, but I now see there is hope with your program it has helped me a lot.” **Audal Acosta**

### I HAVE A FREE GIFT FOR YOU...

#### THAT WILL START DECREASING YOUR PAIN NOW!

Before we go any further, I want to send you some of my very best stuff FOR FREE! It's my introductory gift to you. (I like to give value first, and be as helpful as I can upfront.)

My newest DVD is called "The Pain Hacker" and **I want you to have it for free.**

What is it? It's an extensive collection of 90-second pain fixes that you can do to start reducing the pain you have right now. On the video, I go through each technique slowly and carefully to show you exactly how to do them, so you can start reducing your pain and get back to a healthy, more active life.

I don't want to give away too much here, but...

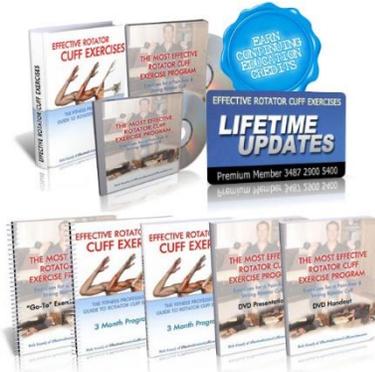
- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.
- My unconventional "Pain Fixes" in your free DVD have been featured and talked about in these publications (and more).



Get your FREE DVD at: [www.ThePainHacker.com/free-DVD-2](http://www.ThePainHacker.com/free-DVD-2)

## Other Products from Rick

### Heal Rotator Cuff Injuries FAST



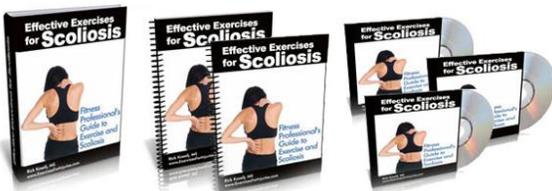
This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- Why exercises that strengthen rotator cuffs do not necessarily decrease pain and increase range of motion in your clients' shoulders
- Why you shouldn't give the same exercises to every client with rotator cuff problems
- How to PROPERLY design an exercise program for the rotator

cuff (I spent an entire year researching this at university, and wrote and published a paper on it in the Canadian Journal of Kinesiology)

Learn more at: [www.EffectiveRotatorCuffExercises.com](http://www.EffectiveRotatorCuffExercises.com)

### Scoliosis Secrets

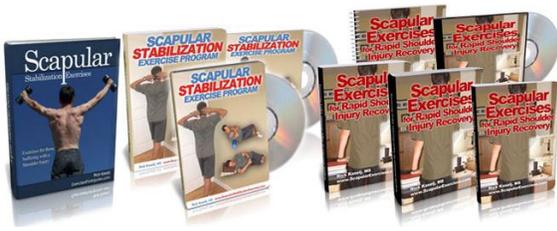


In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- The Three 'O' medical treatments for Scoliosis, and step-by-step instructions on how to do them
- The 7 different types of Scoliosis... how to diagnose your clients... and which exercises to prescribe for each
- CLIENT HANDOUTS that you can copy and give to your clients, completely DONE FOR YOU!

Learn more at: [www.EffectiveExercisesForScoliosis.com](http://www.EffectiveExercisesForScoliosis.com)

### Scapular Stabilization Secrets



This is the RESEARCH- BACKED exercise program that will finally help your clients decrease pain, improve range of motion, and increase shoulder stability. What will you learn?

- My secret weapon for healing shoulder injuries
- Why most trainers and therapists focus on the rotator cuff in a shoulder injury, when they should focus on improving the activation, endurance, and strength of the scapular muscles
- Why your Scapular Stabilization exercise program is a waste of time... unless it includes all 5 of these components

Learn more at: [www.ScapularStabilizationExercises.com](http://www.ScapularStabilizationExercises.com)

### Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)

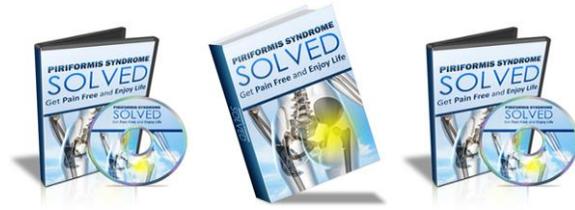


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis ONCE AND FOR ALL. You'll be back to hiking, walking and running before you know it. Here's a small sampling of what you'll learn in the program:

- QUICK START (non-exercise) techniques you can use to start melting your calf pain away RIGHT NOW
- ALL the exercises you need to eliminate your calf pain... AND I'll tell you the exercises that are commonly prescribed, but you don't need to worry about
- How to do each exercise, with slow, step-by-step instructions... the correct order you should follow... and how much rest you should take... to get the best and fastest results

Learn more at: [www.AchillesTendinitisExercises.com](http://www.AchillesTendinitisExercises.com)

### Eliminate Piriformis Syndrome



The step-by-step exercise program that ANYONE can do... that heals your Piriformis Syndrome, and allows you to: take long walks again, watch entire movies without getting up, easily lift your child... all without any pain. Here are just a few samples of what you'll learn and get in this program:

- Why you need to do more than just strengthen your core to eliminate your Piriformis Syndrome
- How to start decreasing your pain IMMEDIATELY, WITHOUT ANY EXERCISE
- These stretches and exercises are making your Piriformis Syndrome WORSE

Learn more at: [www.PiriformisSyndromeSolution.com/end-piriformis-pain](http://www.PiriformisSyndromeSolution.com/end-piriformis-pain)

### Fixing Tight Hip Flexors

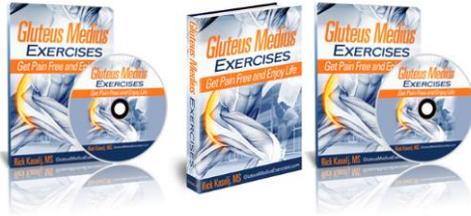


This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling of what you'll learn in the program:

- THE SINGLE MOST IMPORTANT movement you need to do in order to overcome your Tight Hip Flexors (it's Component #8 in the program)
- Why it's important to decrease stress and tension in your knee, in order to fix your tight hip flexors... and how to do it properly
- The 8 CRITICAL COMPONENTS that must be included in any effective program for fixing Tight Hip Flexors (these components come from 16 years of hands-on experience and careful scrutiny of 30 separate medical research papers)

Learn more at: [www.FixingTightHipFlexors.com](http://www.FixingTightHipFlexors.com)

### Heal Back Pain (Gluteus Medius Strength Program)



This exercise program **ELIMINATES BACK PAIN** by strengthening your Gluteus Medius. The Gluteus Medius is often ignored, but when properly exercised and strengthened, it can stabilize your pelvis and decrease stress on your back, which eliminates back pain. In this program, you'll learn these things (and much more):

- How to eliminate your back pain as quickly as possible (HINT: you must do the exercises in the right order so they build on each other and your progress is multiplied!)
- What most trainers and physical therapists don't know about back pain and the Gluteus Medius
- Why exercises that target your knees and hips also strengthen the Gluteus Medius and help with back pain

Learn more at: [www.GluteusMediusExercises.com](http://www.GluteusMediusExercises.com)

### Best Gluteus Maximus Exercises



This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn in the program:

- Stretches and exercises that actually make your Gluteus Maximus **WORSE**
- Common mistakes people make doing Gluteus Maximus exercises
- The correct form for all of the exercises, shown step-by-step on easy-to-follow videos

Learn more at: [www.BestGluteusMaximusExercises.com](http://www.BestGluteusMaximusExercises.com)

## How To Speed Up Recovery Between Workouts



WITHOUT SPENDING A CENT!

Do you want to get better results from your workouts? Experience fewer aches, pains and injuries between workouts? Spend less time and money at the massage therapist? This comprehensive video program is going to help you achieve all that and more. Here are just a few of the things you'll be learning:

- What you should NEVER do if you have aches and pains between workouts
- 3 techniques and unconventional tools that RAPIDLY speed recovery between workouts
- How to get the powerful recovery effects of massage,

Learn more at: [www.RecoveryWorkouts.com](http://www.RecoveryWorkouts.com)

## No More Neck Pain



neck... not just a temporary fix

- What I learned working with hundreds of clients with neck pain that most other professionals will never know

What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
- How to get lasting, long- term relief for your

Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)

### Erase Foot & Heel Pain (Plantar Fasciitis)



How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- Why trying to strengthen your plantar fascia is a common mistake, and only makes your heel pain WORSE (hint: the plantar fascia is not a muscle!)
- One simple technique that anyone can do...

that will get rid of your Plantar Fasciitis MUCH FASTER

- How to match the right exercise routine to where you are in your recovery, so you get the best results, in the least amount of time

Learn more at: [www.PlantarFasciitisReliefIn7Days.com/home11](http://www.PlantarFasciitisReliefIn7Days.com/home11)

### Eliminate Thoracic Outlet Syndrome



FINALLY... a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you'll learn in my program:

- A strange exercise I discovered using a SMALL BALL... that erased hand numbness in LESS THAN ONE MINUTE
- How to properly adjust the intensity of each exercise you do, so you can recover as quickly as possible, but also make sure you don't re-injure yourself
- The exercises you should NEVER do if you have Thoracic Outlet Syndrome

Learn more at: [www.ThoracicOutletSyndromeSolved.com](http://www.ThoracicOutletSyndromeSolved.com)

## Eliminate Pain After Your Knee Replacement



This program is perfect for getting back to a pain-free life after Knee Replacement surgery. My videos and guides give you a step-by-step program that's easy and fun to follow. You'll be back to your active and enjoyable life in just a few weeks' time. Here's a small sample of what you'll learn:

- Why my program has 9 components... and why leaving any one of them out makes it much more difficult to recover and eliminate pain
- 10 different ways you can speed up your recovery after your Knee Replacement
- Why doing exercises you find on the Internet could actually RE-INJURE YOUR KNEE

Learn more at: [www.KneeReplacementHandbook.com](http://www.KneeReplacementHandbook.com)

## Overcome Your Hamstring Injury



Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises and routines THAT WORK. Here's a small sampling of what you'll learn:

- Why massage isn't really helpful for Hamstring Injuries... and what is
- How to start decreasing your Hamstring pain in JUST MINUTES
- How to prevent future Hamstring Injuries

Learn more at: [www.HamstringInjurySolution.com](http://www.HamstringInjurySolution.com)

### Ankle Sprain Solved



Ankle sprains are common, and mostly a minor injury. But if they aren't properly rehabilitated, they can lead to more and greater injuries. My Ankle Sprain Solved program eliminates pain and properly heals your Ankle Sprain, so you can get back to an active and engaging life. Here are a few of the things you'll learn in the program:

- How decreasing stress and tension in your knees helps heal your Ankle Sprain
- What you need to do to PERMANENTLY heal your ankle... not just get a temporary fix
- The SINGLE most important exercise you can do to heal your Ankle Sprain

Learn more at: [www.AnkleSprainSolved.com](http://www.AnkleSprainSolved.com)

### Fix Your Frozen Shoulder

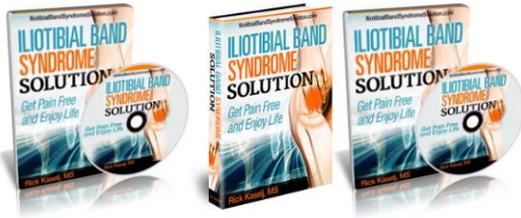


Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your Frozen Shoulder. Here are just a few of the things you'll learn:

- The 3 most common mistakes people (and professionals) make treating Frozen Shoulder... which AGGRAVATES the condition instead of improving it
- Why stretching is an important part of fixing your Frozen Shoulder... but it's only 1 of 7 critical components in my treatment program. In my experience, the best results come when ALL 7 components are used.
- How my program is designed to provide lasting, long- term relief from Frozen Shoulder... not just a temporary fix

Learn more at: [www.FrozenShoulderSolution.com](http://www.FrozenShoulderSolution.com)

## Iliotibial Band (IT Band) Syndrome Solution

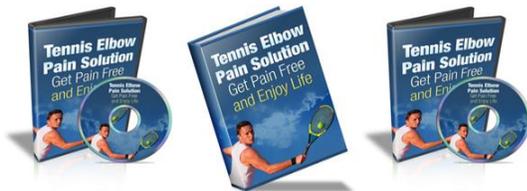


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- A complete program THAT ACTUALLY WORKS – it has all the exercises you need, and none that you don't
- Pain- relief techniques you can start using IMMEDIATELY
- A comprehensive explanation of how IT Band Injuries occur, and what you can do to prevent them in the future

Learn more at: [www.IliotibialBandSyndromeSolution.com](http://www.IliotibialBandSyndromeSolution.com)

## Eliminate Tennis Elbow

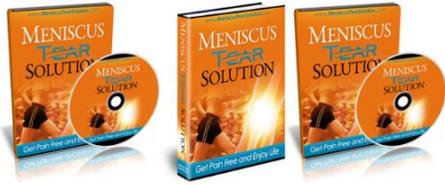


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- How to diagnose yourself and make sure you definitely have Tennis Elbow
- Why you need to follow a specific plan, with a specific progression of exercises (in 3 different stages) to fully eliminate your Tennis Elbow
- How lengthening the muscles in your forearm is an important aspect of fixing your Tennis Elbow... and exactly how to do it

Learn more at: [www.TennisElbowPainSolution.com](http://www.TennisElbowPainSolution.com)

### Mend Your Meniscus Tear



A Meniscus Tear is a nasty, painful injury... but my simple, step-by-step videos and guide will help you overcome it FAST, so you can get back to walking, running and having the active lifestyle you want. Here are just a few examples of what you'll learn in the program:

- Why a specific course of exercises and techniques is necessary to overcome your Meniscus Tear... and why you should NEVER just cobble together a random combination of exercises
- Why my program has 13 specific components, and why none of them should be left out
- The single most important movement you can do to heal your Meniscus and eliminate pain ASAP

Learn more at: [www.MeniscusTearSolution.com](http://www.MeniscusTearSolution.com)

### Lumbar Spinal Fusion Recovery Program



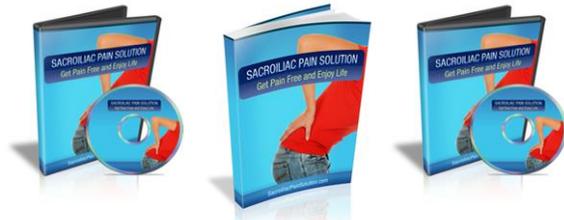
Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY - EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered QUICKLY, and give

you the opportunity to earn Continuing Education Credits. Here's a tiny sampling of what you'll learn and get in the program:

- The most effective exercises for recovery from Lumbar Spinal Fusion (NOTE: most of these exercises ARE NOT taught in Personal Training Certifying Courses)
- The 5 most common reasons Lumbar Spinal Fusion surgery occurs
- A full- color HANDOUT of the EXACT Lumbar Spinal Fusion Exercise Program I give to my clients (you can print this out and give it to all your clients)

Learn more at: [www.LumbarFusionExercises.com](http://www.LumbarFusionExercises.com)

## Eliminate Sacroiliac (SI) Joint Pain FAST



This simple, step-by-step guide will finally end your SI Joint Pain. It's a safe and effective program that most health and fitness professionals don't know about, or are doing wrong. Here are just a few of the things you'll learn:

- How Sacroiliac pain is different from regular back pain... and what to do differently to treat it
- Why doing SI Joint Pain exercises in a certain order is crucial, and what the correct order is
- The ONE movement you MUST do in order to overcome your SI Joint Pain

Learn more at: [www.SacroiliacPainSolution.com/end-si-joint-pain](http://www.SacroiliacPainSolution.com/end-si-joint-pain)

## Eliminate Stubborn Knee Pain (Patellofemoral Syndrome)



Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience treating thousands of people with knee pain. Here are just a few of the things you'll learn in my program:

- Why stretching DOESN'T fix Patellofemoral Syndrome
- How you can use common household items to perform all the exercises you need to ELIMINATE YOUR KNEE PAIN and get rid of Patellofemoral Syndrome FOR GOOD
- Why the order in which you do the exercises is important for success

Learn more at: [www.PatellofemoralSyndromeSolution.com](http://www.PatellofemoralSyndromeSolution.com)

### Shin Splints Solved



Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This program is HIGHLY -EFFECTIVE at eliminating Shin Splints and shin pain. You WILL be

running again – without pain – before you know it! Here's just a small sample of what you'll learn in my program:

- Why ice and stretching are only temporary fixes for Shin Splints... and what to do instead to get long-lasting relief
- Why most trainers and therapists take a shotgun approach to prescribing more and more exercises, while I ask you to focus ONLY on the exercises you absolutely need (those that are most effective at eliminating Shin Splints)
- Why most health and fitness professionals don't have you strengthen your ankles... and why you MUST if you want to erase shin pain

Learn more at: [www.ShinSplintsSolved.com](http://www.ShinSplintsSolved.com)

### Jumper's Knee Solution



Do your knees hurt when you run or jump, especially while playing sports like basketball or volleyball? My Jumper's Knee Solution program is for you! It's a video-based exercise program that will get you back to your sports in as little as 7 days. What will you learn?

- The specific exercises that will make your pain go away FOR GOOD
- Which exercises you should NEVER do if you have Jumper's Knee
- The 10 simple steps you need to follow – IN THE CORRECT ORDER – to eliminate Jumper's Knee

Learn more at: [www.JumpersKneeSolution.com](http://www.JumpersKneeSolution.com)