

How Brenda (Aged 57) got her life back (no pills or surgeries) Even with 15 years of back pain

One of my clients, Brenda, had been diagnosed with "Disc Herniation" and "Degenerative Arthritis" in her back. Her problem started almost 15 years ago after lifting heavy furniture in her home. After that began, she always thought that it would disappear eventually, but things kept getting worse... Sleeping was one of her main struggles. Finding a comfortable posture became increasingly more difficult because of her constant pain. At night, she would toss around in bed in frustration... She had to stop gardening due to her back pain... Since she has a high pain tolerance, she tried to tough it out and live as normal as possible by "pushing through" no matter what. She was unwilling to take painkillers or injections because she knew that chemicals can affect her body negatively (and she hates needles). When her doctor told her that she NEEDED to take painkillers after a short, **careless ten-minute consultation**, she was completely frustrated. She explained that the doctor "barely even looked at her". Even worse, the doctor recommended that she take **STRONGER painkillers** if the current ones did not work, and **steroid injections** if he deemed them necessary.

As a result, she had to cope with her back pain by taking painkillers occasionally that helped her to get going during the day, but often left her feeling sick and miserable. She then began to receive Chiropractic management every week, but it only gave her temporary relief. And, the cost of treatment had accumulated substantially.

However, Brenda, within only a **FEW WEEKS**, made a **FULL RECOVERY**—without any pills, injections or surgeries... **How did she do it??**

Because at Genuine Care Physical Therapy, we were able to find out what is the **root cause of her problem** was. One of the biggest problems today in traditional health care is the fact that most doctors and health professionals **DO NOT have enough time with patients for them to make a lasting difference**. The 10-20 minutes they usually allot just isn't enough. That leads to every single patient with back pain being treated in the same, useless and ineffective manner. This means that almost every patient with back pain is carelessly labeled with a "disc herniation" or "arthritis" ... and that they need to just accept it, take painkillers, and live with it.



They also say that eventually every patient will need to get surgery. This leads to a **DANGEROUS, systematic problem** of treating symptoms instead of identifying the real causes. For Brenda, after a thorough physical examination, we realized that the **FUNDAMENTAL** cause of her pain was NOT from her "disc-herniation" or "arthritis"... **but was actually from the following:**

- The right side L5-S1 (lowest part of spine) joint had a decrease in motion problem—the right side could only move 10% compared to the left side.
- Right hip mobility was limited—less than 30% compared to the left side
- Muscle imbalances—tightened hip/back muscles compensated for her back while there were severe weaknesses on abdominal/core muscles.

These were all authentic problems that will NEVER show up on an X-ray or an

MRI Scan. By addressing these problems through a **very individualized, natural, structured and detailed process**, she was able to get a quick and effective recovery. We used **hands-on treatment to specifically target the right L5-S1, and hip joint very specifically. Brenda was now able to:**

- Sleep without tossing around
 - Get out of bed quickly (she used to take 20 minutes due to her back pain/stiffness).
 - Start Gardening again everyday without the need for Plankiters.
 - Play with her grandson and even lift him up without worrying that her back will "go out" again.
 - Go on a cruise for her 30-year wedding anniversary with her husband.
- Brenda started by claiming her **"FREE DISCOVERY SESSION"** to find out what was the root cause of the problem.



OFFER OF THE MONTH!

Are you a mom who has Back, Headache, Neck, and Shoulder Pain? Get to the bottom of your problem... In Under 30 Minutes - For Free! This Month, we're able to offer you a

FREE DISCOVERY CONSULTATION

With a physical therapist - it's only for mothers with Neck, Back, Shoulder, and Headache who want to discover what's going wrong to cause them. It takes just 30 minutes - and there's NO referral or payment needed. Offer Limited just to the first 7 readers who responded by calling this number now (quote, "Money Mailer offer!")

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STRONG BODY STRONG MIND

October/November 2018

BULLETIN

LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION.



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Mythbusters For Back Pain

Lower back pain affects around 60-90% of individuals during their lifetime. In fact, it is the most common reason people seek medical attention, second only to the common cold. Back pain is so common that it's likely you will know someone at work or in your family suffering from it. And yet, despite this massive social issue, most people remain misinformed about what causes back pain and how it can be overcome. In this post, I hope to differentiate the facts from the myths in order to help you manage and overcome back pain, right now. Because of the misunderstood nature of back pain, it's important to debunk the myths in order to get to the truth. So, let's jump straight in:

MYTH 1:

"I am in pain, so I need to rest."

This is one of the most common misconceptions. In fact, research strongly opposes this idea. Rest is NOT a way to overcome back pain. In truth, the way to health is to rest longer than 1-2 days at a time. People who spend too much time resting their backs are generally considered "avoiders", that is, people who want to avoid any activities due to pain. Avoiders have a much higher risk of developing increased, chronic pain. Of course, I'm not suggesting you find activities that necessarily increase your pain, but I am suggesting that you stay active by doing other activities that don't provoke the issue. Why not try gentle walking? Make the decision to get out of bed and find some activities that you enjoy doing. That is the key to overcoming your back pain.

MYTH 2:

"My back pain is constant and not getting better... that means something is seriously wrong."

The fact of the matter is, regardless of what one might imagine, the spine is an incredibly strong structure with great support offered by muscles, ligaments, tendons, etc. Thus, the vast majority of lower back pain happens in the absence of serious structural damage (>90%). Only 1% of people with low back pain have serious problems such as a tumor, inflammation, or infection. The true "nerve pinching", happens to only 5% or less of the total population suffering from back pain. Therefore, it's important to understand that back pain isn't necessary to do with structural damage: the rarity of spinal issues present in back pain sufferers is evident in the research. The truth is, finding the root cause of the problem is essential to healing back pain, and more often than not there is no serious structural damage at all.



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It's Important to
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If you want to contact me regarding more information through email, send your questions to admin@genuinecarept.com or call at (858)-847-2025.

Mythbusters (cont.)

MYTH 3:

"I need to have an MRI test to show what is wrong."

An MRI should not be your first port of call in the case of back pain. Only if conservative therapy has failed should you consider taking a MRI or X-ray. If you have neurological signs such as foot dropping/dragging, sensation changes, bowel/bladder function changes, and/or a shooting pains down the leg, then a MRI is recommended. Research shows that the results of a MRI, that is, possible structural damage or abnormalities, do not accurately predict what contributes to back pain. In fact, even if you do not feel any back pain, a MRI may falsely predict that you do feel pain. The truth is, 50-80% of individuals who have spinal disc problems, as indicated by an MRI, have no complaints about back pain. One study even shows that taking a MRI in the early stages of back pain tripled the recommendations for surgery, but did not improve the outcome for the patient. Make a MRI your last option.

MYTH 4

"Heat and massages make me feel better, so I am sure they will cure me."

In truth, heat and massages only give you temporary relief. Research indicates that both options lack long term benefits. That having been said, both heat treatments and massages can be used as a supplement to physical therapy and stretching. Heat and massages help your muscles to relax, but in most cases tight muscles aren't the source of your back pain: they are just a by-product of the main issue.

MYTH 5:

"I have back pain because of my age."

As we all know, aging is irreversible and is accompanied changes. This is no different when it comes to our spine. Normal aging processes affect our backs by narrowing the spinal joint spaces and thinning the discs. Despite this, the occurrence of back pain is actually most prevalent between the ages of 35-55. Age doesn't seem to play a massive role in back pain! By not resigning to lower-back pain as an expected symptom of aging, your chances of recovery will increase significantly.

Don't let back pain determine the quality of your life. We look forward to helping you achieve the pain free, active lifestyle you deserve. Things like walking on a beautiful beach, watching the sunset without worry about your back pain, playing with your grandkids or attending their game, playing 18 holes of golf again, attending Yoga or Pilates classes, traveling to your favorite vacation spot, going out for a movie or to your favorite restaurant with your friends and family. Call us for more information. (858) 847-2025

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Back Pain for Golfers

**Do you have back pain related to golf? Worry no more!
Download our "7 Easy and Effective Strategies
to Maintain a Healthy and Pain Free Back- a guide for Golfers" TODAY!**



By Youngsun Kim, owner of Genuine Care Physical Therapy

Here at Genuine Care Physical Therapy, we know that back pain is a golfer's worst enemy. We understand that 18 holes can so often feel like a never-ending nightmare if you suffer from back pain. So, if you're going to battle with your back every time you step up to the tee, our free **"7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers"** report is your key to victory.

Are you unsure whether you really need our report? If so, take a look at the following points to help you make up your mind:

You need our **"7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers"** if:

- You love playing golf, but have come to expect that back pain is an inevitable by-product of the sport. The truth is, back pain is ABSOLUTELY NOT something you have to live with; it can be overcome.
- You've rested your back in the hope that it will get better. Meanwhile, though, your golfing game and form have been thrown off, and you can't even remember what the course looks like anymore!
- You're taking painkillers to mask the pain. This is one of the worst things you can do: the root cause of the problem is being hidden and your health is taking a serious knock. If you don't find the root cause, you'll be spending A LOT more time away from the green.
- You've considered quitting golf altogether. We do NOT want this for you. Golf means something to you, and your health means something to us. Take this option off of the table right now.

So, can you see yourself in any of the above? If so, and you're still not convinced, take a look at what our free tip report will help you achieve:

- You'll learn more about the right exercise, fitness activities, and form, so that your back is protected and pain free. Period.
- You'll learn what the right warm-up routine is; this is invaluable for long-term, functional golfing.
- You'll learn how to check critical motions in 3 different joints on your body, thereby preventing back pain.
- You'll learn how to swing effectively, thus resulting in as little stress and pressure on your back as possible.
- You'll get family time back. That's right. We know that golf isn't just about hole-in-ones or birdies: it's about so much more. We know that family means something to you, and the time you spend on the green is about memories made with those you love. Our report will help you get them back.
- You'll get powerful, easy to implement, effective advice for your problem. Gone are the days of pain.

So, there you have it. Download our free report today. There is absolutely no obligation or risk - what do you have to lose? Get back to the game you love. RIGHT NOW, with our **"7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers"**.

What are you waiting for? For your free copy of our exclusive report, please visit www.genuinecarept.com. Alternatively, why not give us a call at (858)-847-2025 to speak to one of our qualified, professional physical therapists today. We look forward to hearing from you!

About the Author:

Youngsun Kim, of Genuine Care Physical Therapy, is a leading expert in treating back injuries present in golfers. He is Talent Performance Institute certified, a certified manual physical therapist, a Board Certified orthopedic specialist, and a Board Certified sports specialist.

