

**FIX YOUR  
BACK IN 5  
MINUTES FLAT**

MICHAEL BENTLEY

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## FORWARD

**H**ello, my name is Mike Bentley. I wrote this book **after solving my own back problems myself. I have no medical training, I don't do Pilates or Yoga. I don't use a physio, and haven't for ten years now.**

But like many of you, I had severe and debilitating back problems. Nothing worked.

Then, after nearly nearly 7 years of pain, I was able to solve my problem in just a few days. I did this myself, after reading and studying hundreds of things written on back problems, and after countless specialist visits.

These are the exercises and stretches that fixed my back literally in three days, **AFTER** 7 years of agony, including serious sciatica, that physios, doctors, acupuncturists, etc. all couldn't fix, heal, or even really help.

But the best news of all is it takes literally **LESS** than 5 minutes a day!

After telling my story to friends, most of them also solved their own back problems following my system. (More on this in the introduction)

Around 10 years ago I travelled a lot on aeroplanes, was under massive stress at work having just set up my own company, and sat at my office desk for hours on end, whilst being a weekend warrior in sports.

All these things combined to create terrible back problems

I was struck down by a severe attack of sciatica. It was so bad that for many months, I could only work at my desk in periods of 10 to 15 minutes at a time, before having to curl up on my office floor in the foetal position for several minutes to relieve the spasm and pain. I would then get back to my desk and start work again. Again for another 10 to 15 minutes before the same thing happened. At the time, I was starting and had just opened my own business, so you can imagine how desperate I was for a cure.

I'm sure many of you reading this know exactly what I'm talking about.

Nothing fixed me.

Eventually, the actual sciatica attacks subsided, but it left me with an ongoing legacy of further chronic back problems.

I read many books on the subject. Many talked about the effect of stress, of sitting, of being overweight (fortunately that wasn't one of my problems) of too much caffeine, too much soda, too little water, and so on and so on!

Thousands of pages. All basically saying there were so many steps needed to fix my back, my whole life would need changing, and would take countless hours and would STILL have no guarantee of solving my problems and that even if I did all this, there was no sure fire guarantee anything would change, but it “should” help.

I wanted something to work straight away. Something to be effective.

Doctors and physios couldn't fix my back.

I bought books in book shops, and on the internet. Some were unbelievable! SO complicated, and in my view useless.

Unfortunately, I decided that I wanted to keep playing soccer, which I had played and loved since being a small boy. This was a HUGE motivation for me.

At that time I was into my late 40's, and my back problems, although bad, simply meant I could make a practice session on Wednesday and play on the weekend but I paid the price. Each Thursday after Wednesday practise and on Monday morning after the Sunday game I couldn't get out of bed. Literally.

I would drop from my bed to the floor. Crawl on my hands and knees to the kitchen, where I would take anti inflammatory and pain killers, just to be able to stand up.

This literally went on for years.

**I remember clearly the day I fixed my back.** It was a Tuesday. On Wednesday I attended my usual soccer practice. A good friend of mine in the team, Don, said afterwards “My God, what happened to you? We’ve never seen you so mobile in the 5 years we have known you”

I felt good, and did not realise it at the time, but my back problems were over. I thought maybe it was just one of those lucky days! (If you are like me, you will know that some days are better than others)

The next morning, (remember normally I couldn’t get out of bed) I got up, and suddenly realised I had for the first time in years been able to get out bed after soccer without dropping to the floor first!

I felt so good, I actually went out for a run. The FIRST time in years and years I could do that!

“*I would drop from my bed to the floor. Crawl on my hands and knees to the kitchen, where I would take anti inflammatory and pain killers, just to be able to stand up.*”



My back literally was fixed!

I still play twice a week whenever possible, go to the gym, and life is normal.

So this is how I fixed myself, and the exact programme I used to help many friends do the same, and NOW you too, can use.





# INTRODUCTION

**I**learnt some very tough lessons when I was suffering my own excruciating back pain. I learnt that Doctors, Physio's, Acupuncturists and so on seem to not be able to solve the problem, or even really alleviate it. Strong pain is the body's way of letting you know you that something is really, seriously wrong.

Sometimes pain, like a bruise or cut is something you can see, know what to do, and easily treat.

But the problem with back pain is you really don't know what's causing it. You don't know WHAT to fix. You just have back pain. After visiting the Doctor or the Physio, you may get some temporary relief, but sure enough, it soon comes back. And so you go back again to the physio! And on it goes.

I am sure you know EXACTLY what I am talking about. Nothing seems to work.

I have no medical training whatsoever, but I have played sport all my life, and suffered many different injuries. What I discovered by all these injuries, and by “self-treating” myself, reading a lot, and then suffering back pain only in my late 40’s, was that specifically back pain is often NOT caused by ONE action.

Not like a pulled muscle. Back pain is the end result of a long build-up of dysfunction and body and muscle imbalance. I also learnt that in many cases the back pain is NOT actually caused by your back, but by somewhere else entirely in your body.

In my own case, I didn’t know whether my pain was due to a muscle injury or nerve spasm, a slipped disc or just over-use, osteoarthritis, or simple age and wear and tear.

What I did know was that it was scary.

And I often wondered whether I would ever be “cured.”

I saw all sorts of experts and medical specialists to try to fix my back. I saw chiropractors, an acupuncturist, an Orthopaedic surgeon, a doctor and several physiotherapists. I learnt a lot from each of them, but none were able to actually fix me.

Not one.

My disks were fine and I had no pinched nerves. So what WAS causing my back pain?

I learnt that while most people's back pain is different from others, the ONE SINGLE thing they share is that they are in most cases aggravated by an imbalance of muscles usually over a long period of time that have caused your body and your back to be pulled out of its normal and correct position.

Sometimes, it is only a tiny imbalance, which takes years and years to manifest itself, and then suddenly your back "goes out."

Muscle imbalances can and do occur to most of us, even highly trained athletes, and then for many people these imbalances that occur slowly over many years finally result in severe problems such as sciatica.

But of course these severe imbalances can occur at any age. First, the imbalance must be addressed before there can be any pain relief.

I believe it can be that simple.

In order to fix your back, you need to address the underlying muscle imbalances.

My solution was to work out a series of "perfect stretches" that from the very first time not only started to correct these imbalances but also immediately provided some relief from the pain, so I knew they were working.

*“I’ve already tried stretching, it didn’t work for me”*

*“I do Yoga, most of your stretches are covered in my Yoga class”*

The comments above (or variations of them) I have heard from several friends after I introduced my system to them. Needless to say they didn’t attempt my programme! Needless to say last time I saw them they STILL had a bad back.

All I say is, whether or not you already do stretches, Yoga or Pilates, the lesson I learnt was the secret (if there is one) to my relief and that of all of my friends was the specific ORDER, NUMBER and time spent doing the stretches.

I have mentioned that I am NOT a health care professional, a Doctor, or a Physio, but I am just some someone who has by trial and error, and by reading what has and has not worked for everyone else, put together an exact system that WORKS, and works quickly.

While the solution to your own back pain will in most cases simply involve some easy to do stretches, just doing a random few stretches occasionally seldom works. You need to do my system daily. Commit to three weeks.

After that time you will be sold for life.

The exercises and stretches that most healthcare professionals give out won't work most of the time.

In order for exercises and stretches to work they must be targeted and specific to imbalances and dysfunction, and importantly **MUST** be done daily!

I am now going to show you the exact method I used to completely fix my own back, in just a few days.

It was this success, and all the people I met asking me to send them my exercises once they heard my story, that prompted me to create this e-book, initially just as an easy way to send to people I met or friends.

Every single one cured their own back problems once they tried my programme.

So I then decided to help as many people as possible, by going on line with this book and making it affordable to everyone.

I'm not an eBook expert, or eBook writer (in fact I have my own real estate business) but I know that serious back pain **RUINS** your quality of life, no matter who you are or even how much money you have.

In my own case, it was not until my late 40's that I had any back pain whatsoever. And then it really scared me.

The scary thing about my back pain was that it seemed to come out of nowhere, and in the *absence* of any injury or single event.

I had never had a single problem, EVER with my back. I was 47, playing sport, and in great health.

Then suddenly, out of “nowhere” the pain was so bad I had to curl up in the foetal position on the floor of my office every ten minutes to alleviate the suffering.

Of course, as I later discovered, there actually IS a reason for the “sudden” pain that seems to come out of nowhere.

An acupuncturist I found told me he would cure me after one session. He had great testimonials, even from famous rock and movie stars.

I really felt he thought my pain was imaginary, or I was a hypochondriac as he said my pain was nothing compared to others!

After one treatment he asked me how I felt. I had been virtually carried in as the pain was so bad I was unable to walk. After his treatment, I could stand up as I had been on my side in the only position that alleviated my pain for about half an hour while he treated me.

Sure enough after a few minutes the pain was back even worse (or so it seemed) than BEFORE the treatment.



So I have lived with back pain for years. I know what it is like.

I am now 58 and again very active physically. I am back playing soccer two times a week, I walk, hike, go to the gym, and am completely pain free!

I still find it hard to believe.

I used to have to drop out of bed, crawl to the kitchen, and take two pain killers before I could even stand up.

I still wonder why I didn't put the pain killers next to my bed! I think it was I simply could NOT believe I would not be able to get up!

Sometimes even now I awake in the morning wondering if my pain is back. Some days my back is "stiff", but I do my exercises EXACTLY as I am about to show you.

I only have THREE rules:

**RULE ONE: DAILY!**

You MUST actually commit to doing them every day. My programme takes no time at all. In fact, under 5 minutes a day! Every day you get dressed. Every day you brush your hair, or put your make up on. All of these activities take about as long as my back programme takes. So there really can be no excuses. Even after your pain has gone.

Keep it up. You can remain back pain free for life!

I had a friend who I gave this programme to. He said he had a terrible back, and was seeing a physio 4 times a week with little result. He could barely walk.

I bumped into him in the street again a few months later. I was shocked as he was walking with a stick. I thought my system had failed him.

He said his back was still terrible! To say I was shocked is to put it mildly!

I very nearly shelved this whole project! He was going to be the first of all the people I had introduced to this system that had failed. Tim is his name. I asked Tim how long he had tried my system for thinking perhaps he hadn't given it long enough.

He admitted then he hadn't actually "had any spare time to start yet, but I still go to physio three times a week."

So DO NOT be like Tim and NOT even start!

*“ I had a friend who I gave this programme to. He said he had a terrible back, and was seeing a physio 4 times a week with little result. He could barely walk.”*

**RULE TWO: IN THE EXACT ORDER I SPECIFY.**

**RULE THREE: FOR THE EXACT TIME I SPECIFY.**

I lived with chronic pain years. I was and am very active physically. But I suffered severe lower back pain and severe sciatica.

Today I am completely pain free! I still find it incredible how easy it was to fix!

Simply put...you must start these exercises today!

It is life-changing.

Do NOT resign yourself to being in constant pain that will only get worse with age.

The best part is that these stretches take no time at all, so you can actually commit to doing them every day.

So let's get started!





## BEFORE YOU START: PLEASE READ THIS.

**Y**ou are reading this book because you have a bad back. I doubt there is a single person reading this book whose back is fine. I know what you are going through. In fact as I write this paragraph, my own back is aching, and I am propped up in bed typing this on my laptop, in a certain position that I have found helps alleviate the pain.

I've also taken two pain killers, and am having a coffee. (I've found coffee helps me forget the pain, don't ask me why!)

Before continuing, I would really like and suggest you go to the Epilogue right at the back, which I wrote AFTER completing most of the book, when I had a relapse after so many years being pain free.

You will all be able to relate to this chapter, and I strongly suggest you read it FIRST. The epilogue will open your eyes to what is about to come.

Did you read the epilogue at the back of this book? If so, please continue. If NOT, please go to the back and read it!

Once done, here then are your stretches. No preparation or warm up is needed. But do EASE gently into each stretch.

Before beginning, it's important to remind you that that most back problems actually occur NOT because there is something wrong with your back, but most likely is the long term result of a (or a combination of) sitting too long, reaching for groceries incorrectly, working at your computer in poor posture, poor neck and head alignment, slumped shoulders, being overweight, misalignment through the hips or upper back, weak ankles or knee problems, poor stomach strength, poor exercise form and so on. When you put enough of these micro traumas together over a period of time the result is your back hurts!

But the human body has a fabulous ability to correct itself quickly.

So while my stretches have been seen to work immediately, and are very effective in reducing back pain for many people they also help in stopping your back pain from coming back again by correcting the underlying conditions, providing your maintain the programme.

The stretches are designed for teenagers to above 60. All the stretches are quite easy to do, take little time, and do not place undue stress on the body. There is nothing NEW about them, what seems to be

NEW is the order, the specific time on each, and the fact they are ALL targeted to the back. Doing them daily is also a big part of the cure.

Don't be fooled by how easy they seem! They work! And they work fast!

Your stretches will be static stretches, which means no bouncing up and down, rocking back or forward or doing them for less than the required 30 seconds. You will stretch to a certain point and hold that position for 30 seconds.

It must be done the right way, in the right order, for the correct time, every day.

Being too aggressive, bouncing or failing to hold a steady stretch will not give you the pain relief you are seeking.

Your body may not be used to some of these positions, so whatever you do, do not cross into the PAIN threshold. They're NOT supposed to hurt. Pain is a strong warning sign something is wrong.

To be successful, you need to do it every day!

Soft tissue has memory and it only lasts for 24 hours. So, stretching every other day will not really help.

My own research showed me that holding a stretch for 30 seconds seems to be most effective, and so that is what I advocate.

Any more is NOT better, but any less is not as productive.

But, if you can only hold the stretch for 5-10 seconds to start, that is okay.

If you can't get into the correct positions straight away, that's also normal. Many people can't. Even regular sports people often can't. So, ease into them gently, every day, and soon you will be able to complete them all properly.

But if even a restricted position is painful, then you need to stop. You do not want to make your situation worse. You may have some underlying problem that needs full medical attention.

Go slowly, go gently, and reap the benefits. Daily you will feel improvement, again, let me reiterate, do NOT push your body into any pain.

But you must work to increase your time to the full 30 seconds for this to work.

## **TWO TESTS TO DO BEFORE YOU START**

Before you start, there are two well-known and simple tests to go through to try to determine whether you have a herniated disc and whether your sciatic nerve is irritated by your spinal discs or by the piriformis muscle.



## SCIATIC TEST

Before you start the stretches, you should try to determine if your sciatic nerve is being irritated by the piriformis muscle or by the spinal discs.

Lie on your back on the floor. You may place a pillow or cushion under your head. Then simply lift your right leg off the ground slowly, while lifting your head to look at your toes. Keep your knee straight.

If this doesn't increase your pain, you can probably proceed with the stretches which should bring great relief.

But, if the pain increases while lifting your leg your pain may be disc related and you should immediately consult your own health care professional before doing any further stretches.



## LOWER BACK TEST

This is a guide to help to see if a herniated disc is responsible for your back pain. If the stretch below causes an increase in your pain, stop immediately, do NOT proceed with any further stretches, and seek medical advice.

Sit on a chair, slowly bend over so your hands join up around you calves. If you are able to do this without any increasing pain, you can proceed with the stretching programme.





# GET STARTED! YOUR DAILY PROGRAMME: A BETTER BACK IN UNDER 5 MNUTES FLAT.

## **POSTURE/STRETCH #1: BACKBEND/UPPER BACK STRETCH**

Start by sitting upright in a chair with a firm upright back.

Interlock your fingers or place one palm in the other, then extend your arms in front of your body. Place your feet flat on the floor.

Inhale and raise your hands above your head, then slowly lean backward, looking at your hands as your head leans back.

Lean back slightly, keeping your head between your arms.

Hold for 30 seconds.

While most back problems are lower back related, the stretch helps align the whole back, improving posture, bringing everything back into alignment, reducing stress in this area, and preparing the back for the stretches to come.



**POSTURE/STRETCH #2:  
HIP FLEXOR STRETCH USING A CHAIR**

Start your lower back programme with this gentle stretch.

Stand in front of a chair, step or a low table that is two to three feet high.

Lift your right foot off the ground and gently place it onto the chair.

Slowly move your left foot back until you are about 3 feet or 90 centimetres away from the chair.

With your toes on both feet pointing forward, gradually lean forward until you feel a slight stretch in your outer groin area and/or hip area.

Your left heel can come off the ground as you do this. Hold for 30 seconds.

Repeat with the other leg.



### **POSTURE/STRETCH #3: SCIATIC CHAIR STRETCH**

Sit on a chair with your ankle on the opposite knee.

Hold your knee with both hands, gently pulling your knee across your chest towards the opposite shoulder.

Work towards getting your thigh as close to your chest as possible. This may take some significant time, but will reveal to you when you first do this just how tight your lower back and hips are.

This stretch may even reveal to you the actual cause of your problems, especially if you find (as I did) that one side was significantly tighter than the other. To this day, my right side remains much tighter than my left, and it comes now as no surprise to me if I leave my stretches for a few days I tighten up on the right and am much more likely to pull a muscle or strain something on my left hand side.

This stretch will help immediately in taking some pressure of the sciatic nerve.



## **POSTURE/STRETCH #4: CHILD'S POSE/BOW**

This one is a favourite of a lot of my friends, who say they can immediately feel it working and bringing immediate relief.

As you move into this stretch, slowly and gently, your joints become lubricated with synovial fluid, reliving tightness not only across the whole spine, but this posture lengthens your spine and helps to release your hips releasing spinal tension and tightness all through the lower back right up to your neck.

(The exercise also stretches the quadriceps, knees and ankles and releases tension in the shoulders.)

Start by kneeling, sitting with your bottom back on your heels, with your knees hip-width apart.

I like to relax in this position first for 15 seconds to feel the stretch in my quads.

When you are ready, slowly bend forward to gradually reach forward as far as you can reaching out and placing your palms flat onto the floor.

Reach forward as far as you can in comfort. You may find it easier once down in this position, to slowly walk your hands forward.

If you cannot go all the way down, try lowering down onto your elbows at first.

Spread your fingers wide, ensuring that weight is spread evenly across all ten fingers. Remain in this position for a count of thirty seconds.

Your legs should be the width of your hips, arms should be shoulder width apart, and work towards keeping your arms straight.

In the beginning, you may find this difficult, so go as far as you can without incurring any pain, and try to go a bit further each time.

On completion, move slowly back and sit on your feet again. [It is not essential to hold the exhalation. If necessary, breathe regularly, slowly and as deeply as is comfortable].

This stretch will help in releasing tightness across the whole of your back.

**TIP:** Once you are down in the correct position, try walking your fingers a little further forward. In most cases you will be able to do so.





**OPTION FOR YOUR HANDS:** For the more athletic, you may change the position of your hands for added protection to your shoulder joints, by rotating your hands outwards away from the body so that your palms face outwards.



**BEGINNERS POSITION:** The below image shows how you will most likely start. This is fine, but in a very short period of time, you should be able to sit your buttocks down onto your heels, and drop your head further towards the floor between your arms as the images before show.



## **POSTURE/STRETCH #5: LIZARD/COBRA**

Another favourite of Yoga practitioners around the world, this posture relieves tension in your spinal discs and releases your neck and shoulders, while strengthening the back and stretching the feet and ankles.

Very importantly this particular pose helps prevent disc and lower back problems and also can uncover more serious ailments. Proceed with caution, but if pain free, you will find this pose to be a fantastic help in fixing your back problems when used together with the others.

This one is my personal favourite, and the one I believe gave me huge relief from day one. Many of my friends have been so tight in their spines that when starting this hardly looked anything like the image below, and in fact were virtually in the push up position. It would be funny if it wasn't so serious.

If you find yourself in that position, this one will be crucial to you solving and fixing your back. You will need to slowly keep trying to get as close the image shown below. As always, do NOT push yourself through any pain.

These stretches should ALL be pain free. You are not in the gym lifting weight here!

Begin by lying face down, with your hands beside your shoulders as if you were about to start a push up.

Tuck your toes under, with the underside of each toe in contact with the ground. Inhale, press down on your hands and raise the upper body VERY slowly, arching the back and look up at the ceiling, while slowly straightening your arms. Maintain this position for thirty seconds.

IF YOU FEEL ANY STRONG PAIN while doing this posture, it could be a sign of more serious disc problems, so you should stop and seek expert medical advice.

If you cannot straighten your elbows, don't push it too much. Try to still look upwards, and keep your legs flat and your toes pointed. Just keep your elbows bent, and over the coming days try to GRADUALLY straighten the elbows.

You will be amazed and surprised how quickly you will improve on this one if you keep it up daily.



**OPTION FOR YOUR HANDS:** If you can go into this position easily, or are involved in sports, you may want to increase the difficulty level by changing the position of your hands for added benefit to your shoulders and forearms by rotating your hands outwards. You may also rotate your feet inwards with your toes pointing towards each other if you are involved in sport to help provide optimal protection for the knees and ankles.



## **POSTURE/STRETCH #6: CAT-COW CURLS/ARCH**

A favourite of the Yoga crowd! This posture not only helps activate the spinal joints, through their full range of motion but helps ensure the joints that connect the back are fully lubricated.

Again after a very short time, you will feel immediate relief when doing this stretch.

Added benefits are that this sequence also helps your:

- Neck
- Wrist(s)
- Hands
- Fingers and;
- The abdominal muscles.

Start on the hands and knees, making sure your hands are immediately beneath your shoulders. Contract the abdominal muscles slightly to activate the core (this helps to maintain the natural curves in the spine). This also has the added benefit of working your abs, especially if you contract them tightly at the top of the Cat position.

Exhale and drop the head forward, while drawing your chest upward and arching the back, like a cat (see the diagram below).

Inhale, raise the head slowly while hollowing the back, as per the 'cow' position shown.

Repeat slowly around eight to ten times, alternating continuously and slowly between the two positions. The movement between the two should take around 2 to 3 seconds, for a total of 30 seconds.



*Cat position.*

Get Started!

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*Cow position.*

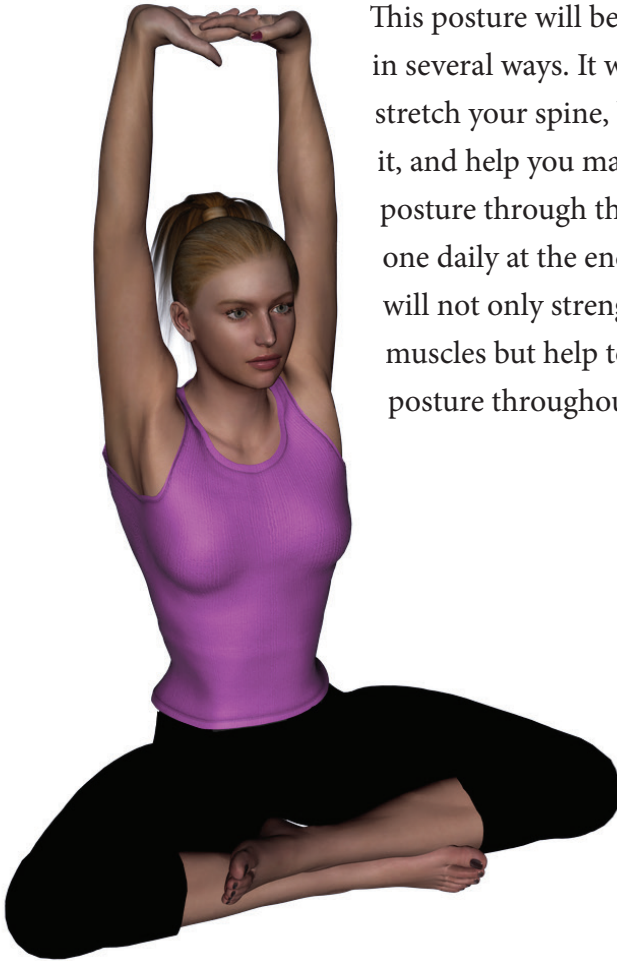
**OPTION FOR YOUR HANDS:** You may change the position of your hands for added benefit to your wrists and forearms if required, by rotating your hands inwards so they face each other. You may also rotate your feet outwards to help protect your ankles and knees if you are involved in sport.





## **POSTURE/STRETCH #7: SKY REACH**

Sit on the floor with your legs crossed. Interlace your fingers in front of you. Extend your arms and stretch them above your head, while imagining that your spine is lengthening. Turn your palms to face the ceiling, reach up as high as possible and hold for thirty seconds.



This posture will benefit you greatly in several ways. It will like the others stretch your spine, but also straighten it, and help you maintain correct posture through the day. Doing this one daily at the end of the programme will not only strengthen your spinal muscles but help to maintain correct posture throughout the day.

## **POSTURE/STRETCH #8: NATURAL SQUAT**

This is your last one! Thirty more seconds and you are done for today! Tomorrow of course you will repeat the eight stretches again.

The squat is actually a very important exercise in back pain prevention as it lengthens the entire lower back reducing stress on your discs while also increasing the range of movement in the joints.

This is because the joints are required to travel through “their full range of motion” in order to support the body while squatting. Similarly, this exercise also helps to stretch the pelvis and strengthen the pelvic floor.

A final added benefit of this one is it also protects your knees and hips, and strengthens the legs, which all goes to help prevent future injury to your back.

Do not avoid this one no matter how hard it seems in your early days. Even many athletes cannot do this properly when they start!

Many Asian cultures still to this day regularly squat, and go through their life to very old age without major back or knee problems. We sit in chairs, on the couch and on aeroplanes all day and wonder why we suffer so many problems!

Start this exercise in a natural standing position with your feet shoulder-width apart. Exhale, bend your knees and squat down.

If possible keep your heels grounded. Place a rolled up towel underneath your heels if necessary when starting but try to remove it as soon as you are able to.

Remain squatting for thirty seconds (when beginning, if necessary, hold something lightly for balance) and breathe normally. Stand up afterwards ideally without holding anything.

In this exercise, your arms may be placed in any position that is comfortable for you, such as wrapped around the knees (as shown), extended in front of you or in the 'prayer' position.

My personal suggestion and the one I still prefer today is to wrap my hands around my knees.

**TIPS:** For most people, this is definitely one of the hardest postures. The simplest and safest way is to just hold onto something sturdy in front of you. This will enable you to keep your heels on the ground, and will prevent you toppling backwards. In addition, you can simply drop as far as you can comfortably.

If you have something in front of you in easy reach, it will also help you to get back to your feet if you lack the leg strength in the beginning.

However, it is ideal if you stop using anything for balance as soon as possible.



When starting you may find this very difficult. I was only able to get half way down, and had to hold something for balance. Within a week I was able to complete this exercise as shown, and still am able to today 10 years later!

**RUNNING LATE FOR WORK/IN A HOTEL ROOM/IN THE OFFICE?** As you have read over and over I have been stressing that you need to do the full programme daily. However, all of us from time to time simply forget, are running late, or are on a business trip.

Therefore, here are the ones you simply must do and must NOT skip when you are genuinely very short on time. Please do in order:

#4, #5, #6, #8

This will help maintain the gains you have made for when you have time to get back to the full programme. Doing these will also assist in avoiding an immediate relapse.





## EPILOGUE

**T**ossing and turning the whole night long. Unable to get comfortable, and only able to sleep on one side. My legs are curled in the foetal position to try to get some relief on my back.

After waking I tentatively try to slowly lift myself up from the bed and lower my legs from the bed.

Very carefully I try to stand. The pain shoots through my back and I make my way to the kitchen where I gulp down 2 pain killers.

Moving very slowly and carefully through the house, I wonder how I got in this position. My back is in agony, and here I am in the middle of writing a book on how to fix your back!

Let me go back a step.

This book that you are now reading or have just finished is approximately half completed as I write this. Everything in the book is true. I

did fix my back using the method shown, and for the past 7 or so years have been completely without pain. Today, as I write this I am in agony.

This should be a warning for you all. I fell into the trap I mention SO MANY times in this book: do your exercises daily, EVERY DAY, even after you have fixed your back.

I had become very relaxed over my back, and never a tingle. I usually do the exercises several times a week, usually in the gym, or just before soccer. Since I play twice a week, and go to the gym 2 times a week, it means I have been doing them at least 4 times a week. Which while not perfect, is enough to maintain good back health.

Here is the thing. Two months ago, I suffered a groin injury playing soccer, which was quite bad, and so it stopped me going to the gym and playing soccer. As my habit had been doing my stretches not at home, BUT just before playing soccer or at the gym, I fell into the trap of not doing them.

In addition, I was very busy running my business, plus have had 3 air flights in the past few weeks, and been at my desk on my computer and phone 8 to 9 hours a day.

All of which is a recipe for disaster. Clearly this combined with walking differently to protect my groin injury has caused some major imbalances.



Here is what happened. After my groin injury I tried 2 weeks ago to play soccer again as my groin felt ok. Great news, it was! So I played on Sunday, went to soccer practise on Wednesday, and kicking the ball with my left foot, felt a shooting pain on the right side of my back.

Shrugging it off, I played on. I was a little worried, but that night it felt ok, and the next day it was also fine.

Three days later, on Saturday, I played my usual 5 a side soccer, for an hour and a half, on a hard surface. Maybe not the smartest thing to do, but I've been doing this for years, and when my back was fine, I've not had a problem.

After an hour I felt my back stiffen up. I finished the game, but felt quite stiff.

By Saturday night, my back was really sore. It was my daughters 18 birthday that night, and I had a lot to do, so was on my feet, lifting heavy things, and moving furniture.

Now, with all my talk about soccer, and the gym etc., you may if you haven't yet read the book, think I am a bit younger than I am. You need to know at this point I am 59 next week, but just happen to love playing sport.

And as you will also read, for the past 7 or 8 years, my back has been fine. Of course it is 7 years older! In addition as mentioned above, I have done everything wrong over the past 6 to 8 weeks, which is ALL

IT TAKES to throw everything out, and undo all the good things of the past 7 years.

Even as I write this, I cannot believe how stupid I have been. The trouble is, I have had similar periods over the past years, when I have lapsed with my stretches, and not had a repercussion, but this time, the strong kick with my left foot pulled something out, and instead of treating it and resting I kept going.

So, it is now THURSDAY. My back has been in agony since Saturday. I have even been thinking I need to see someone.

Unbelievable. I saw everyone possible last time, BEFORE I fixed myself.

What am I thinking?

So yes, as you read this rest assured I know EXACTLY what YOU are feeling and going through.

So, for the next week, I am going to keep a brief diary, written down here, that I will publish with my book UNLESS I cannot fix myself, in which case, I have no right to publish the book, and clearly, it was just luck last time I was able to fix my back problems. However, I have full confidence this will work, BUT in saying that, I do have seeds of doubt that anything can work quickly enough to fix in in the next few days before my birthday. I NEED to be fixed by Thursday next week, as I have a lot of 59<sup>th</sup> birthday celebrations, which I REALLY want to enjoy.

So I do know when you are reading this book, when I promise you will fix yourself quickly, how much doubt you have, as I even have it myself right now. YES, I know it worked last time. BUT maybe this time the injury is different, and it won't respond, I'm 7 years older and so on.

I'm sure when you thought about getting this book, you felt the same. It worked for him, but I wonder if it will work for me? My pain/injury/problems could be different.

So here is my actual week's journey, warts and all, written every night.

### **THURSDAY DAY 1**

I haven't stretched since I got the injury last Saturday, simply because it has been too sore, and I was worried it would hurt it more. But for the past 4 days, not only is it not getting better I think it's getting worse.

To be honest, I am a bit scared. I really thought I was OVER all my back problems, hence the reason for writing the book.

But what if this problem cannot be fixed now?

Tentatively I start. First, the hip stretch (exercise #1 in my program) My God. My left hip is SO tight. NO wonder it was the right hand side of my back that "went."

As you will read in my book, everything is connected. Clearly I have developed some major imbalances here, and are now paying the price. This is not good. My right hip is tight, but not as bad.

Tentatively, I go into exercise #2, the Bow. This feels so good, although I can barely get into close to the right position.

Again, tentatively I go through the others.

## **FRIDAY. DAY 2**

No relief whatsoever yet. Again, I do the stretches. Hips are still very tight. Barely able to go through the correct movements, very careful.

Very hard to get in to the car. Have to sit inside, one leg still outside, and slowly and carefully life the other leg in. Unable to bend down to pick anything off the floor. Many of you will relate to exactly what I'm saying here.

## **SATURDAY DAY 3**

Is it my imagination, or does it feel a little better? Today, I have stretched twice. My hips are much less tight, especially my left one, and I was able to get into the correct Bow position (exercise #2)

I took the dog for a long walk with my son tonight, for an hour. My back is agony again after returning.

Still unable to bend over, have to try to pick things off the floor by keeping the back straight, and bending all the way down from the knees. Not easy. Getting in and out of th car remains a challenge!

### **SUNDAY DAY 4**

Stiffened up during the night, not easy to get out of bed again.

Did my stretches again this morning, Did three sets in total of the bow, I find this one is feeling really good. Able today to do all the stretches correctly. A good sign!

No change in being able to bend down, but progress getting into the car this afternoon. Able to get in much quicker, still not as usual, but now, instead of taking perhaps 10 seconds to slowly lift the second leg in, after sitting, again being careful, can lift the leg in after about 5 seconds. The first sign in 4 days of progress.

### **MONDAY – THURSDAY DAYS 5- 8**

Able to get out of bed sort of ok. Still very stiff and sore. Still can't bend down.

Thursday I fly. A midnight flight stuffed in Coach, (economy) not going to be good for the back.

Tomorrow, is my birthday lunch, I really wanted to be good for this! I'm not happy.

### **FRIDAY DAY 9**

Off the plane early in the morning, done my stretches and feel great!  
Incredible.

A long lunch and evening celebrating my birthday, no ill effects at all!

### **SATURDAY DAY 10**

Obviously over did the walking and standing yesterday, as stiff and sore again!

### **SUNDAY-MONDAY DAYS 11-12.**

As above.

### **TUESDAY DAY 13**

No problems. Feels fine now!

“As you will see in the book, the first time I was able to fix my back in a couple of days. This time it has taken me 13 days. Still a sensational result, from absolute pain to NO PAIN.”

### **DAYS 14 -19**

Rested it, no exercise, but no pain or ill effects. Stretching daily without fail even though I am in hotel rooms, and on the road with daily plane trips and out of my routine.

### **DAY 20**

Back to play a game of soccer! NO ill effects. A little stiff in the morning, stretched it and all good.

### **CONCLUSION:**

I stopped writing my journal after Day 20. My back was again fixed after 13 days. At under 5 minutes a day.

As you will see in the book, the first time I was able to fix my back in a couple of days. This time it has taken me 13 days. Still a sensational result, from absolute pain to NO PAIN.

I am about to publish this book, and it is 3 months after writing the above, I am doing my stretches DAILY and am pain free! Not a hint of recurrence.

Good luck with your own journey.

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