

THE BACK PAIN RECOVERY BLUEPRINT

6 STEPS TO A BETTER BACK



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Welcome to the Back Pain Recovery Blueprint.

Over the last decade as a Personal Trainer and yoga teacher, I've helped 100's of clients find relief from pain and enjoy life again.

Following a car accident, I struggled with back pain for a long time, until I developed a formula that worked.

Now I want to help you with my 6 simple steps to recovery.



*You have the power to
change your pain*

Maria x

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Seek professional help if you experience any of the below:

- Trauma to your spine causing back pain
- Sudden loss of sensation in one/both legs
- Difficulty passing urine or uncontrolled bladder/bowel movements
- Pins and needles / loss of sensation in pelvis or anus
- Unremitting night pain

I would recommend seeing a physiotherapist if you have any concerns about your pain.



1. DON'T PANIC

Back pain is actually more common than you think. In fact, 80 – 90% of us will experience it at some point in our lives.

It can be frightening when you are in pain but reassuringly, only a very small percentage of back pain is something really serious.

You may experience high levels of pain, but according to research, this doesn't necessarily mean you have long-term damage.

Remember

*Your back is
more resilient
than you think*



2. BREATHE

Thinking more about how you breathe is essential to solving your back pain.

Shallow, fast, upper chest breathing will signal your nervous system to stay alert rather than relax. Slower breathe from the diaphragm will initiate your rest and digest state and help your brain to calm down the tension and inflammation in your back.

In my experience, high stress levels means back pain is hard to control. My back pain clients have all noticed a reduction in pain when they've focused on breathing better.

Try this

1. Sit somewhere quiet and turn your phone off
2. Notice your rib cage rise as you breathe in and fall as you breathe out
3. See if you can breathe more from the ribs and less from the upper chest

3. KEEP MOVING

When you have back pain, you still need to move. The discomfort you feel is likely to be because of sensitivity in your muscles, nerves and injury site. You are not doing any damage by moving.

Gentle mobilising is often best at first. Ask your Physio for guidance or follow one of my back pain flare-up videos on YouTube. Start with regular gentle mobility throughout the day. Take a walk and practise your slow, relaxed breathing.

Yoga-based mobility moves work best, multiple times a day at first. Remember, your back wants and needs to move regularly.



A SHORT MOBILITY SEQUENCE

1. Side to sides

Start with knees bent. Breathe in. As you breathe out, take knees to the right. Repeat to left.

Repeat up 5/6 times.



2. Knee to chest

Bring one knee at a time towards your chest. Breathe in/out gently, Try to relax your back muscles. Repeat x 2.



3. Pelvic Tilts

Lie on your back with knees bent. Try to tip your lower back towards the floor then arch it away a little.



Try it 5 or 6 times with the breath

A SHORT MOBILITY SEQUENCE

4. Bum squeeze/lift



Lie on your back with knees bent. Tip the lower back towards the floor. Squeeze the bum and either stay where you are or try to lift it up as you squeeze (if you are able).

Repeat up to 10 times

5. Childs pose

You may want to put a towel under your lower leg and cushion under your bottom. Breathe slowly and stretch arms forward. stay there for as little or long as you want.



4. STRENGTH TRAINING

to start with, you'll be trying to get your back moving regularly throughout the day. But you will get to a stage when you need to start doing more, once you can do the movements above more comfortably.

Stronger muscles around the spine provide better support, reducing the load on the spinal discs and joints. This alleviates pressure that can contribute to back pain.

The type of exercises to start with are body weight squats, wall press-ups, trunk rotations, single leg dead-lifts. You will find these exercises on my [YouTube channel](#).



5. INFLAMMATION

Inflammation is a necessary biological function, which helps wounds heal. Inflammation becomes problematic when it is long term. Research shows us that stressful lifestyles and poor eating habits contribute to higher levels of inflammation.

If you have back pain, you will be experiencing higher levels of inflammation, one of the contributory factors to your pain.

Things to work on:

Reduce stress

Increase intake of oily fish, green veg, good quality meat, eggs and low sugar fruits

Cut out sugars from your diet

Cut down on or stop drinking alcohol

Eliminate coffee

Relaxation

Reduce the time you spend on your phone



6. SLEEP

Good quality sleep is essential in dealing with pain. This can be challenging since it is often hard to sleep when you experience pain. Sleep is when the brain and muscles repair/recover.

Things to try:

- Turn off devices at least 1 hour before bed
- Do something relaxing in the hour before bed
- Don't eat after 7 pm (this disrupts melatonin production which helps you sleep)

useful tip

Massage, acupuncture and osteopathy can all be important in your treatment.



I hope you found my
Back Pain Recovery Blueprint useful.

I've had great success for myself and my clients with
all 6 steps.

Remember, you can't change everything at once.
Be kind to yourself and start to make small changes.

If you need any further help, please get in touch.
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Maria x