

## **BACK PAIN - NO MORE :**

**THE ONLY PEOPLE THAT SHOULD DO THIS EXERCISE ARE THOSE THAT WALK AROUND UPRIGHT.**

THIS EXERCISE HAS HELPED LITERALLY THOUSANDS OF PEOPLE GET RELIEF FROM BACK PAIN. A PROPER DIET, ALSO, HELPS FOR REASONS GIVEN PREVIOUSLY I.E. DIGESTIVE LEUKOCYTOSIS AND RESULTANT CAPILLARY CONSTRICTION CAUSING THE JOINTS OF THE BACK TO HAVE TO LIVE IN THEIR OWN SHIT.

MORE STUFF THAT YOU WILL NOT READ IN ANY TEXT BOOK NOR WILL ANY DOCTOR TELL YOU (MOST OF THEM DON'T KNOW). IN CONVERSATION WITH A UNIVERSITY PROFESSOR THAT WROTE A 900 PAGE BOOK ON THE BACK FOR PHYSICAL THERAPISTS & DOCTORS, SHE ADMITTED THAT THEIR WAS N COMMON DENOMINATOR - SO, EVEN THE EXPERTS DON'T KNOW THIS AND THOSE THAT DO WANT MORE STUDIES.

MORE STUDIES - THIS IS DEADLY SIMPLE (PROBABLY WHY ITS HARD TO UNDERSTAND). THE EXERCISE THAT FOLLOWS CAUSES CERTAIN VERY IMPORTANT MUSCLES IN THE BACK TO GO THROUGH A FULL FIRING PATTERN AND TO GAIN SIGNIFICANT STRENGTH. THROUGH EMG STUDIES AT THE UNIVERSITY OF FLORIDA AND A FEW OTHER PRIVATE PLACES (MOST UNIVERSITIES ARE AFRAID OF THIS INFORMATION - UNFORTUNATELY THE FACTS ARE THE FACTS).

EMG IN SIMPLE TERMS MEANS ELECTRO-MUSCLE-GRAPH MEANING THAT THE DEVICE CAN DETERMINE WHEN MUSCLES ARE FIRING. DURING ALL EXERCISES, EXCEPT THE FOLLOWING, THE SPINAL ERECTOR MUSCLES OF THE BACK DO NOT FIRE FULLY. THE SPINAL ERECTOR MUSCLES ARE RESPONSIBLE FOR MAINTAINING THE SPATIAL RELATIONSHIP BETWEEN THE BACK BONE SEGMENTS; IN-OTHER-WORDS, THESE LITTLE MUSCLES KEEP THE VERTEBRA SEGMENTS AWAY FROM EACH OTHER - SO, THAT THE NERVES THAT BRANCH OUT OF THE SPINAL COLUMN DO NOT GET PINCHED BETWEEN THE BONES. TO STRENGTHEN THESE MUSCLES THEY HAVE TO GO THROUGH A FULL FIRING PATTERN.

BECAUSE WE WALK AROUND UPRIGHT, THE SPINAL ERECTOR MUSCLES ARE A "CHRONICALLY WEAK TO ATROPHIED MUSCLE GROUP" QUOTE FROM SOME DOCTOR AT THE U OF F. SO HERE'S THE GIG: OUR BODY IS SET UP TO WALK AROUND ON ALL FOUR APPENDAGES; THE NERVOUS SYSTEM IS SET UP FOR US TO WALK UPRIGHT. NO WONDER 80% OF EVERYBODY HAS BACK PROBLEMS.

**NOW THE EXERCISE:** GET DOWN ON ALL FOURS - YOUR HANDS AND KNEES:

THEN PULL YOUR KNEE UP TO YOUR CHIN - TRY TO TOUCH YOUR CHIN TO YOUR KNEE, ROUNDING THE BACK UP IN THE PROCESS.

THEN UNWIND THE WHOLE THING I.E. MOVE YOUR KNEE STRAIGHT BACK UNDER THE BODY POINTING THE FOOT STRAIGHT BACK AND SIMULTANEOUSLY RAISE YOUR HEAD ALL THE WAY UP AND BACK - THUS, CURVING THE BACK DOWN, THE OTHER WAY.

REPEAT THIS MOTION 100 TIMES ON THE RIGHT AND 100 ON THE LEFT.

THEN, TOUCH THE BOTTOM OF YOUR TOE/FOOT ON THE GROUND OR SOMETHING TO FIRE THE ALL THE NERVES FROM THE BOTTOM OF YOUR FOOT TO THE TOP OF YOUR HEAD.

**IF THIS EXERCISE CAUSES A SHARP PAIN IN THE BACK, THEN STOP THE EXERCISE AND TAKE UP THE TRAMPOLINE, SWIMMING OR BICYCLE RIDING UNTIL YOU CAN DO THIS EXERCISE. IF THIS EXERCISE CAUSES DULL PAIN, THEN CONTINUE - CARRY ON. OR JUST DO AS MUCH OF THE EXERCISE AS YOU BODY CAN TOLERATE WITHOUT GOING THROUGH THE WHOLE MOTION - "JUST DO IT".**

THIS EXERCISE CAN START WITH 30 TO 50 REPETITIONS, THEN WAIT A DAY (CHRONICALLY WEAK MUSCLES CAN CRAMP WHEN SUBJECTED TO TOO MUCH EXERCISE). BY THE SECOND OR THIRD EXERCISE SESSION ONE CAN EASILY BUILD UP TO 100 REPS IN ONE GO ON BOTH SIDES. THE WHOLE THING TAKES LESS THAN 5 MINUTES. AND, THIS LIFE ALTERING EXERCISE ONLY NEEDS TO BE DONE 3 TIMES A WEEK - HOWEVER, THOSE OF US WITH MORE SERIOUS PROBLEMS USUALLY DO IT EVERYDAY. AND, SOME PEOPLE ADD A ANKLE WEIGHT OR A HEAVY BOOT WHICH DOES INCREASE THE EFFECTIVENESS.

NEXT EXERCISE THAT CAN BE DONE ON THE OFF DAYS: THIS WORKS VERY WELL FOR SCIATICA PROBLEMS. THIS EXERCISE IS DIRECTED AT THE OBLIQUE SPINAL ERECTOR MUSCLES:

WHILE ON YOUR HAND AND KNEES, PICK UP ONE KNEE AND LIFT IT STRAIGHT AWAY FROM THE BODY AT RIGHT ANGLES TO THE ABOVE MOTION. SO, YOU ARE LIFTING YOUR LEG LIKE A DOG PISSING. AGAIN 100 REPS ON EACH SIDE WITH NO BREAKS I.E. 100 REPS IN ONE SET. THEN TOUCH YOUR TOE.

THIS HELPED ME GREATLY WITH MY OWN SCIATICA AND IT HAS HELPED MOST OTHER PEOPLE WITH THE SAME PROBLEM. ALTHOUGH, THE FIRST EXERCISE USUALLY SOLVES THE SITUATION BECAUSE IT DOES GET THE OBLIQUES TO A CERTAIN EXTENT. SO MOST PEOPLE DON'T FIND THE DOG PISSING EXERCISE NECESSARY BUT IT CERTAINLY DOESN'T HURT.

WHAT'S THE MEANEST ANIMAL IN THE WORLD? A TWO-HEADED DOG. YOU'D BE MEAN TOO IF YOU COULDN'T PISS; ESPECIALLY IF YOU BACK HURTS - CAUSES TWO-HEADED, UNHAPPY HUMANS.

NOW THE SHORT COURSE ON HOW THIS WAS DEVELOPED:

LOUIS AMUNDSEN, A PhD IN PHYSICAL THERAPY, FIGURED OUT QUITE SOME TIME AGO THAT THE ERECTORS DIDN'T GET ANY EXERCISE BECAUSE WE WALK AROUND UPRIGHT AND THAT TORSO CONTROL IS ACCOMPLISHED BY THE LOWER LARGER MUSCLE GROUPS, THE GLEUTS, HAMSTRINGS AND HIP FLEXORS PRIMARILY. THEN, ARTHUR JONES, THE GUY THAT USED TO OWN NAUTILU EXERCISE EQUIPMENT, DID SOME EMG STUDIES OF HIS OWN AND FOUND THAT NONE OF HIS EQUIPMENT PROPERLY EXERCISED THE ERECTORS. SO, MR. JONES 'BORROWED' DR. AMUNDSEN'S TECHNIQUE FOR STABILISING THE PELVIS WHICH LOCKS OUT THE LOWER LARGER MUSCLES AND ALLOWS ISOLATED EXERCISE ON THE ERECTORS. AND, JONES FORMED A NEW COMPANY CALLED MEDEX TO SELL THE HIGH TECH EQUIPMENT THAT HE

DEVELOPED TO EXERCISE THE ERECTORS (WITH THE TESTING AND TECHNICAL ASSISTANCE OF THE UNIVERSITY OF FLORIDA; I THINK AGAIN THIS IS ALL FROM MEMORY) - HIS DEVICE COSTS ABOUT \$60,000/EACH AND ACTUALLY IS A GOOD DEVICE FOR TESTING THE RELATIVE STRENGTH INCREASES GAINED BY THE PATIENTS AND IT HAS DONE WONDERS WITH PEOPLE'S BACKS IN SEVERAL CASES OF EXTREME PROBLEMS. THERE IS NO QUESTION THAT STRENGTHENING THE ERECTORS IS AN EXTREMELY EFFECTIVE THERAPY.

I WORKED WITH A COMPANY THAT DEVELOPED A BETTER WAY OF STABILISING THE PELVIS AND LOCKING OUT THE CONTRIBUTION OF THE BIG MUSCLES. THE TWO DEVICES WERE DEVELOPED ABOUT THE SAME TIME WITH COWBOY DEVICE BEING THE NEW-COMER. THE COWBOY DEVICE COSTS AROUND \$6,000 AND IS A MUCH BETTER THERAPEUTIC MACHINE, BUT LACKS THE SOPHISTICATED STRENGTH DIAGNOSTICS OF THE MEDEX.

ANYWAY USING THE COWBOY DEVICE I PERSONALLY WORKED ON THE BACK OF A POINT GUARD OF A NBA BASKETBALL TEAM. THIS GUY HAD A HERNIATED DISK WHICH WAS SO BAD THAT THE IMPINGEMENT CAUSED A KNOTTED BACK SPASM THE SIZE OF YOUR FIST AND ACTUALLY PULLED HIS BACK INTO A LATERAL CURVE. AFTER APPLYING TRACTION IN EXTENSION I.E. PULLING THE PERSON UP AND BACK OVER THE TOP PAD OF THE DEVICE WITH HIS PELVIS STABILISED (THUS PREVENTING THE BIG MUSCLES FROM PULLING ON THE BACK. THIS ALONE WAS A GREAT RELIEF TO THE PATIENT.), THE SPASM WAS RELIEVED. THEN, AFTER ONLY A WEEK OF EXERCISES HE WAS READY TO PLAY AGAIN, BUT THEY MADE HIM STAY OUT ONE MORE WEEK (IT WAS PRESEASON; THIS KID WENT ON TO HAVE THE BEST PROFESSIONAL SEASON, TO THAT POINT IN HIS CAREER AND HE HAS CONTINUED TO IMPROVE). THE POINT HERE IS THAT THE HERNIATED DISK DID NOT GO AWAY. WHAT APPARENTLY HAPPENED IS THAT THE STRENGTHENED ERECTORS WERE ABLE TO RECOGNISE THE NEED FOR A NEW MORE COMFORTABLE POSITION OF THOSE TWO THORACIC SEGMENTS AND KEE THEM AWAY FROM EACH OTHER; THUS, RELIEVING THE PRESSURE ON THE DISK. LATE IN THE SEASON HE FIGURED THAT HE WAS CURED AND STOPPED DOING THE EXERCISES - HIS BACK TIED UP ON HIM - HE DID THE EXERCISES FOR TWO DAYS IN A ROW AND WAS ABLE TO PLAY THE NEXT SCHEDULED GAME - THE HERNIATED DISK WAS STILL THERE.

THE HYPOTHESIS IS THAT THE ERECTORS HAVE SO MANY NERVES THAT THEY CAN RECOGNISE THE BODY'S NEEDS. AND, WE HAVE SEEN CONSIDERABLE PAIN RELIEF IN EVEN GENETICALLY MALFORMED BACKS. BUT, THESE NERVES MUST BECOME AWARE OF WHERE THEY ARE, WHICH IS WHY YOU MUST TOUCH THE BOTTOM OF YOUR TOE/FOOT ON SOMETHING DURING OR IMMEDIATELY AFTER COMPLETING THE EXERCISE - IT SEEMS THAT THE BODY'S NERVOUS SYSTEM IS SET UP FOR US TO WALK UPRIGHT WHICH IS WHY CHIROPRACTORS THAT TREAT PEOPLE ON AN INCLINE WITH THEIR FEET TOUCHING SOMETHING ARE MORE EFFECTIVE.

THE BEAUTY IS THAT THE ABOVE EXERCISES DO NEARLY WHAT THE EXPENSIVE MACHINES DO AND DON'T COST A DIME.

BLESSINGS,