



# **5 Things to STOP doing to Have Less Back Pain and ENJOY LIFE!**



# About The Author



Dr. Lynne Virant, PT, DPT received her doctorate in physical therapy from The George Washington University in 2014. Coupled with her degree, Lynne has 18 years of experience as a physical therapist practitioner, personal trainer and fitness/running instructor.

In 2014, Dr. Virant established The Movement Clinic because she wanted to help people recovery from injury and transition to a long-term fitness plan with personalized 1-on-1 care. She had worked at traditional physical therapy clinics where she treated up to 3 patients at one time and dealt with insurance plans that were constantly denying payments for patients even when they were getting better. These conditions led Lynne to create the ideal treatment setting where she can provide you with effective and individualized care you deserve.

At The Movement Clinic we are dedicated to helping people make better decisions about their health. Our mission is to help **active adults and athletes** who are scared of slowing down or being stuck on painkillers and who want to avoid unnecessary surgery/procedures. We are for people who value their health greatly, want personal, specialized and hands-on treatment, and want guidance on how to take charge of their health.

We understand that there are many healthcare providers and healers to choose from. We are thankful that you have considered us to be part of your journey toward optimal health. We are here to help people like you make more informed decisions about your health. We are honored to share this small part of your journey and transformation away from a life controlled by pain and the anxiety. We hope to be a positive force, “empowering you to take charge, move well, be active and ENJOY LIFE!”

For additional information on how we may be able to help you even more, go to [getmovingpt.com](http://getmovingpt.com) to set up a FREE DISCOVERY VISIT or give us a call at 850-450-1118.

## 5 Things to STOP doing to Have Less Back Pain

### 1. Stop standing or sitting with poor posture.



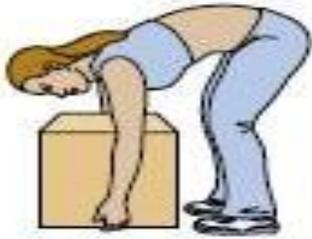
Poor posture doesn't cause back pain. But think about a car that is out of alignment. When you finally drive the car, the structures on the car get stressed in ways they aren't designed to withstand and are more prone to breaking down.

Your body alignment is just as important. With poor posture/alignment, your muscles, ligaments, bones, and joints can be stressed and be prone to break down.

**Good posture=Good alignment!**

***Start: Stand and sit with proper posture! Not sure what that looks or feels like? See option #5.***

## 2. Stop carrying and lifting poorly!



**A very bad idea**

The next time you pick something up from the floor- notice what your back looks/feels like. Is it straight or bent forward?



The next time you carry a bag- notice if you always carry it on the same side, how you stand, or how heavy it is.

Doing this one or two times is not likely to cause pain. But this is probably how you do it every time. Imagine poor posture/alignment and added weight over a long period of time!

***Start: Bend your legs and keep your back straight when picking things up. Carry bags evenly and only with a weight that allows you to have good posture. Need help with this? See option #5.***

## 3. Stop sitting/standing in the same position for too long.

Let's go back to the car example. Imagine a car sitting in the driveway, not being driven for days or weeks. Fluids break down, belts/seals/wires corrode, batteries lose their charge.

Your body is much like a car! Movement helps fluids flow, muscles and joints stay loose, and charge your heart and your mind!

***Start: Move and change positions often during the day! Need help with this? See option #5.***

#### **4. Stop ignoring stress.**

I know this sounds a bit touchy, feely. At times, stress is normal. But long-term, chronic stress that goes unchecked can lead to:

- tight muscles, aches and pains
- low energy

There are many ways to deal with stress in a healthy way. One healthy option is to exercise. The daily minimum recommendation is 30 minutes a day, which can lead to:

- decreased joint pain
- improved energy
- decreased anxiety, depression
- improved quality of life

***Start: Add 30 minutes of exercise per day. Need help with this? See option #5.***

#### **5. Stop “googling”.**

It’s not a bad thing to research why you might be experiencing back pain. However, there is so much information about which exercise or stretch to do, how to sit/stand, what are all the different types of back pain?

Don’t waste time guessing and still having pain.

Contact an expert on whole body systems and movement – the right physical therapist (PT) for you. The right PT won’t just look at your back pain. The right PT will look at the whole picture from head to toe. The right PT will ask about your daily activities to see if they may be contributing to your back pain. The right PT will also look at how you move. Finally, the right PT for you will empower you with the right skills and knowledge to take charge, move well, be active, and ENJOY LIFE!

***Start living and moving better by working with the right Physical Therapist for YOU!***

Many people have back pain during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has given you the information you need to make a about what to do next for your back pain.

If you or someone you care about are currently dealing with back pain, whether it is new or something nagging, we are more than happy to talk to you about your personal situation. We offer **FREE Phone consultation with a Physical Therapist** so that you can be confident in taking the next step to relieve your back pain.

It only takes a few minutes for us to get an idea of what might be causing your problem, and it doesn't require booking an appointment.

To request a **FREE Phone consultation with a Physical Therapist** click give us a call right now at 850-450-1118.

Best,

Dr. Lynne Virant, PT, DPT  
Leading Physical Therapist In The Greater Pensacola/Gulf Breeze Area

# Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physio advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the licensed Physical Therapists at The Movement Clinic.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.