



MOVEMENT MATTERS

LIVE WITHOUT LIMITATIONS

The Ultimate Guide to Staying Active and Pain Free
Without Pills, Injection, and Surgery

WRITTEN BY NICK CLARK
THE BACK PAIN SPECIALIST



"Nick is amazing! He is knowledgeable, kind, professional and gets to the cause of your pain right away. ."

—Fran Fay, Movement Matters Client

KEYS TO MOVING BETTER

Pain creates a stranglehold on your quality of life. You have probably already been told to rest, take some pills, or receive an injection. Even worse, you have been told that you need surgery with no other options discussed!

These strategies are not the appropriate interventions and will make the aforementioned stranglehold even tighter. If you are disgusted with living a life full of fear, self-doubt, and disappointment optimizing your movement is the answer. Start on the path to a positive trajectory for your life by learning what medical pitfalls to avoid.

STOP RELYING ON DUCT-TAPE MEDICINE



Duct-tape medicine is everywhere! It comes in different forms:



- Painkillers
- Anti-inflammatories: Advil, Prednisone
- Cortisone injections
- Surgery
- Heating pads / Cold Therapy
- Electrical Stim

These methods treat the pain, not the source of it.

Relying on these methods to solve the problem is like your doctor prescribing a tissue to cure your cold – it may help with the runny nose, but it won't slow down the virus attacking your body.

If you suffer from lower back pain there is only one way to end it for good: eliminate the movement impairments that have left the lower back subject to constant stress.

"Movement impairments" are analogous to driving your car with the hand break on! It will operate but not at it's highest level.

KEYS TO MOVING BETTER

ADDRESS THE CRIMINAL NOT THE VICTIM

It's easy to believe your lower back is the problem, simply because that is where it hurts.



COMMON CULPRITS

- Ankle
- Hips
- Thoracic Spine (Mid Back)

The truth is that the site of pain is really the ultimate victim. It takes on copious amounts of stress because of other joints not doing their jobs effectively. Most commonly, these include the ankles, hips, and thoracic spine.

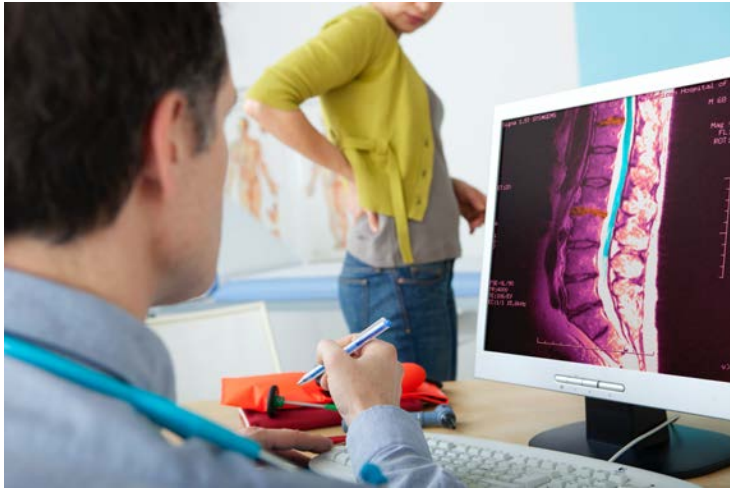
In other words trying to resolve lower back pain by addressing the lower back is like arresting the victim.

To find the real criminal, we need to evaluate the body and it's movement as a whole to detect how your ankle, hip, and mid-back are moving improperly.

"Our goal is to heal the problem at it's source and help you get back to the activities you love". -Nick Clark of Movement Matters

3 KEYS TO MOVING BETTER

THE TRUTH ABOUT MRI's AND BACK PAIN



MRI's and X-Rays do not tell the whole story! If you are taking pills, injections, and have undergone surgery, try a back pain specialist and see what they have to say about your situation!

Imaging has transformed medicine, and allows us to detect life threatening issues, yet it often does more harm than good when it comes to back pain.

Nearly everyone 50 and up will have a herniated disc, stenosis, and/or arthritis show up on imaging, but that does not mean you must sit on the couch for the rest of your life.

If we put an image of two individuals of the same age with the same issue up on a wall (i.e. herniated discs), one may be in debilitating pain and the other a pain-free marathon runner.

It tells us **what** you have but not **why** you have it. This does nothing to facilitate recovery.

"90% of people 60 years or older had a degenerated or bulging disc show up on an MRI. Before you insist on an MRI, see someone who specializes in diagnosing and treating back pain."

- Quoted from Daniel M. Walz, MD

*Chief of the Division of Musculoskeletal Imaging
North Shore University - Manhasset, NY*

MAKE THE MOVE:



Now that you are able to identify the factors that could be holding you back, let's talk about what you can do TODAY to start living the life you've imagined!

5 ACTIONABLE STEPS

1



Don't walk with your feet turned out! Walking with your feet turned out is the body trying to move around your joints, not through your joints. This is an okay strategy for a short period of time but over time your body will break down in the form of knee, back, and hip pain.

Imagine each foot is on a clock, they should be pointed as close to 12 as possible. Moreover, visualize that your ankle joint is a rocking chair, you want to land with your heel, absorb with your mid-foot and push through the big toe. This will not be perfect at first but over time will lead to more efficient, pain-free movement.

MAKE THE MOVE:



2



Look at your shoes! Put both shoes on an even surface and look at them from behind. If one shoe is worn down on the outside of the heel and the other is not you are stressing one side of your body more than the other. Besides previous injury, asymmetries are the number one risk factor for injury.

To solve this problem look for a pair of sneakers that has a zero drop from heel to the toe. Meaning there is no difference in height between them. This will allow for more optimal ankle mechanics, taking strain off the body as a whole. Secondly, a shoe with a wider toe box is always better for the body (think the opposite of high heels or men's dress shoes). The shoe company Altra is a great example of this type of shoe.

MAKE THE MOVE:



3



When sitting at your desk sit on something to prop your body up so that your hips are above your knees. Having the knees above the hips take a significant amount of hip mobility that most people are missing. If you are missing the mobility in the hips you will round at your spine. Rounding at the spine repetitively over time will lead to pain, tightness, and inefficient movement.

Moreover, if you have an adjustable desk chair, simply raise it up so that you are not rounded into it. If on the couch try putting a couple of textbooks underneath the cushion so that you don't sink in so deep. This will make it easier to get up and protect the spine when sitting.

MAKE THE MOVE:



4



When sitting at your desk keep your elbows tight to your body. Imagine there is a 100 dollar bill between your elbows and your ribs and you can't let it fall. The "elbow tight" position will promote an upright posture and assist in engaging your core musculature. In turn, you will protect your lower back, neck, and elbows. Lastly, this will facilitate proper breathing through the diaphragm, increasing oxygen uptake.

MAKE THE MOVE:



5



Stop bending with your knees and lower back. Yes, it is better to use your knees than your lower back however the optimal strategy is to use your HIPS. The hips are the two primary engines of the body and must be utilized during activities of daily living. To accomplish this, stand with your feet shoulder width apart, toes pointed at 12 o'clock, knees slightly bent, and move toward the ground with the hips only.

To better understand this, stand about 6 inches away from a wall and try to get your butt to hit the wall only moving from the hips. You should feel like you are using your butt and your hamstrings to accomplish this NOT your lower back. With all situations you do not want to feel as if your lower back is doing most of the work.

HOW MOVEMENT MATTERS CAN HELP

Movement Matters unites the worlds of sports medicine and personal training to eliminate pain and restore quality of life. We help people who are 50+, who are frustrated with taking pain pills, receiving injections, and living in fear of surgery.



• BACK PAIN SPECIALIST

- We specialize in treating lower back pain and arthritis, the primary orthopedic handcuffs.
- Our strategy is unique in that we do not address the site (the "where") of pain - we attack the source (the "why") of pain.
- Our 1-on-1, hands-on environment allows for truly targeted treatment experience. We believe in getting to know you, so that we can understand how physical activity plays a role in your life, and make sure we get you back to the things you love.

PAIN IS NOT THE PROBLEM

Pain is simply the body requesting a change. If you silence that request through the previously mentioned "duct-tape medicine " treatments the pain will only get worse. Pain is analogous to the check engine light on your car; an indicator that it is time to investigate and find out WHY the car is not functioning optimally.

At Movement Matters, we are not only going to get the check engine light off temporarily so you can pass inspection we are going to solve the problem so the light does not keep coming back on, aka chronic pain.

INTERVIEW

with medical history
analysis to find out
the source of the pain

First, we will interview you to find out how movement plays a role in your life. Furthermore, we will gather a thorough medical history to ensure we have all the pieces to your puzzle. This will allow us to find out the source of your pain, without wasting time on looking at the site of your pain.



HANDS ON INTERVENTIONS

soft tissue and
joint mobilization

Next, we will implement hands-on interventions that include soft tissue and joint mobilization. This allows us to realign the puzzle pieces so they are in their optimal state of functioning.



PRACTICAL APPLICATION

movement patterns for
everyday living

Lastly, we will review different movement patterns of everyday living so that we can educate you how to properly perform them. We want to make sure we are giving the blueprint and the tools to keep the pain away for the rest of your life!

PAIN IS NOT THE PROBLEM

Our primary focus is getting you back to doing what you love, and we believe the answer is optimizing your Movement. Rest and avoiding activities you enjoy is not a competent plan of care, no matter what your doctor has told you.



Stop wasting time and money on expensive duct-tape medicine. Pain relief is a temporary treatment that is being misrepresented as a long-term solution. This "solution" doesn't address the real problem at all.

MAKE THE MOVE TODAY:

Call to schedule a complimentary 60 minute session so we can assess your body as one connected unit. We will identify the source of the pain and create a movement re-education program! Begin living your life without limitations!

You can also start with a complimentary 15 minute phone conversation with a back pain specialist! Call 845-283-0274.



@movementmattersny - www.movementmattersny.com - 845-283-0274

**FREE 60 MINUTE
CONSULTATION**
MENTION CODE: EBOOK MM