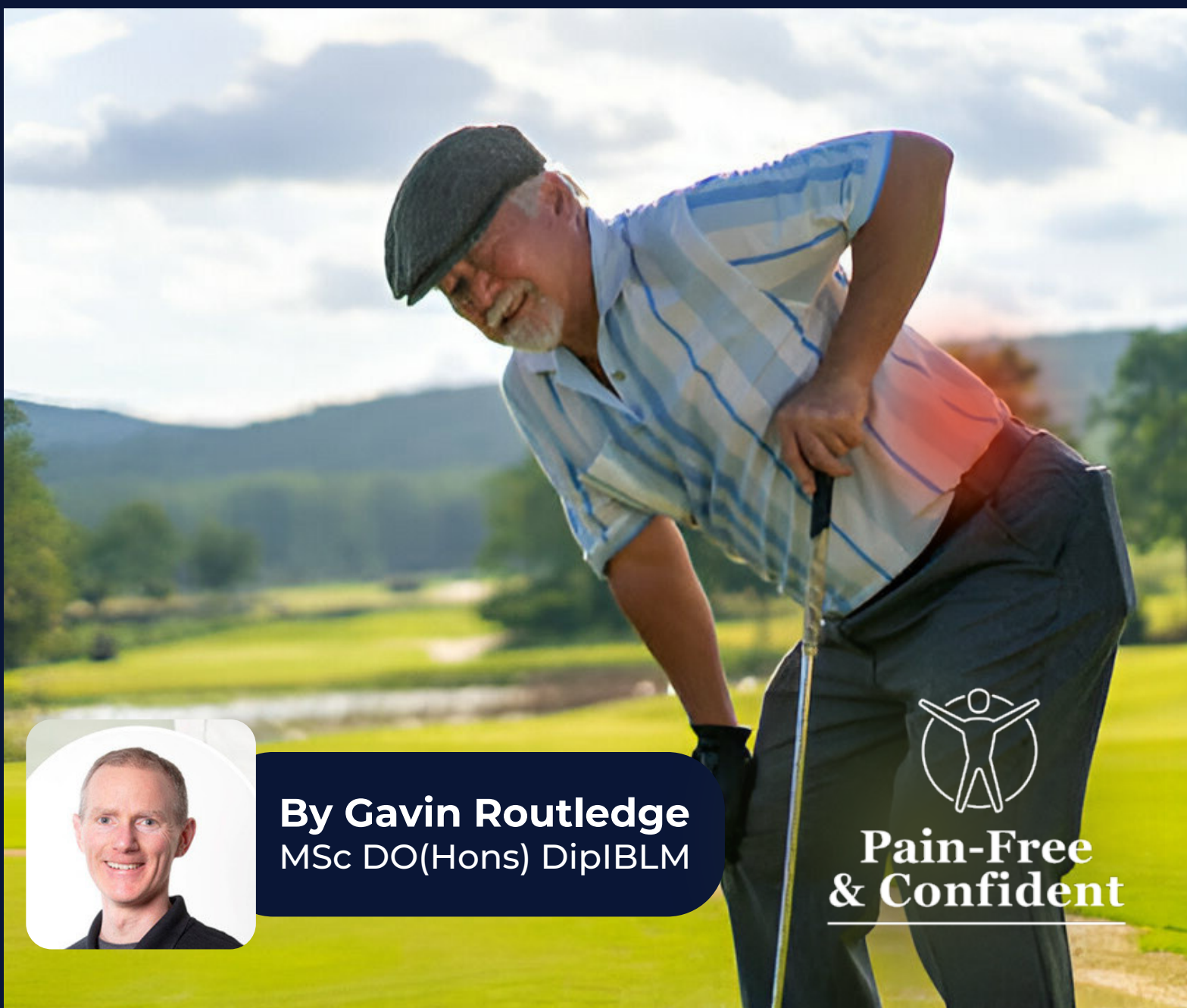




# THE GOLFER'S GUIDE TO MASTERING LOWER BACK PAIN & SCIATICA



**By Gavin Routledge**  
MSc DO(Hons) DipIBLM



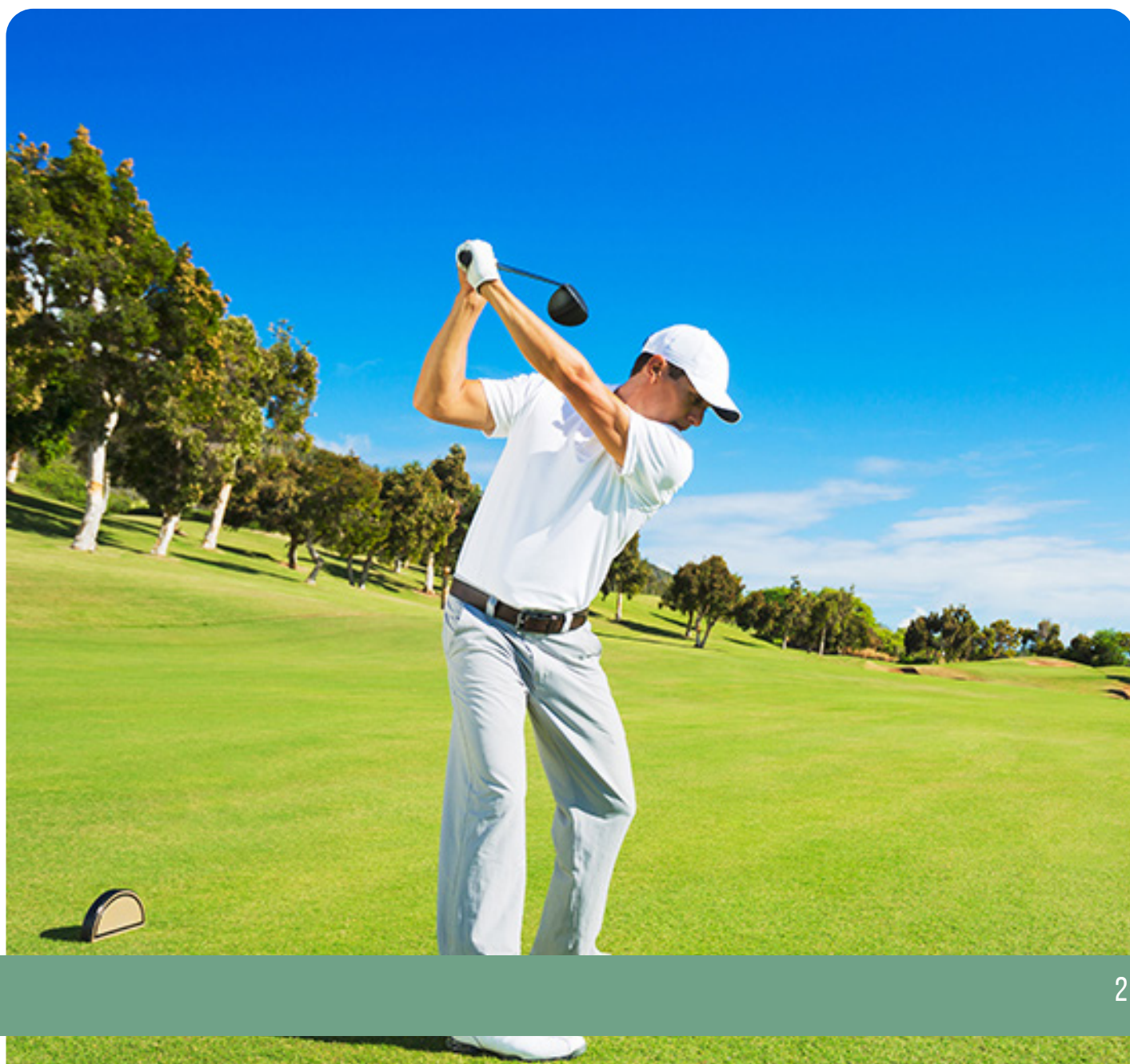
**Pain-Free  
& Confident**

Our mission is to enable golfers to build a strong, pain-free lower back they can have confidence in, and to optimise their health so that they can look forward to golfing into their 90s.

If you're a golfer and your life is being scarred by lower back pain (LBP) and/or sciatica, this guide is for you.

**Don't Give Up On Your Dreams, Or Your Dreams  
Will Give Up On You.**

**John Wooden**





## WARNING

This Guide is NOT a “How To...” Guide. Lower Back Pain and Sciatica are complex subjects, requiring a personalised solution. This guide will highlight where you’re more than likely going wrong and what to do about that, offering a framework to mastery. It cannot offer an individualised detailed solution. For that, attend one of our Free Workshops.

**FREE WORKSHOPS**



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# BACKGROUND



## LOWER BACK PAIN WON'T KILL YOU, BUT...

If you're a golfer with persistent or recurrent lower back pain / sciatica, don't worry. You are far from alone. Titleist reports that 28% of all players deal with lower back pain after every round.

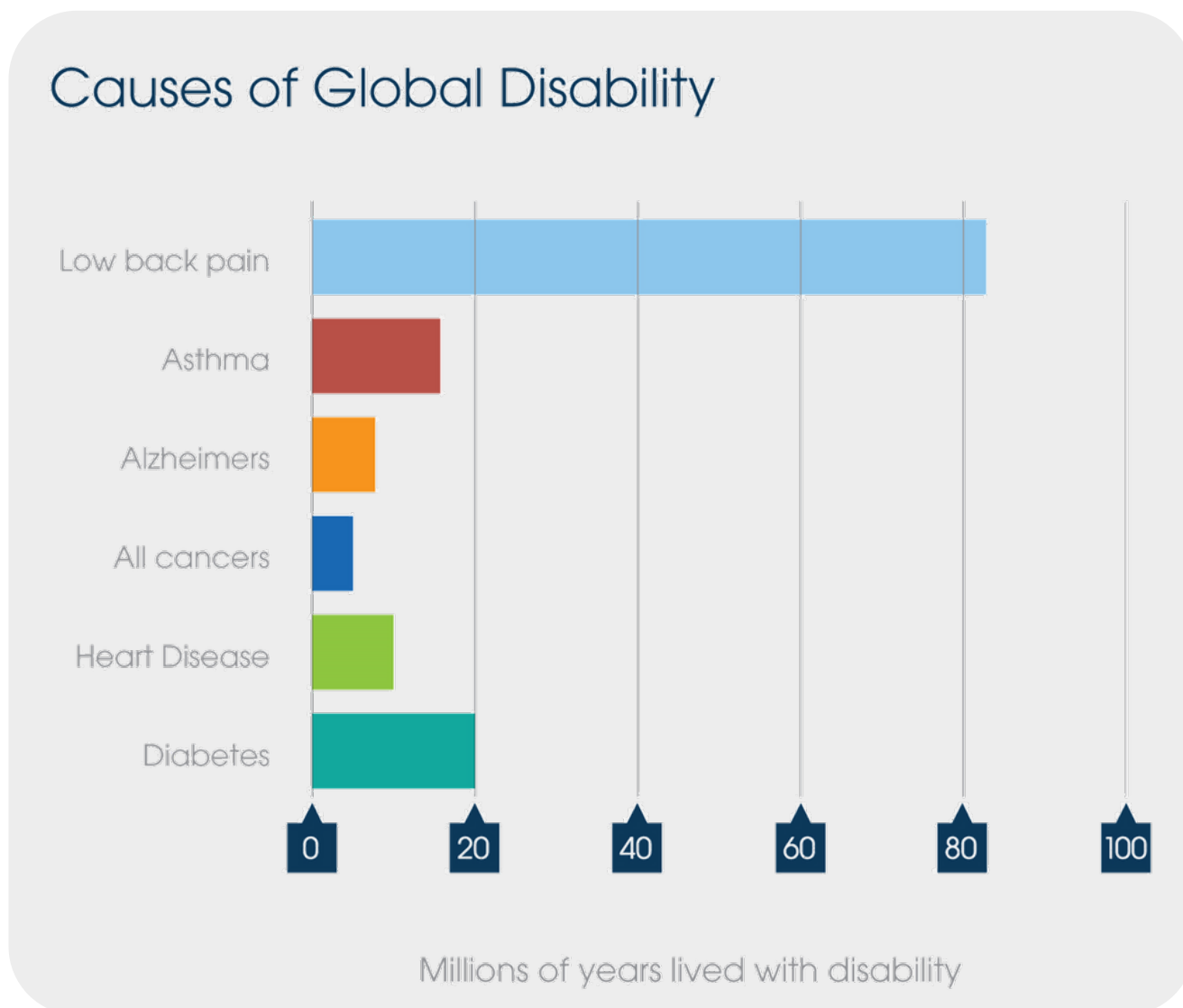
But there is almost certainly a solution.

This Guide covers

- The numerous health impacts of lower back pain (LBP)
- The myths which are preventing you from making a full recovery
- The Pain-Free & Confident (PaC) mission and our beliefs
- Insights gained from working with thousands of sufferers
- The 6 Practices necessary to become Pain-Free & Confident
- Next steps
- Hope

So, lower back pain won't kill you, but it's likely to cause you a lot of disability across your lifetime.

It is the world's leading cause of disability...



These figures were taken from the [2015 Global Burden of Diseases study](#). But lower back pain is affecting even more people now post-COVID than it was in 2015.

# HOW LOWER BACK PAIN (AND SCIATICA) DECREASES YOUR QUALITY OF LIFE



## SUFFERING

Whether you suffer on the course or off it, or both, pain is unpleasant. Long-term pain is draining. It wears you down. Your motivation to do things diminishes. You are often grumpy. Let's face it, being in pain can come with a whole load of suffering.

This is the nature of pain. Because pain isn't just a physical sensation. It is a psychological state too. If you could simply observe the physical sensation without the emotions that come with it, you'd be able to detach from it - and not suffer.



But it doesn't work that way, does it?

Pain can be sharp, dull, aching, throbbing, stabbing, hot, spasmy... There are many adjectives we use to describe our pain. And whatever way you describe it, is true for you. Pain is whatever your personal experience of it is.

The severity can vary enormously from person to person. But for each of us, it also often varies from hour to hour. (That may seem strange, but actually it's completely normal - and when you understand pain, you'll understand how you can use this to your advantage.)

Lower back pain seems to be more debilitating than many other pains. At least if your arm is sore, you have another arm you can use. Not so with your back. We each have just one, and it's at the centre of us. Everything seems to hinge off your back. So, if it's sore, it is often aggravated by movements of other body parts.

And let's face it, golf is pretty demanding on the lower back. The forces around the Lumbar 3/4 joint have been shown to peak at around 8x total body weight in a golf swing. That's a lot of force.

Pain also has a knock on effect on other aspects of your health....

## FEAR AND LACK OF CONFIDENCE

Have you been brought to your knees by spasms of pain? Couldn't bend over to put your tee in? Or get your own ball out of the hole? Or really open up, and follow right through?

It makes you fearful, doesn't it? That fear makes you less likely to try that move again. Initially, it might be something very specific, but over time, you find you are playing fewer and fewer rounds because of fear of pain.

You lose confidence in your back.

## LOSS OF FITNESS AND PERFORMANCE

Because you cut back on your physical activity, your general fitness levels are declining - and your performance. It's hard to concentrate on your game when you're in pain.

## WEIGHT GAIN AND DEPRESSION

For many golfers, as they cut back on their physical activity they start to gain a few pounds - usually around the waist. That doesn't look good, and it doesn't feel good. So, along with the weight gain comes a drop in your mood.

It's depressing that you can't do what you want to do. And the weight-gain is depressing too.

## OTHER LONG-TERM HEALTH IMPLICATIONS

As your weight increases and your mood lowers, you become aware that other aspects of your health could deteriorate too. The chances of diabetes, heart disease, hypertension - these all increase with the negative changes in your lifestyle.

Playing less means being isolated from golfing buddies too - not good for your mental health.

On a more positive note, this list of side-effects of persistent lower back pain, does at least make you aware of how much you stand to gain from finding a long-term solution to your lower back problem i.e. you can use these as added motivation to stick to a recovery plan.



# WHAT'S HOLDING YOU BACK?



Your lower back ought to be able to heal. We have helped thousands of sufferers achieve Rapid Relief, but only a small % of those (those who commit) have gone on to become Pain-Free & Confident. That's because not everyone does everything necessary to achieve a Long-Term Solution. And it's more dependent on what you do than on what others do to you.

Here are a few myths that hold people back from becoming Pain-Free & Confident.

## **“I MUST GET AN MRI” (ACCURATE DIAGNOSIS)**

Your back has the capacity to heal (assuming it's not totally destroyed and that you have the basic nutritional needs). Whatever the MRI shows, your back can change. It is changing all of the time. Bodies are constantly remodelling. But is it changing for the better? Or is it getting worse over time?

I always say that we don't treat the MRI, we treat the person. And here's why...

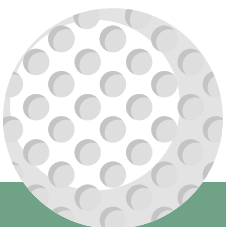
Age	20	30	40	50	60	70	80
Disc degeneration	37%	52%	68%	80%	88%	93%	96%
Disc height loss	24%	34%	45%	56%	67%	76%	84%
Disc bulge	30%	40%	50%	60%	69%	77%	84%
Disc protrusion	29%	31%	33%	36%	38%	40%	43%
Facet degeneration	4%	9%	18%	32%	50%	69%	83%
Spondylolisthesis	3%	5%	8%	14%	23%	35%	50%

*Age-specific prevalence estimates of degenerative lumbar spine imaging findings in **asymptomatic** patients*

These figures are taken from just one study of a healthy population **without** any lower back pain or sciatica. And these findings have been replicated in other studies. So, if we took a hundred 50 year olds, 36% of them have disc prolapses. But none of the people in these studies have symptoms.

So, just because the MRI shows an abnormality, doesn't mean you have to be in pain. That's why MRIs can be useful at best, and distracting and confusing at worst. Therefore, we don't treat the MRI, we treat the person.

This is tied into the next myth...



## **DAMAGE AND PAIN GO HAND-IN-HAND**

Have you ever heard of phantom limb pain? Some people who have had a limb amputated go on to suffer terrible pain in a limb that no longer exists. No limb (no damage), but lots of pain.

Have you ever stubbed your toe, then been hopping around in agony? When you look, there's nothing to see. No damage can be seen. Terrible pain, but no damage.

## **“MY SPINE IS OUT OF ALIGNMENT”**

The idea of “perfect spinal alignment” is laughable. No one is perfectly aligned. And yet not everyone has pain. In fact, lots of people who are really quite twisted have no pain at all.

Also, had you considered that you might just be squint BECAUSE you're in pain? When you're in pain, isn't it reasonable that your nervous system would try to pull you to one side in order to avoid putting more stress on the painful bit? This results in a twist or lean to one side.

Of course your nervous system gets your muscles to do this pulling. It causes some muscles to be more tense, thereby pulling you to one side. All in the service of protecting you. Unfortunately, this can also lead to soreness due to those muscles fatiguing.

So, yes, it's possible your misalignment is contributing to your pain. But it's also very likely that your pain is causing your misalignment too. Confused? Don't be. There are some certainties in pain rehabilitation. But diagnosis is not one of them.

Diagnosis is an art informed by science. It's not an exact science. At least, not when it comes to lower back pain. When I was an osteopathic student we were encouraged to build a specific diagnosis based on our findings. However, the longer I've been in practice the more convinced I am that this approach of labelling a pain causes more harm than good.



It's more important to know what probably isn't causing the pain. And then have a plan to help the body to heal and get stronger. This can be based on solid principles, and does not require a specific diagnosis (which is often wrong anyway).

### **“I CAN GET SOMEONE TO POP MY BONE BACK IN”**

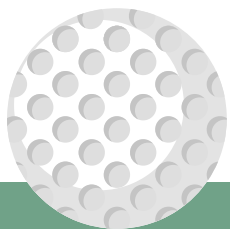
Just as misalignment is a myth, so is this one. “Popping” your spinal joints is certainly possible; and it can be a useful technique. But only in the short-term. Spinal manipulation has been proven to be effective with lower back pain that is up to a few weeks old. But long-term or recurrent pain isn't as amenable. IF it's part of your treatment plan, that can be helpful. But on its own, at best, manipulation will help you to feel better for a day or so afterwards. But the improvement won't last.

### **“I NEED TO CHANGE MY SWING TO FIX MY BACK”**

Your pain is likely due to many factors. Changing your swing is rarely a good place to start. And it will play havoc with your scoring.

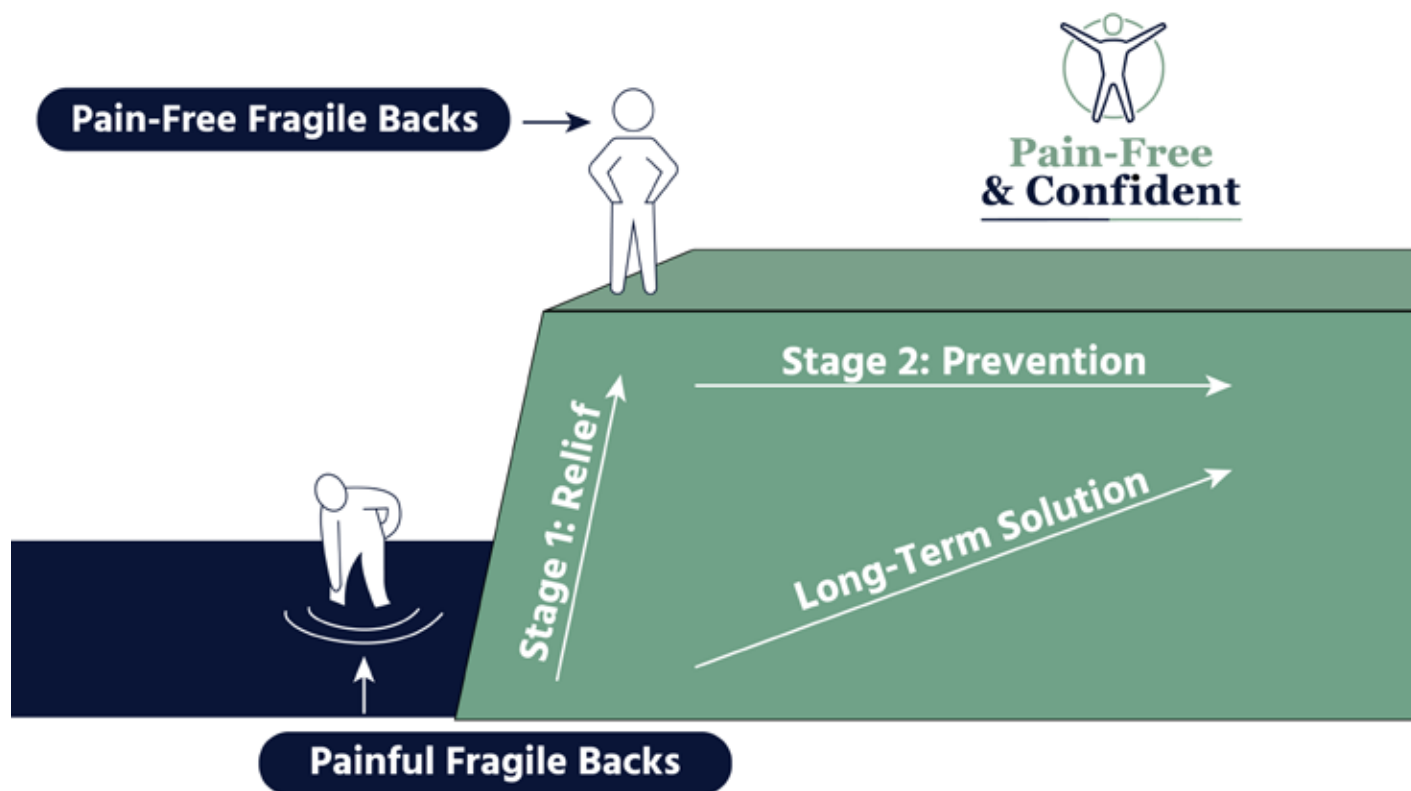
Ultimately, what holds people back from becoming Pain-Free & Confident is often a combination of myths and declining motivation (see below). If you want to achieve a long-term solution you have to have the right plan and you have to know when and how to adapt that plan as you go.

If you're trying to get anywhere in life, it helps to have a map and know how to read that map. Here comes the map...



## SEEKING RELIEF IS DISTRACTING YOU FROM THE BIG PRIZE

I get it - you want to feel better. But what if focusing on relief was distracting you from achieving that long-term solution you would really like?



As shown in the diagram (map), relief and prevention are 2 different stages of the journey to becoming Pain-Free & Confident.. “Relief” and “Prevention” have different definitions.They involve different activities. The exercises that give you relief will NOT prevent recurrence.

While painkillers might relieve your pain, they won’t stop it from happening again. They won’t help your back to heal and get stronger.

Manipulation and massage might relieve your pain. But they won’t help your back to get stronger.

Heat or cold might relieve your pain. But they won’t help your back to get stronger.

You get the idea?

# The Pain-Free & Confident Mission

**Our mission is to enable golfers to build a strong, pain-free lower back they can have confidence in, and to optimise their health so that they can look forward to golfing into their 90s.**



The below outcomes are critical to achieving our mission.

## **FREE YOURSELF FROM PAIN**

Wouldn't it be great to wake up and feel good? To know that there's nothing standing between you and a great round. Doing what you want to do. Not having to compromise anymore.

## **REGAIN YOUR CONFIDENCE**

Regaining your confidence means you can get back to golfing regularly. You don't have to shorten your back-swing. You can truly start to reclaim your life and see your confidence continue to grow.

## **REGAIN YOUR HEALTH AND FITNESS**

Getting back to normal, healthy levels of physical activity will also lift your mood as well as your general health. This will help you to lose weight too. And to boost your mood.

## **PLAY MORE GOLF AND IMPROVE YOUR PERFORMANCE**

Having a weak back and lack of confidence inevitably affects how often you can play AND your performance on the course. Strengthening your back enables you to play more and to improve your game.

## **ENJOY A HEALTHIER (AND LONGER) LIFE!**

Longevity (how long you live) is increasing in many parts of the world. But for many people those extra years are years lived with disability - and much of that is caused by lower back pain. That's not a good trade - more years, but those are years of suffering.

Many golfers are unable to golf into old age, due to one disability or another. We aim to help you improve the quality of your life. Let's aim for...

## **STRAIGHTER DRIVES AND LONGER LIVES!**

Through changes in lifestyle, it is possible to extend the length of your life. However, our focus is on extending the quality of your life; it just so happens that those practices are likely to extend your length of life too!

Conquering your lower back problem could be the first step to a healthier, longer life.

We aim to improve your life by

- **Ending your suffering**
- **Regaining your confidence**
- **Improving your health and fitness**
- **Improving your game**
- **Enjoying a healthier and longer life**

*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*

The World Health Organisation

## **OUR BELIEFS**

**We believe that**

- » **No golfer should suffer needlessly.**
- » **Prevention is better than cure.**
- » **Knowledge is only potential power; action is essential.**
- » **Living a long, fulfilling life is a goal worth planning for.**





# HOW TO GO FROM SUFFERER OF LOWER BACK PAIN / SCIATICA TO PAIN- FREE & CONFIDENT

## TREAT THE CAUSES, NOT THE SYMPTOMS

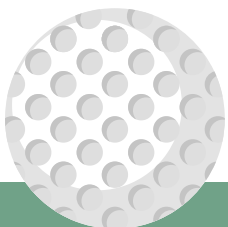
It's vitally important to go after the underlying causes.

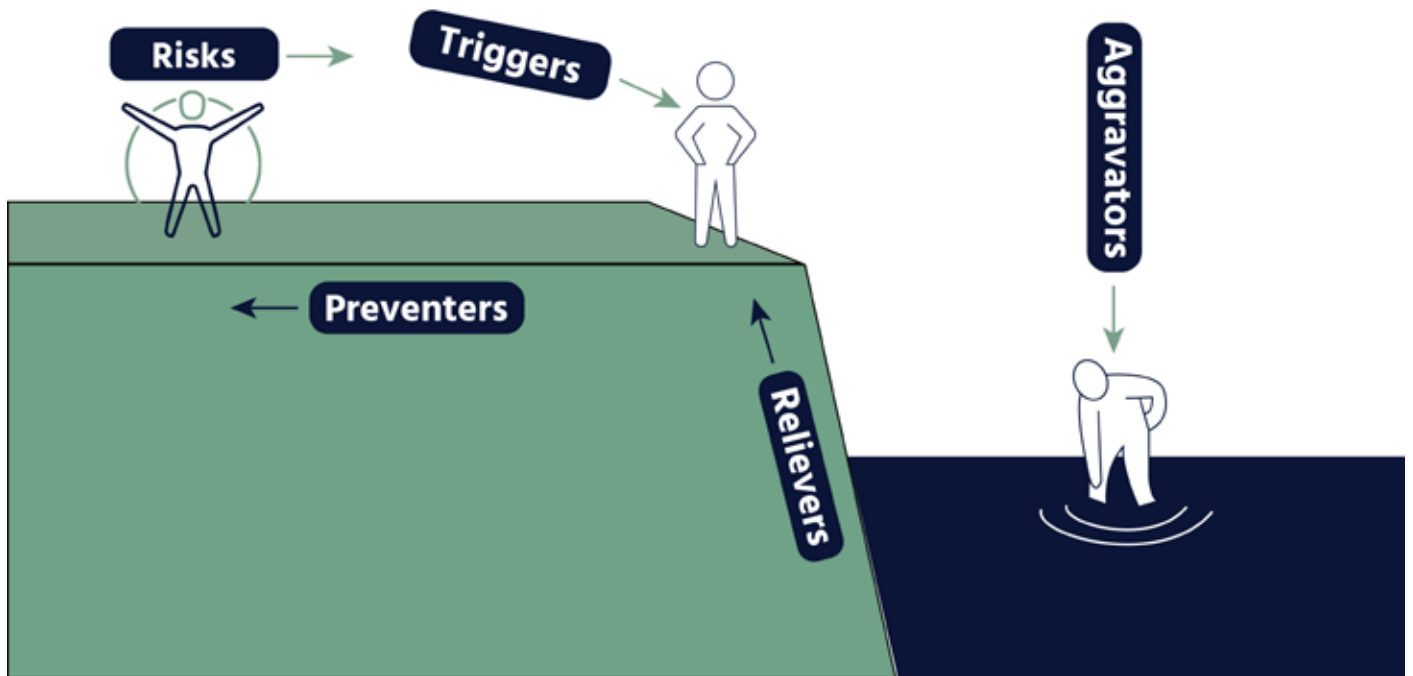
If you hit your thumb with a hammer, what do you do? You shake it, don't you? That's because moving it vigorously actually helps to relieve the pain.

Next time you go to swing a hammer, do you shake your thumb before you swing the hammer?

No. You make sure your thumb isn't in the way this time. Because shaking it first is not going to prevent you from hitting it. To put it our way, shaking it is a Reliever. It's not a Preventer.

Now, treating the causes of lower back pain is a bit more complicated than just moving your thumb out of the way. But, you get the idea... You have to address the causes and not just use a "Reliever". See the diagram below, which is a more elaborate visualisation of the above Cliff of Pain™ image.





I've also reversed the direction. This is to reflect the fact that your journey actually began when everything was all right - over on the far left. Then the "Risks" slowly pushed you towards the cliff edge. A "Trigger" knocked you off (think "last straw on the camel's back").

You've been using "Relievers" to regain the cliff-top. But then all it takes is another puff of wind - a Trigger - to knock you off again. So you use Relievers again. Many people can spend months or years yo-yoing up and down the cliff before finally getting stuck in the Sea of Suffering.

The yo-yoing was because you didn't know that you had to get right back from the edge, in order to avoid falling off it again. That's the necessary second stage of the journey - Prevention.

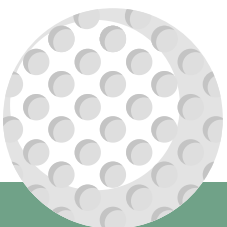
# HOW DO YOU GET BACK FROM THE EDGE?

Most developed countries (including the UK, the EU, the USA, Canada & Australasia) have national guidelines for the management of persistent lower back pain and sciatica.

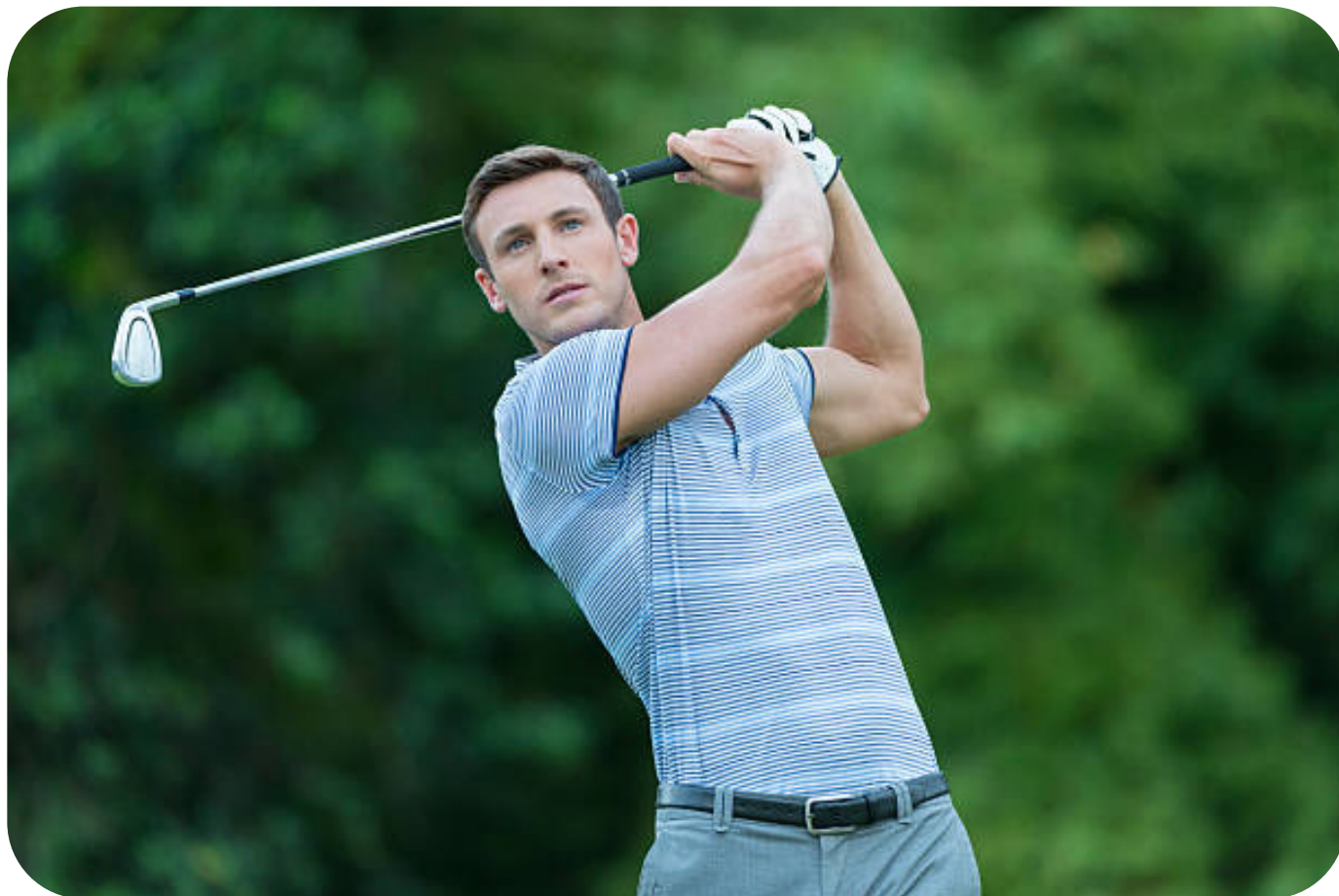
All of them have just 2 recommendations that stand head and shoulders above the others - **exercise** and **education**. Other less-effective methods do get a mention - but ONLY when they accompany exercise and education.

So, what do you need to know? For most golfers, this is less about the swing and more about everything else! However, Gary (he's coming up) and I will address both.

We've also observed, from helping thousands of sufferers to make this journey that there are 6 essential practices to becoming Pain-Free & Confident. And these encompass **and go beyond** exercises and education...



# THE 6 ESSENTIAL PRACTICES TO BECOME PAIN-FREE & CONFIDENT



If you have persistent or recurrent lower back pain / sciatica, and you want to complete both stages of the journey from the Sea of Suffering to right back from the edge - relief AND prevention - there are 6 necessary practices.

1. Measure
2. Reduce
3. Relax
4. Optimise
5. Relate
6. Enjoy

## Measure

*“What gets measured gets improved.”*

Peter Drucker

Given the ups and downs of lower back pain, and the subjective nature of pain, it's important to have as hard a measure as possible. This is so that you know where you're starting from, and so that you can track progress definitively.

How many times have you said “It's feeling better”, or “no better”, or “worse” or “I don't know”. Being vague about your pain levels makes it impossible to know whether, how much and how quickly you are making progress. It's also very difficult to know what's working for you in the long-term.

If you knew you were getting better you'd have more faith in the process, wouldn't you? Equally, if you could see that you weren't actually making any sustained gains, you'd question the validity of your strategy.

Some therapists use this cynically - they know that by getting you to say “Yes, I feel better” after their treatment, that this reinforces your subconscious impression that what they have done to you is helping you. The truth is that in many situations, all they are doing is providing temporary relief (see above for the difference between relief and prevention).

Of course some therapists follow this script because they were taught to, and are unwitting contributors to their clients' ups and downs.

By having a more objective measure, preferably a validated “score”, you can see at a glance how much progress you have made and over what sort of timescale.

In our clinic ([Active X Backs](#)) and in our online programs, we use The Backscore - a modified version of the Roland Morris Disability questionnaire. This is a validated clinical tool for assessing disability related to lower back pain. We also use some other measures to track your progress day to day.



And, as Peter Drucker's quote states, by measuring you are more likely to improve. Although he is a legend in the business leadership/management field, the same is true in healthcare. For example, we know that the act of tracking calories reduces people's calorific intake.

So, measuring alters behaviour. And something needs to change in your behaviour. Which brings us to "Reduce"...

## Reduce

***"If you want to get better, you have to reduce or modify the things that make your pain worse."***

Gavin Routledge

Certain substances and activities can exacerbate pain and hinder recovery. Going back to The Cliff of Pain, you can see that Aggravators are likely to continue to prevent your recovery for as long as they are part of your life.

So, logically, you have to Reduce these - at least in the short-term. For many golfers, it's forward bending movements. For some it's backward bending. For others it's rotation. However, it isn't just movements that can be Aggravators.

Certain foods and alcohol and nicotine can raise inflammation in the body, leading to more pain.

Aside from these more physical elements, one of the most common aggravators (and triggers and risks) is stress. So for many people, reducing stress is very helpful in reducing pain levels. This brings us to...

## Relax

**Stress can be a major contributor to chronic pain.** For one of our golfing clients - Ian - managing stress was essential to maintaining his recovery. This is what we mean by “Relax”.

The leading pain researchers agree that “perceived threat” is more closely associated with levels of pain than damage is. So, the worst thing you can do is stress about it. However, it’s an even bigger issue than that...

Different types of stress are one of the main risks for people to progress from short-term to long-term LBP. As you’ll learn, if you come to one of our free workshops.

[golf.painfreeandconfident.com/workshop](http://golf.painfreeandconfident.com/workshop)

### 1. Mindfulness and Meditation

We introduced Ian to mindfulness practices and meditation, which helped him manage stress and promote relaxation. Just a few minutes of deep breathing and mindfulness each day made a significant difference in his stress levels.

### 2. Physical Relaxation Techniques

Progressive muscle relaxation and guided imagery were also part of Ian’s new routine, helping him to reduce muscle tension and promote a sense of calm.

## Optimise

**In nature, nothing stands still - everything is either growing or dying. In fact at a cellular level, your cells are dying and new ones are being produced. You want to optimise your chances of new growth. Death of cells is inevitable, and it’s important that those dead cells are removed.**

**Below are essential practices to optimise the growth of healthy new cells and the removal of old redundant cells, along with many other healthy physiological processes.**

## 1. Movement

Ian started incorporating specific exercises designed to strengthen his core and improve his flexibility. These exercises were crucial in providing the support his lower back needed and preventing further injury.

## 2. Posture

We continued to work on his posture, making sure he maintained proper alignment throughout his daily activities. Ian also used ergonomic tools and adjustments at home and at work to support this goal.

## 3. Nutrition

Ian adopted an anti-inflammatory diet rich in fruits, vegetables, lean proteins, and healthy fats. This helped reduce inflammation in his body, which can contribute to pain. He swapped his mid-round chunky Kit Kat for some nuts.

## 4. Sleep

Quality sleep is essential for recovery and overall health. We worked on improving Ian's sleep hygiene, including establishing a regular sleep schedule, creating a restful environment, and avoiding screens before bedtime. In Ian's case, there was a lot more to do here, as sleep was a major issue for him, but this covers some important points.

## Relate

**This is about optimising for golf, isn't it? So it's important that everything you do relates back to that goal. If we just gave you exercises which relieved your pain, does that relate strongly enough to your goal to play golf 3 times a week without pain? No. Everything has to relate back to your golfing goal and getting right back from the edge.**

### 1. Consistency in Purpose

By relating every aspect of your daily routine - whether it's exercise, diet, posture, or even relaxation techniques - back to your ultimate goal, you create a consistent purpose that guides your actions. For Ian, this meant viewing each core-strengthening exercise, every nutritious meal, and every mindful moment as a building block towards his long-term goal of enjoying golf for decades to come.

## 2. Motivation and Accountability

Relating your actions to your long-term golfing goals enhances motivation and accountability. When you understand that skipping a warm-up could lead to setbacks in your journey to pain-free golfing, or that poor posture could jeopardise your dream of playing well into old age, you're more likely to stay committed to positive habits.

## 3. Holistic Integration

"Relate" ensures a holistic integration of all aspects of your life. It reminds you that every decision—big or small—plays a part in your long-term health and golfing aspirations. For Ian, relating everything back to his golfing goals provided a comprehensive framework that kept him on track, making the journey not just about immediate pain relief, but about sustained, lifelong enjoyment of the game he loves.

## Enjoy

**Enjoying life and maintaining a positive outlook are crucial for both mental and physical health. Enjoying yourself is a powerful way to reduce pain.**

### 1. Golfing

Getting back on the golf course consistently with his pals made an enormous difference to Ian's quality of life, and was - along with the other 5 practices - crucial in lowering his pain levels. Even just chipping in your back-garden can be an important part of progressing back to a full 18, and is consistent with the Relate practice.

### 2. Social Connections

Staying socially active and connected with friends on the golf course is really valuable and extremely important to overall health and longevity.

### 3. Golfing Mindfully

Ian gradually returned to the golf course, but with a newfound awareness. He paced himself, used his warm-up routines, and applied the techniques we had worked on to prevent further injury.



Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan “Press On!” has solved and always will solve the problems of the human race.

Calvin Coolidge

**“BUT...”**



**“BUT I HAVE A TRUSTED CLINICIAN WHO HAS NEVER TOLD ME THIS STUFF.”**

I know. I have been that trusted clinician to thousands of patients, having been in practice for 33 years (at time of writing). My intentions have always been good. But 10 years ago - during my Masters Degree in the Clinical Management of Pain at The University of Edinburgh - I finally accepted that much of my practice was keeping my patients stuck.

Osteopaths are manipulative therapists in the UK - similar to Chiropractors. And as mentioned above, manual therapy is a very effective Reliever. But it's not great at getting you back from the edge. Only you can do that bit.

In fact by providing such effective relief, manual therapists often distract patients from the second stage of the journey - prevention.



The vast majority of clinicians are well-intentioned. They just don't have a deep understanding of rehabilitating people with persistent pain. Or they've been too busy providing relief to be trained up in providing prevention.

### **“BUT I’VE ALREADY SPENT A FORTUNE.”**

You may have already spent thousands, maybe even tens of thousands on therapy / surgery. Well, if you carry on with that approach, you'll probably spend thousands more. Wouldn't it be good to know that any more money you spend is an investment in a long-term solution? One which empowers you to be the master of your own future?

Remember, if you always do what you've always done, you'll always get what you've always got!

*“It is health that is the real wealth, and not pieces of  
gold and silver.”*

Gandhi

### **“AND WHAT MAKES YOU SUCH AN EXPERT?”**

As I said above, I've specialised in LBP for most of my 33 years in practice. Why? Originally because I had 7 years of on/off LBP and sciatica in my 20s. I consulted all sorts of clinicians, who all gave me a different story, and different types of treatment. Most of them were helpful... In the short-term.

I read a lot of the research that was available then - back in the 1990s. The Cliff of Pain metaphor came to me during that time, and appeared in my first book in 1997, co-authored with my mate Gavin Hastings (pre-OBE, and towards the end of his playing career - basically, he was the model in the pictures!) . It was published by Harper Collins.

Having made the break-through in my own thinking, I set about doing all the things I needed to do to get right back from the edge.

And it worked. I'm in my mid 50s now and my lower back has stayed strong for the last 20 years. I can do all the things I want to do in life, without fear. That was definitely not the case in my 20s.

The Masters degree I completed in The Clinical Management of Pain confirmed the validity of my approach. And we've been sharing The Cliff of Pain as our map to a Long-Term Solution ever since, helping many persistent sufferers to become Pain-Free & Confident (something that evaded me for most of my 20s).

I don't view myself so much as an expert. There's always more to learn. But I live in the world of LBP daily. The value of specialising in lower back pain and sciatica is that it has enabled me - and our team - to become masters in this one domain. I do not want to be a jack of all trades.

And by partnering with the experienced Golf Coach, Gary Nicol, we can work on your pain AND your game. Optimising your swing to ensure that it isn't an Aggravator or Trigger.

Gary has been coaching golf since the late 1980's. Since then he has helped thousands of golfers around the world including over 30 European Tour Professionals and numerous Ryder Cup players, amassing 10 wins as a coach. He has coached at all the Majors.



Here's a [short video of Gary explaining the benefits of pushing](#) with your right hand rather than pulling with your left (swap if you're a leftie).

### **“BUT I DON'T HAVE THE TIME.”**

Yes, having someone else “fix your back” is tempting, because it's much easier. You just go somewhere for 15-30 minutes and they do things to you and your back is fixed (although it isn't really, is it?).

The approach I've outlined above does mean that you have to change things in your life. This takes time and effort. And maybe you're not ready for that. Maybe you're not ready to prioritise your back?

*“If you don't take time for your wellness, you will be forced to take time for your illness”.*

**Joyce Sunada**

Remember from the figures above how much of an impact LBP is likely to continue to have on your life. Is that what you want? Or would you like to join other former sufferers and free yourself from the recurring/ongoing pain, the other negative impacts on your health, and on your finances?

### **“BUT I HATE EXERCISE.”**

Don't think of this as exercise then. There are ways of systemising your thinking too, so that you come to associate the necessary behaviours with positive feelings. This shouldn't be difficult when you know how to do it.

### **“BUT I'VE ALREADY DONE LOTS OF EXERCISES FOR MY LOWER BACK.”**

Well, maybe they were the wrong ones. I often see people who have a 30-45 minute exercise routine which they have been doing every morning for months.

But they're still in pain. One common reason is that some of those exercises are actually aggravating their problem, and they haven't realised it. At PaC, we are able to determine which exercises are most likely to relieve your pain. And which exercises are most likely to prevent its recurrence. These are different exercises.

So, if you've been doing exercises that help to “free off” your back (relieve it), it's unlikely they are the right ones to prevent it. Because, remember, relief and prevention are 2 different processes.

## NEXT STEPS - GET YOUR REPORT OR COME TO A FREE WORKSHOP

If you'd like to find out where you need to put in more effort to become Pain-Free & Confident, we have compiled a 2 minute quiz just for you. After you've completed the 18 questions, you'll get your own personalised Pain-Free & Confident report.

Click the button to get your

Pain-Free & Confident Report

*Be the change you want to see in the world.*

Gandhi

Or, if you've already got your Report, why not come to a 1 hour **Free Workshop**?

You'll leave with your own personalised Cliff of Pain™ Plan. We cover your Aggravators, Triggers, and Causes. (Bring paper and pen)

Plus you'll get your Functional Assessment, which will tell you your do's and don'ts too, including which exercises are most likely to relieve your pain.

Book onto the Workshop

# THERE IS HOPE

Persistent pain can really drag you down. Hope can be hard to find.



Andy was a 41 year old company director who had had 3 months of terrible lower back pain and sciatica. He had had episodes of LBP for over 10 years, but this was the worst.

He couldn't stand up straight. He couldn't walk more than a hundred metres without the pain escalating to 10/10. He couldn't get his own socks and shoes on in the morning. He missed the whole 2023 golf season - not for the first time.

His MRI showed a large intervertebral disc prolapse at L4L5, compressing the L5 nerve root.

He had surgery booked for 2 months time.

He followed our PRO plan (the forerunner to the PaC program). After a few weeks the pain eased enough for him to cancel the surgery. Here's what he had to say...



Andy Donaldson

*Despite agonising sciatica from last May to September, I cancelled the disc surgery I had booked for October. Amazingly, I was skiing pain-free by February. The PRO Plan was brilliant.*

Golfer's Pain-Free & Confident Report

Or

Book onto the Workshop



## AND HERE'S SYLVIA'S STORY...



Sylvia Hamilton

*5 months ago, I was unable to walk more than a few steps , couldn't sleep or even tie my own shoelaces! I have gained enough knowledge that I now have ' the tools' to take care of my back, prevent injury and avoid pain . I have exercised most of my life, however the information and tailored exercises have completely opened my mind to a new and safer way of moving and exercising - for which I am very thankful.*

*My back feels stronger each day and I feel more confident and less fearful when exercising.*

GOLFER'S Pain-Free & Confident REPORT

Book onto the Workshop