


WELLPATH'S HEALTHY BACK CHALLENGE

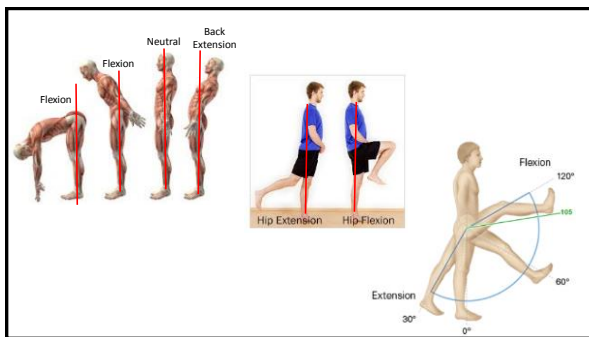
Living in a Hip-flexion World and the Pelvic Tilt

Andy Weiler
WellPath Program Supervisor




WELLPATH'S HEALTHY BACK CHALLENGE

We live in a "*hip-flexion world?*"
There's a "*flexion-based lifestyle?*"
Ok, what do you mean?




[illegible][illegible][illegible]




WELLPATH'S HEALTHY BACK CHALLENGE

THE DANGER OF A FLEXION-BASED LIFE




- WEAK MUSCLES
- INFLEXIBLE MUSCLES
- MUSCULAR IMBALANCES
 - OPPOSING MUSCLE GROUPS THAT NOT BALANCING EACH OTHER





WELLPATH'S HEALTHY BACK CHALLENGE

Flexibility & Back Pain

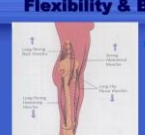


- Short and tight muscles cause poor posture which leads to back pain.

FLEXIBILITY: THE RANGE OF MOTION AT A JOINT: YOU ONLY MAINTAIN THE FLEXIBILITY IN THE RANGE OF MOTION YOU USE.


MUSCULAR ENDURANCE: THE ABILITY OF A MUSCLE TO CONTRACT WITH CONSISTENT FORCE REPETITIVELY FOR A PROLONGED PERIOD OF TIME. YOU ONLY GAIN ME IN THE RANGE OF MOTION YOU TRAIN.

Flexibility & Back Pain




Long and strong muscles keep the body in good alignment and reduce risk of back pain.


Pelvic Tilt



Anterior Pelvic Tilt,
Lordotic Back



Posterior Pelvic Tilt,
Flat Back





WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:

Adaptive Shortening

- INABILITY TO MOVE ACTIVELY OUT OF A PAIN-PRODUCING POSITION
 - LOCAL OR RADIATING, SOMETIMES INTENSE, MAY SEEM URGENT
 - PAIN ISN'T CONSTANT AND OFTEN EASES WITH CHANGE IN POSITION/POSTURE FOR SHORT PERIOD OF TIME
 - CAN AFFECT THE CERVICAL, THORACIC OR LUMBAR SPINE
- FUNCTIONAL LOSS OF MOTION
 - SHORTENING OF TISSUE DUE TO FLEXION BASED LIFESTYLE



WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:

Adaptive Shortening

- INCREASED PREVALENCE WITH AGE, ESPECIALLY > 50 Y.O.
 - STIFFENING OF TISSUE WITH AGE
- MAJOR RISK FACTOR: HIP FLEXION LIFESTYLE, SEDENTARISM,
 - HABITUALLY MAINTAINING THE SAME POSTURE FOR LONG PERIODS OF THE DAY
 - SHORT AND STIFF TISSUE – PELVIC TILT: SHEAR/TORSION STRESS TO SPINE
- INCREASE FLEXIBILITY IS KEY TREATMENT GOAL.



WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:

Spinal Derangement

- MILD STIFFNESS AND ACHE WHICH RESOLVE QUICKLY AND WITHOUT LASTING DEFICIT (EPISODIC), OFTEN EASES WITH WALKING
 - PAIN IN THE LUMBAR SPINE WITH SITTING AND BENDING
 - PAIN MOVING FROM SITTING TO STANDING
 - LYING ON SIDE OR BACK WITH FEET UP MAY EASE PAIN BY LOWERING PRESSURE ON DISCS (UNLOADING)
- STIFFNESS IN THE MORNING, EASE DURING THE DAY AND THEN WORSEN AND TURN PAINFUL TOWARDS END OF DAY.



WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:

Spinal Derangement

- SPINAL DISC ABNORMALITIES/ INJURIES: BULGES, HERNIATION AND ANNULAR TEARS, CHANGES IN JOINT SPACE
- FLEXION-BASED LIFESTYLE PUTS PRESSURE ON POSTERIOR STRUCTURES OF SPINE, REPEATED AND PROLONGED BENDING FORCES NUCLEUS (FLUID) OF THE DISC TOWARDS THE BACK WHERE PAIN-SENSITIVE STRUCTURES ARE PRESENT.
 - LIGAMENTS, NERVE ROOTS, AND SPINAL CORD





WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:

Spinal Derangement

- STRENGTHENING, FLEXIBILITY AND STRETCHING "TO SYMPTOMS"
 - ICE MAY BE EFFECTIVE
 - ANTI-INFLAMMATORIES PRESCRIBED BY HEALTHCARE PROVIDERS
- STRENGTHEN AND SUPPORT THE BACK WITH *HEALTHY BACK PROGRAM*
 - LONG STRONG MUSCLES IN BALANCE FOR LONG-TERM SUCCESS
 - DEVELOP AN ACUTE RESPONSE PROGRAM AS WELL.



WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:

Postural Syndrome

- MECHANICAL STRESS ON TISSUE – PROLONGED END OF RANGE-OF-MOTION POSTURES OR MOVEMENT.
 - MOVING TARGET AS TISSUES BECOME STIFF, SHORT, LESS-FIT.
- PAIN IS LOCAL, DOESN'T RADIATE, ISN'T CONSTANT AND NOT REALLY PRODUCED BY MOVEMENT (DIFFERENT THAN "UNCHANGED WITH MOVEMENT")
 - CERVICAL, THORACIC AND LUMBAR PAIN, HEADACHES, MUSCLE PAIN



WELLPATH'S HEALTHY BACK CHALLENGE

We live in a *hip-flexion* world:
Postural Syndrome

- RISK FACTORS: SEDENTARY JOB, CONSTANT, UNCHANGING POSITIONS, ABSENCES OF A *HEALTHY BACK EXERCISE ROUTINE*.
- MAIN TREATMENT, EXERCISE, ESPECIALLY MUSCULAR ENDURANCE AND STRENGTH TRAINING OF MUSCLES RESPONSIBLE FOR HOLDING YOU IN PROPER, NON-PAIN-PRODUCING POSITIONS
- RECOGNIZE IRRITATING FACTORS, MAKE ADJUSTMENTS TO MOVEMENTS, WORKSTATIONS, ETC.



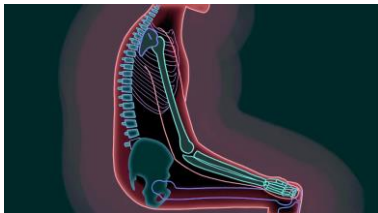
WELLPATH'S HEALTHY BACK CHALLENGE

What can you do about it?

- **POSTURE**
- **FREQUENT BREAKS**
- **PROPER WORKSTATION DESIGN**
- **EXERCISE ROUTINE (ESPECIALLY HEALTHY BACK ROUTINE).**
 - **FLEXIBILITY**
 - **BACK EXTENSION**



WELLPATH'S HEALTHY BACK CHALLENGE






WELLPATH'S HEALTHY BACK CHALLENGE




- **POSTURE: CHANGE OCCASIONALLY**
- **FREQUENT BREAKS: ACTIVE BREAKS**



WELLPATH'S HEALTHY BACK CHALLENGE

WHAT CAN YOU DO ABOUT IT?


PROPER WORKSTATION DESIGN


NEXT WEEK: ERGONOMICS

- **SELF-ASSESSMENT**
 - DO THESE ASSESSMENTS ON YOUR OWN WITH A PARTNER.
- JMC ASSISTANCE WITH ASSESSMENTS
 - WP SUPPLEMENTAL ASSESSMENTS

THIS WEEK'S QUIZ: ERGONOMICS

- REGISTER FOR HELP WITH WORKSTATION ASSESSMENTS

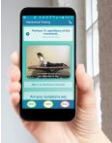




WELLPATH'S HEALTHY BACK CHALLENGE


WHAT CAN YOU DO ABOUT IT?

HEALTHY BACK EXERCISE ROUTINE (INDIVIDUALIZED)



RECOMMENDED METHOD: JOINTSTRONG™ APP

- ASSESSMENTS: PREVENTION VS. TREATMENT
- BASELINES
- EXERCISE
- COACHING (IN ADDITION TO WP COACHES)



WELLPATH'S HEALTHY BACK CHALLENGE

WHAT CAN YOU DO ABOUT IT?

HEALTHY BACK EXERCISE ROUTINE (INDIVIDUALIZED)

ALTERNATIVE METHOD: WWW.WELLPATH.INFO/CHALLENGES

- [BUILDING YOUR BETTER BACK PROGRAM](#)
- [SETTING YOUR GENERAL SYMPTOM AND FUNCTIONAL BASELINES](#)
- [SETTING YOUR SPECIFIC \(EXERCISE\) SYMPTOM AND FUNCTIONAL BASELINES](#)
- THERE ARE LINKS TO A SCADRILLION EXERCISES TOWARDS THE BOTTOM OF WWW.WELLPATH.INFO/CHALLENGES FROM WHICH TO CHOOSE.



WELLPATH'S HEALTHY BACK CHALLENGE

TRUTH:

The More You Stretch, the More You Know. You're just asking for trouble. Here's why.



For you.

Stretching is a common recommendation for people with back pain. However, research shows that stretching alone does not reduce pain or improve function. In fact, stretching can be harmful, especially if done incorrectly or too frequently. It can lead to muscle weakness, joint instability, and even injury. Instead of stretching, focus on strengthening your core and back muscles, which will provide better support and stability for your spine.

THERE ARE LINKS TO A SCADRILLION EXERCISES TOWARDS THE BOTTOM OF WWW.WELLPATH.INFO/CHALLENGES FROM WHICH TO CHOOSE.

- AVOID CONTRAINDICATED EXERCISES (NOT FOR EVERYONE – NOT FOR YOU.)
- USE SYSTEM TO VET THE EXERCISES TO INCLUDE IN YOUR HEALTHY BACK EXERCISE ROUTINE.







WELLPATH'S HEALTHY BACK CHALLENGE

WHAT CAN YOU DO ABOUT IT?

HEALTHY BACK EXERCISE ROUTINE (INDIVIDUALIZED)

ALTERNATIVE METHOD: WWW.WELLPATH.INFO/CHALLENGES

- [SETTING YOUR GENERAL SYMPTOM AND FUNCTIONAL BASELINES](#)








WELLPATH'S HEALTHY BACK CHALLENGE

WHAT CAN YOU DO ABOUT IT?

HEALTHY BACK EXERCISE ROUTINE (INDIVIDUALIZED)

ALTERNATIVE METHOD: WWW.WELLPATH.INFO/CHALLENGES

- THERE ARE LINKS TO A SCADRILLION EXERCISES TOWARDS THE BOTTOM OF WWW.WELLPATH.INFO/CHALLENGES FROM WHICH TO CHOOSE.



Stability Ball Back Extension

Use this exercise to improve flexibility and strengthen the muscles of the back and core. Lie on your back with your knees bent and feet flat on the floor. Place a stability ball under your knees. Lift your hips and hold for 10 seconds. Repeat 10 times.



Lower Back Stability Ball Exercises

See the video for more information on these exercises.



Back Extension

See the video for more information on this exercise.



WELLPATH'S HEALTHY BACK CHALLENGE

WHAT CAN YOU DO ABOUT IT?

HEALTHY BACK EXERCISE ROUTINE (INDIVIDUALIZED)

ALTERNATIVE METHOD: WWW.WELLPATH.INFO/CHALLENGES

- CHOOSE AN EXERCISE AND [SET YOUR SPECIFIC \(EXERCISE\) SYMPTOM AND FUNCTIONAL BASELINES](#)



Back Extension

See the video for more information on this exercise.



Wellness Tracker Back Routine

Track your progress with this chart.



Baseline Tracker

Track your baseline scores for various symptoms.



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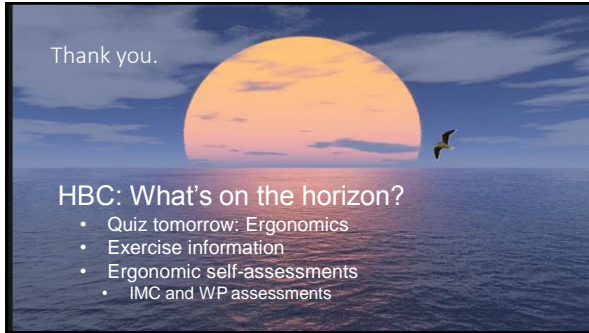
WHAT CAN YOU DO ABOUT IT?

HEALTHY BACK EXERCISE ROUTINE (INDIVIDUALIZED)

ALTERNATIVE METHOD: WWW.WELLPATH.INFO/CHALLENGES

- CHOOSE AN EXERCISE AND [SET YOUR SPECIFIC \(EXERCISE\) SYMPTOM AND FUNCTIONAL BASELINES](#)
 - BUILD YOUR ROUTINE OVER WEEKS AND INCLUDE EXERCISES FOR:
 - MUSCULAR ENDURANCE
 - FLEXIBILITY
 - AEROBIC EXERCISE (ESPECIALLY WALKING)
 - MUSCULAR STRENGTH

CONSIDER YOUR ASSESSMENT RESULTS—CONSIDER USING A WELLPATH COACH



Thank you.

HBC: What's on the horizon?

- Quiz tomorrow: Ergonomics
- Exercise information
- Ergonomic self-assessments
 - IMC and WP assessments
