

ELIMINATE PAIN



*The Expert's Guide:
How to Heal Your
Back & Neck
Pain WITHOUT
Drugs or Surgery*

DR. JOSE GUEVARA

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DISCLAIMER

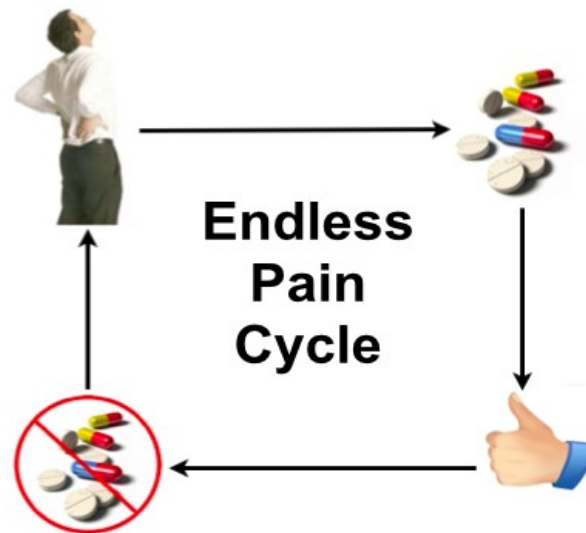
All exercises and tests in this book are for informational and education purposes only. Before starting this or any exercise program, please consult with your family Doctor. The information in this book works and has given thousands of people impressive results and pain relief without the need for drugs or surgery, however, it does not substitute a face to face consultation with a Doctor.

You agree that use of this information is at your own risk and hold the author harmless of any responsibility from any and all losses, liabilities, injuries, or damages resulting from any and all claims.

If at any time you feel too much pain, STOP immediately and consult your physician. You are responsible for exercising within your limits and seeking medical attention as needed.

Introduction

Congratulations on your decision to take control of your health! You're one of a kind because thousands of people spend years of their lives in pain and don't do anything to correct their problem. I believe some of this happens because we are part of a flawed medical system where we only treat symptoms, don't get to the root of the problem, and don't teach enough prevention. In today's health care system we are taught to visit a Doctor, the Doctor then writes a prescription or gives you a bottle of medicine, and the patient is on their way feeling happy...temporarily.



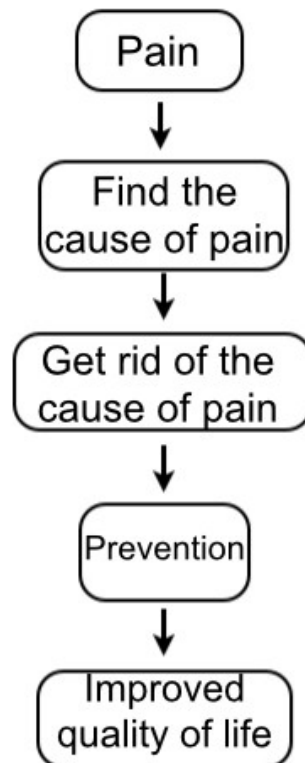
*“Insanity: doing the same thing over and over again and expecting different results.”
- Albert Einstein*

The health care system we live in forces people into what I call “The Endless Pain Cycle”, where the pain is numbed temporarily but the problem is never corrected. It goes something like this: You're in pain so you take a pain pill that decreases the sensation of pain and when the pill wears off you're back to where you started (see picture above). Thousands of people remain stuck in this cycle for years and some for the rest of their lives without knowing how to correct the cause of their problem.

I do believe medicine has its place in special occasions such as medical emergencies, traumatic accidents, surgeries, chronic and degenerative conditions, and terminal illnesses. When it comes to musculoskeletal conditions, though, analgesics should be used short term to help suppress the pain while the root of the problem is being investigated. But what I have seen in practice is that people are abusing these medications thinking they will heal their back pain or other musculoskeletal pain. Aside from being addictive, pain pills cause secondary side effects and can damage your liver.

As a Doctor, it is my responsibility to educate anyone who walks through my doors on how the human body functions and why it is important to get to the root of their problem, not just mask their symptoms. By getting to the root of the problem, I get rid of the pain at its source and then I can teach my patients what to do to prevent this problem from happening again.

This education can be through exercises, the right way to lift heavy objects, how to improve their posture, the correct ergonomics at work, etc. The rehabilitative system I use in my clinic allows me to detect postural defects and muscular imbalances that cause pain. We correct those problems, reduce the pain, and continue to strengthen weak areas so you can have a great quality of life.



This book will teach you exactly that same method. I wrote this book for people who are tired of living in “The Endless Pain Cycle” and are looking for natural solutions that eliminate the cause of their pain; whether it be back pain, neck pain, or tension headaches.

There are many causes of back pain and many times it is caused by an accumulating effect of activities that we do incorrectly on a daily basis which slowly damage tissues in our body. In the medical world this is called micro-trauma; trauma that our bodies take on a daily basis for years until our we can't take it anymore and we start to feel pain. Some of these activities include having a bad posture, incorrect ergonomics, not stretching enough, not exercising enough, and incorrect habits while doing daily chores or job duties. To minimize the impact these activities have on our back and neck, we have to correct the way in which we perform those activities.

There are times when making a wrong move may tweak your back or cause pain, but most of the time one activity alone does not cause problems. That wrong move may have exacerbated a problem that was ready to blow up (i.e. weak muscles or a weak disc). It's a very important concept to understand because many people feel "healthy" and they believe one single incident has now set them back.

This is the same in all systems and organs in your body, not just the musculoskeletal system. For example, if a person picks up a box and they suddenly suffer a heart attack, is the box to blame for the heart attack or is it the countless years of eating bad and not exercising? Get my point?

What I'm trying to emphasize is that most problems in your back (and body) develop over time because of bad habits and/or actions, not because of one incident.

All the muscles in your body attach to the skeletal system (bones). Their function is to move a bone from one place to another. When there is a muscular imbalance in your body, a muscle can overpower another and cause deviations in your skeletal system. A bone that is out of place can cause more muscular problems which can affect your spine and/or pelvis and thus affect your posture. .

Generally, muscular imbalances are very common because of the sedentary lifestyles we live. Many people work desk jobs where they spend 8 hours in the same position with horrible posture. Other people work in jobs where they are required to be very physical and this can also cause a muscular imbalance because of the repetitive motions they do such as pushing, pulling, or lifting all day long. Over time, the muscles in your body begin to adapt to the lack of activity or repetitive overactivity, and this creates imbalances which change the biomechanics in your body and your nervous system alerts you by causing pain.

It's a basic concept: Structure determines function

If a bridge is not built correctly, cars can't cross over the water. If a basketball is flat, it does not bounce. If your car's engine is busted, the car does not run. The human body works the same way. If your posture and muscular system is not properly aligned and working in balance, you will not function correctly, other parts of your body will compensate, and you will start to feel pain.

In this book I will teach you how to analyze your posture and how to correct muscular imbalances so you can eliminate your pain using the same methods I use in my clinic. These are the same methods I've used to help hundreds of people to have a better quality of life that allows them to do what they enjoy doing with little or no pain. If you apply the systems in this book, you too can escape "The Endless Pain Cycle". You can do it!

How to use this book

The postural rehabilitation system in this book has been perfected based on the hundreds of patients seen at my clinic. You will obtain great results when you follow it consistently and give your best effort. Follow the system as described below and you'll be on your way to becoming one of the many success stories who have put the system to work. Follow it as prescribed and you'll be able to escape "The Endless Pain Cycle".

Step #1: Take pictures

The first thing you have to do before reading the rest of this book is to take pictures in your underwear. You'll take a picture from the front, one from the back, and one from each side. You will also need a pencil and a ruler or any straight edge.

Step #2: Analysis Manual

In the analysis manual section of this book you'll learn the same methods I use in my clinic to figure out your postural defects and muscular imbalances that are contributing to your pain. This will give you a baseline so that you can correct the problem with specific exercises.

Once you identify your postural defects, you'll have a exercise plan with a table of exercises that will help to correct your posture. You'll notice that each exercise has a number next to it. That number corresponds to the picture in the *Exercise Guide*. Just jump to the exercise guide section of this book and start doing the exercises.

Step #3: Exercise Guide

The Exercise Guide has pictures and descriptions of all the exercises in the book. The number next to each exercise corresponds to the exercise found in the *Analysis Manual*.

The pictures in this guide will help you to do the exercises correctly. You can also read the description that will guide you step by step. If you can't perform the prescribed number of sets and/or repetitions do not worry. Initially it may be too difficult. Just do what you can and take baby steps each day to get to the prescribed goal.

Step #4: Progress Notes

In the progress notes section you can set goals and take notes to see how you are improving. Writing down your progression will motivate you and give you a visual that will let you see what you were doing when you first started and how you are doing currently.

Step #5: Nutrition

Nutrition is very important because what you eat may be limiting how your body recovers. Obesity is an epidemic and a big reason why many people suffer from back pain. Having extra pounds shifts your center of gravity so your back has to take on a bigger load to support you. In the nutrition section, you'll learn 10 basic concepts so you can trim down and take some weight off your back.

BONUS

As a small token of thanks for buying this book, I'd like to offer you a FREE way to get more health tips and exercises.

Just visit [YouTube.com/DrJoseGuevara](https://www.youtube.com/DrJoseGuevara) and subscribe to my channel to receive my weekly videos. These videos give you practical advice you can use everyday to reduce your pain and most importantly prevent pain in the first place.

I'm always uploading new videos and by subscribing you'll never miss the latest one.

Resources

At the end of this book I've included a resources section where you can see nutritional products and other physical products I recommend that can help to reduce inflammation and get you out of pain faster.

PainFree Academy

I also invite you to check out my private membership community, the [PainFree Academy!](#)

Inside the PainFree Academy you'll get unlimited access to each and every course, workbook, and resources I create and recommend for optimum health, as well as:

- Video tutorials that teach you the *Eliminate Pain* system
- Access to future programs created by me and other healthcare professionals
- You won't have to spend hundreds of dollars (or more) on doctor visits/treatments
- You can do it on your own time from the convenience of your home
- Access to the *Ergonomics 101* guide – learn how to sit and lift to prevent injuries
- Access to the *31 Days of Fat Burning Workouts* guide – a step-by-step guide to build muscle and lose fat
- Get rid of your pain so you can do the things you enjoy again
- And so much more!

If that's something that interests you, head over to PainFreeInstitute.net/Academy right now and see what everyone's raving about.

Analysis Manual

Before reading the Analysis Manual please take pictures of your posture: Take one from the front, one from the back, and one from each side. Don't force yourself into a perfect posture, just stand the way you normally stand. These pictures will allow you to analyze your posture so that you know what to correct in order to reduce your pain. Based on the postural defect you fall into, you'll perform an specific set of exercises.



Once you have your pictures, compare your posture to the categories listed in the following pages so you can treat your posture deficit/condition with specific exercises.

If your posture does not fit into one category, just keep going to the one that most resembles your posture. Keep in mind that if you suffer from both neck and back pain, you may fall under two categories. If that's the case, then you would follow the treatment plan for each area.

Anterior Pelvis Rotation

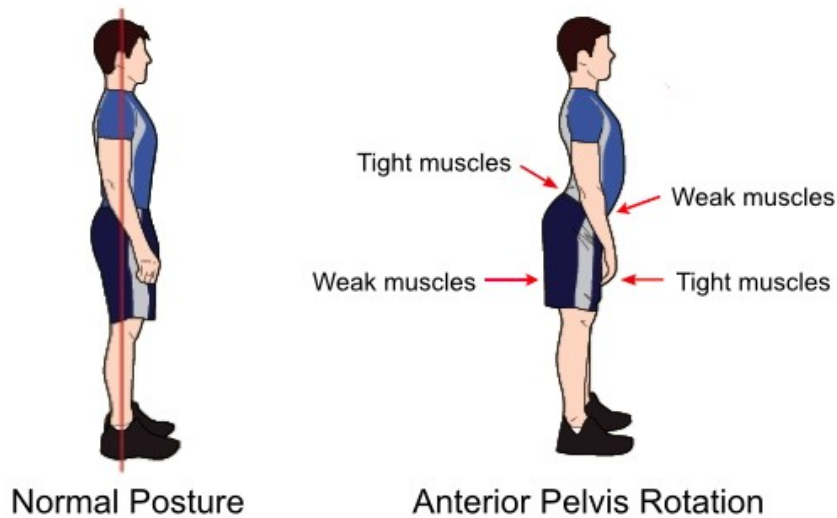
People with Anterior Pelvis Rotation have an exaggerated lumbar curve as seen in the picture below. This places a lot of stress on the lower back and the discs.

Weak muscles

Hamstrings
Glutes
Abdominals

Tight muscles

Hip flexors
Low back muscles



Solution

To correct this postural defect, you have to stretch the tight muscles and strengthen the weak muscles to create muscular balance.

The next page will explain how to analyze your posture to see if you fall into this category.

Analysis: Anterior Pelvis Rotation

Follow the steps to below to see if you fall into this category

1. Take a picture from the side in your underwear
2. Using a pencil, place 4 dots in the following places
 1. Earhole
 2. Center of your shoulder
 3. Center of your hips
 4. Center of your knee
3. Connect the dots with a straight line just like the picture below
4. Does your picture look like the one below?
5. If it does, continue to the next page where you will perform muscle tests to confirm your postural defect. If it doesn't, continue to the next category.



Normal Posture



Anterior Pelvis Rotation

In a normal posture, all 4 dots connect in a straight vertical line. In a person suffering from Anterior Pelvis Rotation, the dot on the center of the hips falls behind the dot on the center of the shoulder and does not form a straight vertical line.

Muscle Tests: Anterior Pelvis Rotation

To confirm if you have muscular tightness/weakness based on this postural defect, perform the muscle tests shown in the pictures below. If you have difficulty performing these tests, this means the muscles being tested are contributing to your bad posture and your back pain.

Weak muscles

Hamstrings
Glutes
Abdominals

Tight muscles

Hip flexors
Low back muscles

Hip flexor test



Start with your right knee on the floor and the left leg in front of you. Lean forward until you feel the muscles on the front of the right thigh stretching. Grab your right foot and lift it towards your buttocks (this may require some balance so if you need to, hang on to something with your other hand). If you can't perform this test or the front of your thigh hurts too much, your hip flexors are too tight and contributing to your back pain. Repeat the same test on the other leg.

Low back test



Start on your back and slowly move your knees towards your chest. If you can't perform this test without tension or pain in the lower back, this means your low back muscles are too tight and contributing to your back pain.

Abdominals test



Start on your back. Using your abdominals, lift your legs with your knees slightly bent towards your chest. If you can't perform this test or feel pain in your lower back, this means your abdominals are weak and contributing to your back pain.

Glutes test



Start on your back with both arms next to your body, both knees bent, and feet on the floor. Using your buttocks and pushing from your feet, raise your pelvis until you form a straight imaginary line between your shoulders and your knees. Hold this position for 15 seconds. If you can perform this test, this means your glutes are weak and contributing to your back pain.

Exercise Plan: Anterior Pelvis Rotation

As stated previously, in order to eliminate the back pain caused by an Anterior Pelvis Rotation, you must stretch the tight muscles and strengthen the weak muscles to create muscular balance.

Weak muscles

Hamstrings
Glutes
Abdominals

Tight muscles

Hip flexors
Low back muscles

These are the prescribed exercises to stretch the tight muscles seen with Anterior Pelvis Rotation.

Exercise	Sets	Repetitions
Child's pose (9)	4	10
Knee to chest (10)	4	10
The "h" (11)	4	10
Heel kicks (12)	4	10

These are the prescribed exercises to strengthen the weak muscles seen with Anterior Pelvis Rotation.

Exercises	Sets	Repetitions
Reverse abdominals (1)	3	10
Leg scissors (2)	3	10
Sky heels (3)	3	10
Hip bridges (4)	3	10
Squats (5)	3	10
Heel slides (6)	3	10
Leg curls (7)	3	10
Planks (8)	3	10
Rolling chair curls (44)	3	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Posterior Pelvis Rotation

Posterior Pelvis Rotation is the exact opposite of Anterior Pelvis Rotation. In this postural defect, the lumbar curve is diminished and causes your back to be flatter than normal. This changes the structure and biomechanics of your spine and causes back pain.

Weak muscles

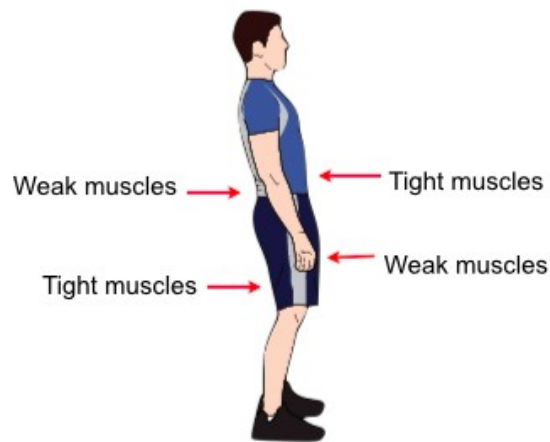
Hip flexors
Low back muscles

Tight muscles

Hamstrings
Glutes
Abdominals



Normal Posture



Posterior Pelvis Rotation

Solution

To correct this postural defect, you have to stretch the tight muscles and strengthen the weak muscles to create muscular balance.

The next page will explain how to analyze your posture to see if you fall into this category.

Analysis: Posterior Pelvis Rotation

Follow the steps to below to see if you fall into this category

1. Take a picture from the side in your underwear
2. Using a pencil, place 4 dots in the following places
 1. Earhole
 2. Center of your shoulder
 3. Center of your hips
 4. Center of your knee
3. Connect the dots with a straight line just like the picture below
4. Does your picture look like the one below?
5. If it does, continue to the next page where you will perform muscle tests to confirm your postural defect. If it doesn't, continue to the next category.



Normal Posture



Posterior Pelvis Rotation

In a normal posture, all 4 dots connect in a straight vertical line. In a person suffering from Posterior Pelvis Rotation, the dot on the center of the hips falls in front of the dot on the shoulder and does not form a straight vertical line.

Muscle Tests: Posterior Pelvis Rotation

To confirm if you have muscular tightness/weakness based on this postural defect, perform the muscle tests shown in the pictures below. If you have difficulty performing these tests, this means the muscles being tested are contributing to your bad posture and your back pain.

Weak muscles

Hip flexors
Low back muscles

Tight muscles

Hamstrings
Glutes
Abdominals

Hamstrings test



Start in a seated position with your legs in front of you. Lean forward and try to touch your toes with your hands. Hold this position for 15 seconds. If you can't perform this test or feel too much tension in your hamstrings, this means your hamstrings are too tight and contributing to your back pain.

Glutes test



Start on your back. Using your arms, grab your left knee and pull it at an angle towards your right shoulder. Hold this position for 15 seconds. Repeat with your right knee pulling it towards your left shoulder. If you can't perform this test or feel too much tension in your buttocks, this means your glutes are too tight and contributing to your back pain.

Abdominals test



Start on your stomach. Using your arms, lift your body from the waist up and hold this position for 10 seconds. If you can't perform this test or feel too much tension in your abdominal area, this means your abdominals are too tight and contributing to your back pain.

Low back test



Start on your stomach with your arms in front of you. Using the muscles in your lower back, lift your arms and chest off the floor and hold this position for 10 seconds. If you can't perform this test or feel too much pain in the lower back, this means your lower back muscles are weak and contributing to your back pain.

Exercise Plan: Posterior Pelvis Rotation

As stated previously, in order to eliminate the back pain caused by a Posterior Pelvis Rotation, you must stretch the tight muscles and strengthen the weak muscles to create muscular balance.

Weak muscles

Hip flexors
Low back muscles

Tight muscles

Hamstrings
Glutes
Abdominals

These are the prescribed exercises to stretch the tight muscles seen with Posterior Pelvis Rotation.

Exercises	Sets	Repetitions
Cobra (13)	4	10
Figure 4 (14)	4	10
Toe touch (15)	4	10
Knee to shoulder (16)	4	10

These are the prescribed exercises to strengthen the weak muscles seen with Posterior Pelvis Rotation.

Exercises	Sets	Repetitions
Superman (17)	4	10
Bird dog (18)	4	10
Leg extensions (19)	4	10
Lunges (20)	4	10
Step ups (21)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Forward Head Posture

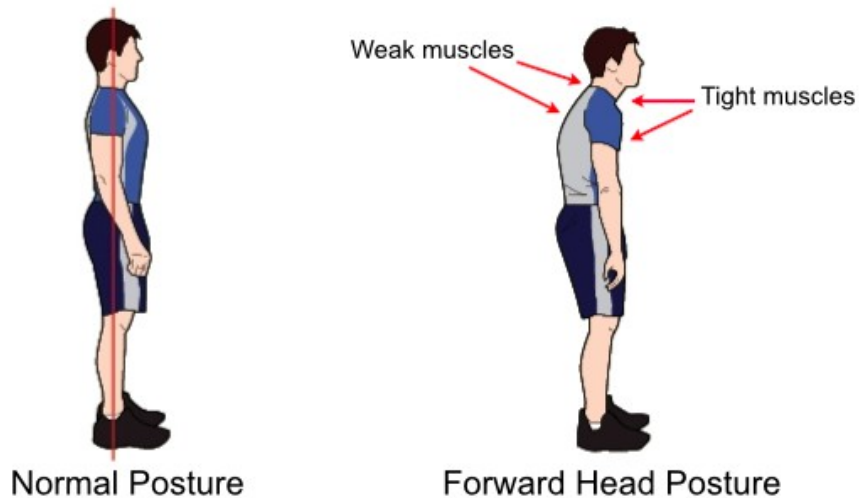
Forward head posture is very common nowadays. Just look at anyone who works at a desk, students, or anyone who spends the majority of their day looking at some electronic device. Most of the time their head is looking down, their shoulders are rounded forward, and their chest is tight. Over time this causes neck pain, upper back pain, and tension headaches.

Weak muscles

Posterior shoulders
Trapezius
Rhomboids (mid back)
Neck extensors (back of neck)

Tight muscles

Neck flexors (front of neck)
Pectorals (chest)
Anterior shoulders



Solution

To correct this postural defect, you have to stretch the tight muscles and strengthen the weak muscles to create muscular balance.

The next page will explain how to analyze your posture to see if you fall into this category.

Analysis: Forward Head Posture

Follow the steps to below to see if you fall into this category

1. Take a picture from the side in your underwear
2. Using a pencil, place 3 dots in the following places
 1. Earhole
 2. Center of your shoulder
 3. Center of your hips
3. Connect the dots with a straight line just like the picture below
4. Does your picture look like the one below?
5. If it does, continue to the next page where you will perform muscle tests to confirm your postural defect. If it doesn't, continue to the next category.



Normal Posture



Forward Head Posture

In a normal posture, all 3 dots connect in a straight vertical line. In a person suffering from Forward Head Posture, the dot on the earhole is in front of the dot on the shoulder and hips and does not form a straight vertical line.

Muscle Tests: Forward Head Posture

To confirm if you have muscular tightness/weakness based on this postural defect, perform the muscle tests shown in the pictures below. If you have difficulty performing these tests, this means the muscles being tested are contributing to your bad posture and your back pain.

Weak muscles

Posterior shoulders
Trapezius
Rhomboids (mid back)
Neck extensors (back of neck)

Tight muscles

Neck flexors (front of neck)
Pectorals (chest)
Anterior shoulders

Pectorals/Anterior shoulders test



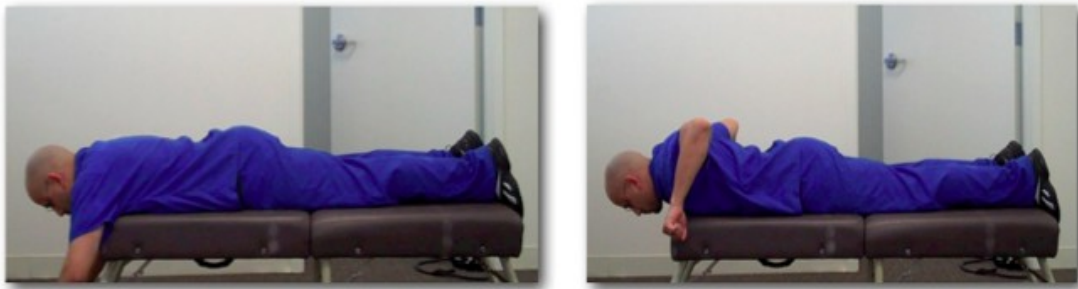
Place your right hand on a door frame. Now turn your body away from your hand until you feel your front shoulder and chest stretching. Hold this position for 15 seconds. If you're unable to perform this test or feel too much pain on the chest and shoulder, this means your chest and anterior shoulder is too tight and contributing to your neck pain. Repeat this test using the left hand.

Posterior shoulders test



Start on your stomach. With your arms spread out by your sides, raise both arms off the ground and hold this position for 15 seconds. If you can't perform this test or you feel a lot of pain or tension on your upper back/shoulders, this means your posterior shoulders are weak and contributing to your neck pain.

Middle back test



Start on your stomach. Bend your elbows and bring them back as far as you can and hold that position for 15 seconds. If you can't perform this test or feel too much pain or tension in your middle back, this means your rhomboids (mid back muscles) are weak and contributing to your forward head posture.

Neck extensors test



Start on your stomach. Hang your head off the edge of a bed, then lift your head and hold that position for 20 seconds. If you can't perform this test or feel too much pain or tension in the back of the neck, this means the muscles in the back of the neck are weak and are contributing to your neck pain.

Neck flexors test



Start on your back with your head hanging off the edge of a bed. Hold this position for 20 seconds. If you can't perform this test or feel too much pain or tension in the front of the neck, this means you have tight neck flexors and are contributing to your neck pain.

Exercise Plan: Forward Head Posture

As stated previously, in order to eliminate the neck/upper back pain caused by a Forward Head Posture, you must stretch the tight muscles and strengthen the weak muscles to create muscular balance.

Weak muscles

Posterior shoulders
Trapezius
Rhomboids (mid back)
Neck extensors (back of neck)

Tight muscles

Neck flexors (front of neck)
Pectorals (chest)
Anterior shoulders

These are the prescribed exercises to stretch the tight muscles seen with Forward Head Posture.

Exercises	Sets	Repetitions
Guillotine (22)	4	10
Lateral flexion (23)	4	10
Door stretch (24)	4	10
Handcuffs (25)	4	10

These are the prescribed exercises to strengthen the weak muscles seen with Forward Head Posture.

Exercises	Sets	Repetitions
Eagle (26)	4	10
Elbows up (27)	4	10
Elbows down (28)	4	10
Cervical extensions (29)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Pelvic Obliquity

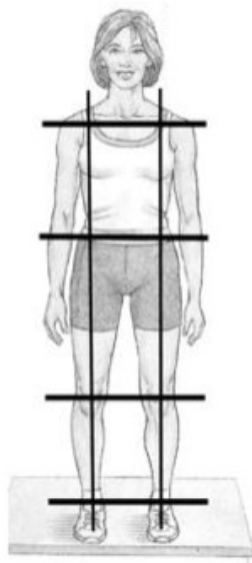
Pelvic obliquity is seen when one side of the pelvis is higher than the other. This postural defect causes muscular imbalances and can cause problems with discs in the spine. This can also be seen with scoliosis and in many cases, one shoulder may be higher than the other. FYI, when you see the words “high side” or “low side”, this refers to the pelvis.

Weak muscles

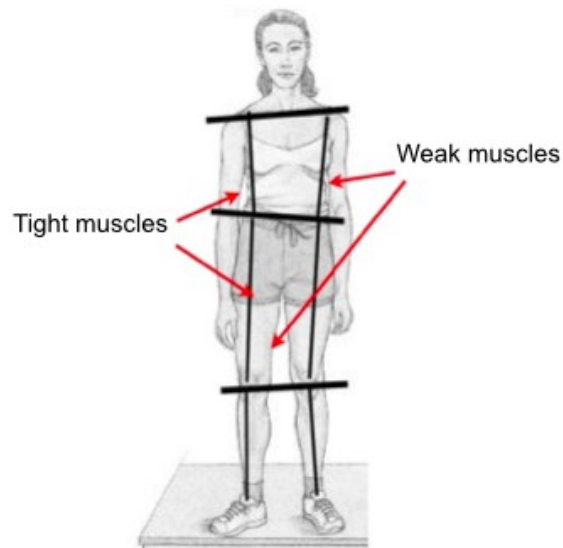
Glutes on the high side
Oblique muscles on low side
Hamstrings on the high side
Adductors on the high side

Tight muscles

Hip flexors on the leg with the high side
Oblique muscles on the high side
Quadratus Lumborum on the high side



Normal Posture



Pelvic Obliquity

Solution

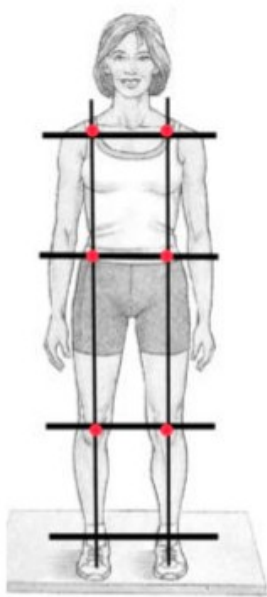
To correct this postural defect, you have to stretch the tight muscles and strengthen the weak muscles to create muscular balance.

The next page will explain how to analyze your posture to see if you fall into this category.

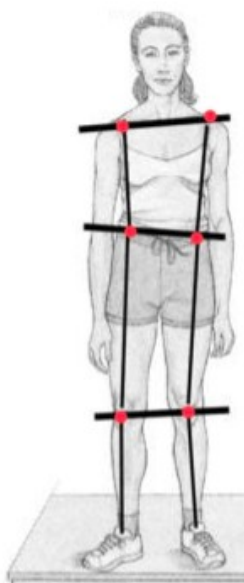
Analysis: Pelvic Obliquity

Follow the steps to below to see if you fall into this category

1. Take a picture from the front in your underwear
2. Using a pencil, place 3 dots on the left and right sides of your body
 1. The highest point on your left and right shoulders
 2. The highest point on your left and right hip bone
 3. Center of knees
3. Connect the dots with a straight line just like the picture below
4. Does your picture look like the one below?
5. If it does, continue to the next page where you will perform muscle tests to confirm your postural defect. If it doesn't, continue to the next category.



Normal Posture



Pelvic Obliquity

In a normal posture, all 3 dots on each side connect in a straight vertical line. In a person suffering from Pelvic Obliquity, the dots are not leveled horizontally and do not form a straight line vertically.

Muscle Tests: Pelvic Obliquity

To confirm if you have muscular tightness/weakness based on this postural defect, perform the muscle tests shown in the pictures below. If you have difficulty performing these tests, this means the muscles being tested are contributing to your bad posture and your back pain.

Weak muscles

Glutes on the high side
Oblique muscles on low side
Hamstrings on the high side
Adductors on the high side

Tight muscles

Hip flexors on the leg with the high side
Oblique muscles on the high side
Quadratus Lumborum on the high side

Hip flexors test



Start with your right knee on the floor and the left leg in front of you. Lean forward until you feel the muscles on the front of the right thigh stretching. Grab your right foot and lift it towards your buttocks. This test will only be done on one side. If your high side is on the right, place your right knee on the floor and lean forward with your left foot on the ground. If your right side is on the left, place your left knee on the floor and lean forward with your right foot on the ground. If you can't perform this test or the front of your thigh hurts too much, your hip flexors are too tight and contributing to your back pain.

Adductors test



Start with your legs wider than shoulders width apart and your hands on the floor. Lean into the side with the low hip and hold this position for 10 seconds. If you can't perform this test or your inner thigh on the straight leg hurts or feels tight, this means you have weak adductors and this is contributing to your back pain.

Quadratus Lumborum test



Start standing with your arms above your head. Lean into the side with the low hip. If you can't perform this test or feel too much pain or tension in the low back, this means you have tight Quadratus Lumborum muscles and they are contributing to your back pain.

Glutes test



Start on your back. Bend the knee on the side of the high hip. Keep the other leg straight. Using the bent knee push your hips up until there is an imaginary line between your shoulders and your feet. Hold this position for 10 seconds. If you can't perform this test or feel pain in the buttocks on the high side, this means you have weak glutes and this is contributing to your back pain.

Obliques test



Start on the side of the low hip. Forming a straight line, support your body weight on your forearms and feet. Hold this position for 20 seconds. If you can't perform this test or have too much pain on the side closest to the floor, this means you have weak oblique muscles and this contributes to your back pain.

Exercise Plan: Pelvic Obliquity

As stated previously, in order to eliminate the back pain caused by Pelvic Obliquity, you must stretch the tight muscles and strengthen the weak muscles to create muscular balance.

Weak muscles

Glutes on the high side
Oblique muscles on low side
Hamstrings on the high side
Adductors on the high side

Tight muscles

Hip flexors on the leg with the high side
Oblique muscles on the high side
Quadratus Lumborum on the high side

These are the prescribed exercises to stretch the tight muscles seen with Pelvic Obliquity (only do these exercises on the side of the high pelvis).

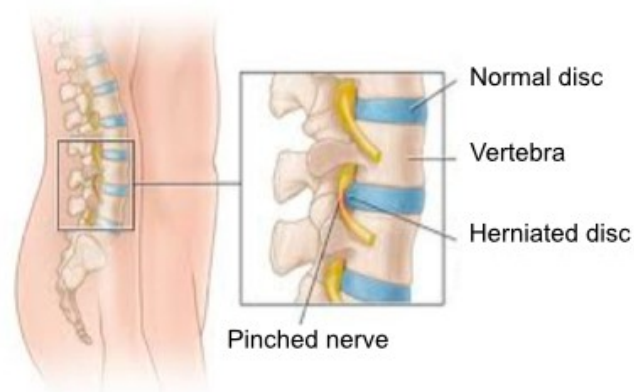
Exercises	Sets	Repetitions
The "h" (11)	4	10
Heel grab (12)	4	10
Door frames (30)	4	10
Banana (31)	4	10
East West (32)	4	10
V (33)	4	10

These are the prescribed exercises to strengthen the weak muscles seen with Pelvic Obliquity (only do these exercises on the side of the high pelvis, for exercise #35 the high side must be on top).

Exercises	Sets	Repetitions
Single leg hip bridge (34)	4	10
Heel slides (6)	4	10
Leg curls (7)	4	10
Elbows down (28)	4	10
Side plank (35)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Lumbar Disc Herniation



In the lumbar spine there are 5 vertebrae. Between every vertebra there is a disc that acts as a shock absorber and forms canals that allow nerves to come out from the spinal cord to the rest of the body. The disc is made up of a gelatinous substance and when it herniates, this substance can pinch nerves surrounding the disc. If you're suffering from the following symptoms, you may have an injured disc in your low back:

1. Weakness in your legs
2. Numbness in your legs/feet
3. Tingling in your legs/feet
4. Sharp pain in the low back
5. Shock-like pain that travels from the low back to the legs and/or feet
6. Low back pain while sneezing or coughing
7. Low back pain while pushing as you defecate

Aside from the list above, it is best to have an MRI done to confirm the diagnosis.

Solution

To correct this problem you have to move the herniated portion of the disc away from the irritated nerve and strengthen the muscles surrounding it.

The next page will show you how to perform orthopedic tests to see if you fall into this category.

Analysis: Lumbar Disc Herniation

Perform the orthopedic tests below to see if you show positive symptoms for a disc herniation.

Lasegue's Test



Start on your back. Lift your head until your chin is touching your chest and raise one leg with your knee bent then straighten out the leg. Repeat with the other leg. If you feel low back pain or a shock-like pain that travels down the leg, you are showing symptoms of a herniated disc.

Straight Leg Raiser



Start on your back. Keeping your right leg straight, lift it up as far as you can. Repeat with your left leg. If you feel pain in the low back or shock-like pain traveling down the leg, you are showing symptoms of a herniated disc.

Milgram's Test



Start on your back. Keeping both legs together, lift them 5 inches off the floor and hold this position for 10 seconds. If you're having back pain or sharp pain that travels down the legs, you're showing symptoms of a herniated disc.

Exercise Plan: Lumbar Disc Herniation

As stated previously, in order to eliminate back pain caused by a disc herniation, you must do exercises that move the herniated portion away from surrounding nerves, strengthen the muscles in the low back, and decompress the spine.

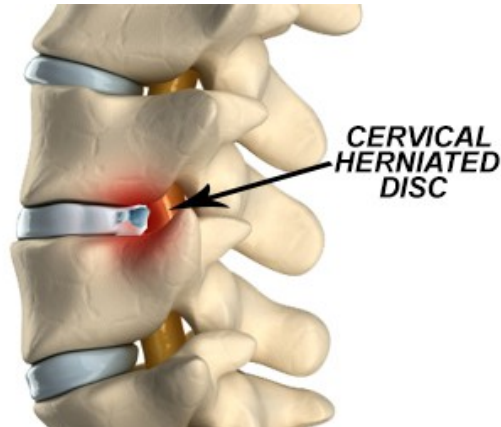
I also recommend that you invest in a decompression, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. Learn more about decompression vests by visiting this link DrJoseGuevara.com/inversion.

These are the prescribed exercises to treat a lumbar herniated disc.

Exercises	Sets	Repetitions
Knees to chest (10)	4	10
Knees to shoulders (16)	4	10
Lumbar extensions (39)	4	10
Decompression (40)	4	10
Cliff hanger (41)	4	10
Hip bridges (4)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Cervical Disc Herniation



The cervical spine has 7 vertebrae. Between every vertebra there is a disc that acts as a shock absorber and forms canals that allow nerves to come out from the spinal cord to the rest of the body. The disc is made up of a gelatinous substance and when it herniates, this substance can pinch nerves surrounding the disc. If you're suffering from the following symptoms, you may have an injured disc in your neck:

1. Weakness in your arms/hands
2. Numbness in your arms/hands
3. Tingling in your arms/hands
4. Sharp pain in the neck back
5. Shock-like pain that travels from the neck to the arms and/or hands
6. Neck pain while sneezing or coughing
7. Neck pain while pushing as you defecate

Aside from the list above, it is best to have an MRI done to confirm the diagnosis.

Solution

To correct this problem you have to move the herniated portion of the disc away from the irritated nerve and strengthen the muscles surrounding it.

The next page will show you how to perform orthopedic tests to see if you fall into this category.

Analysis: Cervical Disc Herniation

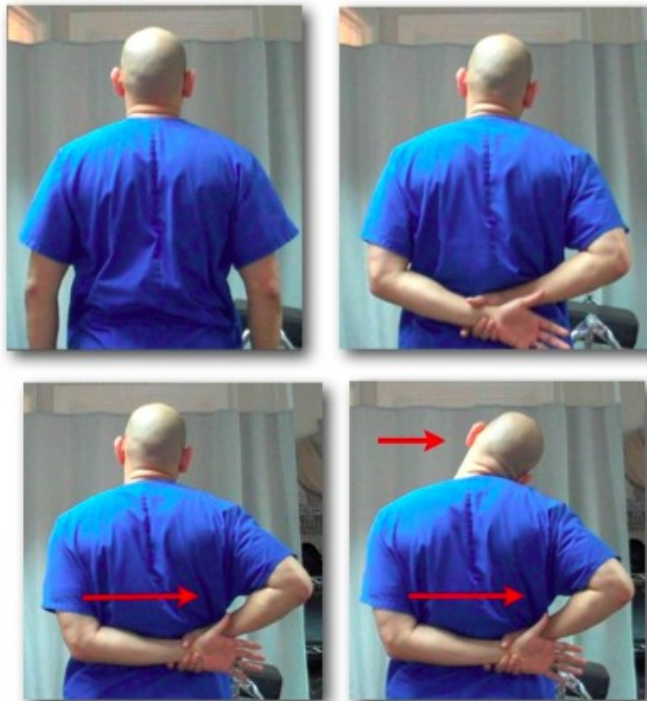
Perform the orthopedic tests below to see if you show positive symptoms for a disc herniation.

Maximal Cervical Compression test



Tilt your head to one side. Using both hands, press down on your head. Tilt your head to the other side and repeat. If you feel a sharp pain in the neck or shock-like pain that travels down the arm, you're showing symptoms of a herniated disc.

Shoulder Depression test



Bring your left arm behind your body. Pull your left arm to the right while tilting your head to the right. Repeat with your right arm, pulling the arm to the left while tilting your head to the left. If you feel a sharp pain in the neck or shock-like pain that travels down the arm, you're showing symptoms of a herniated disc.

Exercise Plan: Cervical Disc Herniation

As stated previously, in order to eliminate neck pain caused by a disc herniation, you must do exercises that move the herniated portion away from surrounding nerves, strengthen the muscles in the low back, and decompress the cervical spine.

I also recommend that you invest in a cervical traction device, which is a specialized device you can use at home that decompresses the spine and removes pressure off discs and nerves in your neck. To learn more about cervical traction visit this link DrJoseGuevara.com/traction

These are the prescribed exercises to treat a cervical herniated disc.

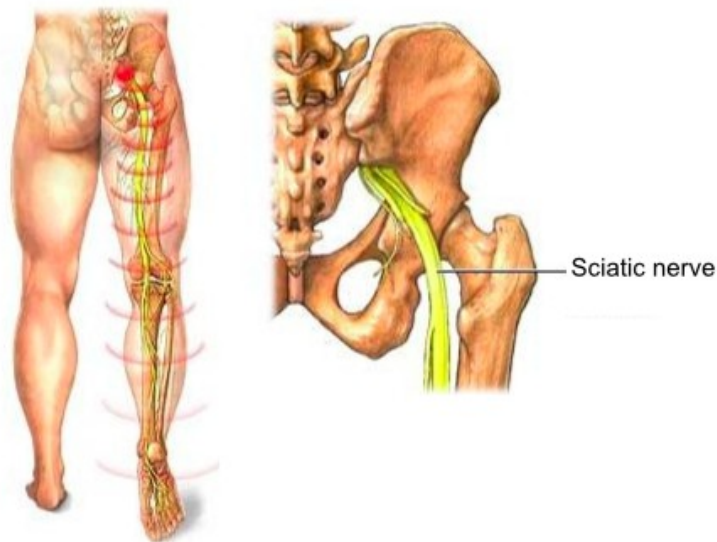
Exercises	Sets	Repetitions
Guillotine (22)	5	10
Lateral flexion (23)	5	10
Cervical extension (29)	5	10
Double chin (42)	5	10
Lateral neck stretch (45)	5	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Sciatica

Sciatica is a condition where the sciatic nerve is being irritated or pinched by a herniated disc in the low back or by an inflamed muscle (Piriformis Syndrome). The symptoms with this condition are the following:

1. Weakness in the legs/feet
2. Sharp pain in the legs while walking
3. Numbness or tingling in the legs and feet
4. Sharp pain in the low back and glutes
5. Sharp pain that travels down the leg(s)
6. Sharp pain while sneezing or coughing



Solution

If the sciatica is caused by a herniated disc, you must perform exercises that move the disc away from the nerve and decompress the spine.

If the sciatica is caused by inflammation of the Piriformis muscle, you must stretch the muscle and bring down the inflammation.

Analysis: Sciatica

In order to know if your sciatica is being caused by a herniated disc in your low back or an inflamed Piriformis muscle, you need to do some orthopedic tests. If you show positive symptoms while performing the test, then that will give you a good impression of what is causing the problem.

Orthopedic Tests for Sciatica caused by Piriformis Syndrome

Test 1



Start on your back. Bend the leg that hurts up and towards the opposite shoulder. If you're feeling more pain in the leg or pain that travels down the leg, this means the Piriformis muscle is pinching the sciatic nerve and causing the sciatica.

Test 2



Start laying on the side opposite the leg that hurts. This can be done on a bed or couch. Bend the affected leg and let that leg hang down towards the floor. If you're feeling more pain in the leg or pain that travels down the leg, this means the Piriformis muscle is pinching the sciatic nerve and causing the sciatica.

Test 3



Start on your back. Turn the foot on the affected side inwards (pointing to the other foot) and lift the affected leg up and towards the opposite leg. If you're feeling more pain in the leg or pain that travels down the leg, this means the Piriformis muscle is pinching the sciatic nerve and causing the sciatica.

Exercise Plan: Sciatica caused by Piriformis Syndrome

If the sciatica is caused by inflammation of the Piriformis muscle, you must stretch the muscle and bring down the inflammation.

These are the prescribed exercises to treat sciatica caused by Piriformis syndrome.

Exercises	Sets	Repetitions
Figure 4 (14)	4	10
Figure 4 on your back (36)	4	10
Angled leg (37)	4	10
Leg crusher (38)	4	10
Knee to shoulder (16)	4	10
Tripod (43)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Orthopedic Tests for Sciatica caused by a Disc Herniation

Lasegue's Test



Start on your back. Lift your head until your chin is touching your chest and raise one leg with your knee bent then straighten out the leg. Repeat with the other leg. If you feel shock-like pain that travels down the leg, you are showing symptoms of sciatica caused by a herniated disc.

Straight Leg Raiser



Start on your back. Keeping your right leg straight, lift it up as far as you can. Repeat with your left leg. If you feel shock-like pain traveling down the leg, you are showing symptoms of sciatica caused by a herniated disc.

Milgram's test



Start on your back. Keeping both legs together, lift them 5 inches off the floor and hold this position for 10 seconds. If you're having sharp pain that travels down the leg(s), you're showing symptoms of sciatica caused by a herniated disc.

Exercise Plan: Sciatica caused by Disc Herniation

If the sciatica is caused by a disc herniation, you must do exercises that move the herniated portion away from the sciatic nerve, strengthen the muscles in the low back, and decompress the spine.

I also recommend that you invest in a decompression vest, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. Learn more about decompression vests by visiting this link DrJoseGuevara.com/inversion.

These are the prescribed exercises to treat sciatica caused by a lumbar herniated disc.

Exercises	Sets	Repetitions
Child's pose (9)	4	10
Knee to chest (10)	4	10
Knee to shoulder (16)	4	10
Lumbar extension (39)	4	10
Decompression (40)	4	10
Cliff hanger (41)	4	10
Hip bridge (4)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.

Exercise Guide

Before starting this or any exercise program, please make sure to talk to your family Doctor. The information in this book works and has given thousands of people impressive results and pain relief without the need for drugs or surgery, however, it does not substitute a face to face consultation with a Doctor.

All the exercises to correct your postural defects, muscular imbalances, and disc injuries are in this section of the book. For best results perform the prescribed exercises 3 times a week. If you're in too much pain and can't do them 3 times a week, do what you can until you can do 3 times a week.

It is important to warm up before starting these exercises. An easy way to get your blood flowing and loosen up your muscles is by taking a warm shower prior to exercising. Follow your prescribed exercise plan using the pictures as reference. If you stick to the plan, remain disciplined and consistent, you'll improve your posture, strengthen your back and/or neck, and get rid of your aches and pains.

Just think of how good your life will be again once you're out of "The Endless Pain Cycle" and can do the things you enjoy without the need for a pill.

Also make sure you take a look at the Resources section at the end of the book so you can take a look at the natural supplements I recommend which will help to bring down inflammation, improve you health, and help you heal faster.

Exercise 1: Reverse Abdominals



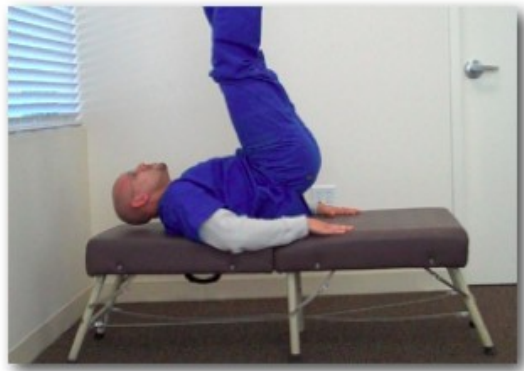
Start on your back. Slowly raise your legs up to your chest, using and focusing on your abdominal muscles. Return your legs to the starting position and repeat.

Exercise 2: Leg Scissors



Start on your back. Raise both legs 5 inches off the ground and alternate crossing them on top of each other in a scissor like motion. For example, start crossing the right leg on top of the left, then cross the left leg on top of the right.

Exercise 3: Sky Heels



Start on your back. Raise both legs to 90 degrees with your heels towards the ceiling. Using your abdominals, lift your lower back off the ground. It's a subtle movement but very effective.

Exercise 4: Hip Bridge



Start on your back with both knees bent. Push off your heels until you form an imaginary line between your shoulders and your knees. Hold that position for 5 seconds. Relax and repeat.

Exercise 5: Squats



Start sitting down with feet shoulder width apart. Stand up using only your legs (do not push off with your arms). As you go back to the seated position, make sure your knees don't go past your toes. Once your legs get stronger, this can be done without a chair.

Exercise 6: Heel Slides



Start on your back with your legs straight. Slide your heels towards your buttocks and squeeze your hamstrings for 5 seconds. Return to the starting position and repeat.

Exercise 7: Leg Curls



Start on your stomach. Bend both knees bringing your heels towards your buttocks and squeeze your hamstrings for 5 seconds. Relax and repeat.

Exercise 8: Plank



Start on your stomach. Forming an imaginary straight line from toes to shoulders, place the weight of your body on your toes and forearms. Hold this position for 30 seconds. Relax and repeat.

Exercise 9: Child's Pose



Start on your hands and knees. Slowly let your body weight rest on your heels and hold this position for 15 seconds. Return to the original position and repeat.

Exercise 10: Knee to chest



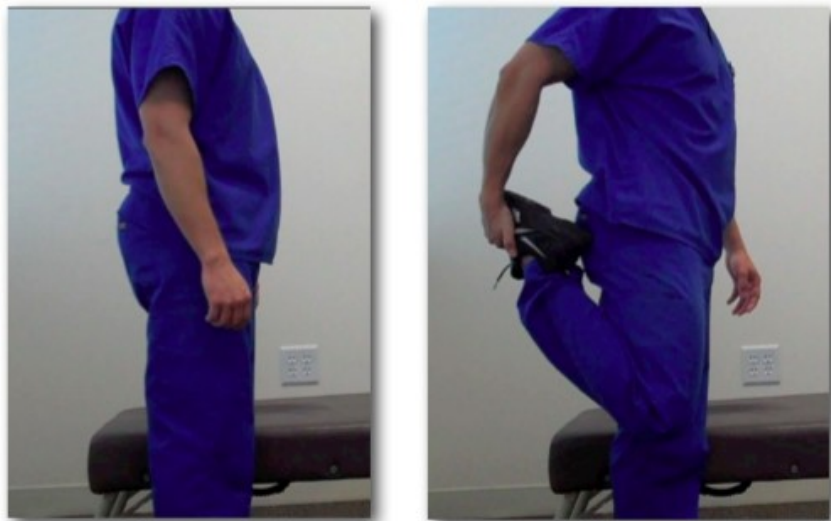
Start on your back. Bring your right knee to your chest and hold that position for 15 seconds. Relax that leg and switch to the left leg and hold for 15 seconds. Lastly bring both legs up together and hold for 15 seconds. Those 3 movements count as 1 repetition.

Exercise 11: The “h”



Start with your right knee on the floor and the left leg in front of you. Lean forward until you feel a stretch on the right thigh. Now grab the right foot and bring it towards your buttocks. Hold this position for 15 seconds. Now switch sides and repeat.

Exercise 12: Heel Kicks



Start on your feet and place your hand on a chair or wall for balance. Bend the right leg and grab your foot with your right hand until you feel a stretch on your thigh. Hold for 15 seconds, relax, then repeat with the other leg.

Exercise 13: Cobra



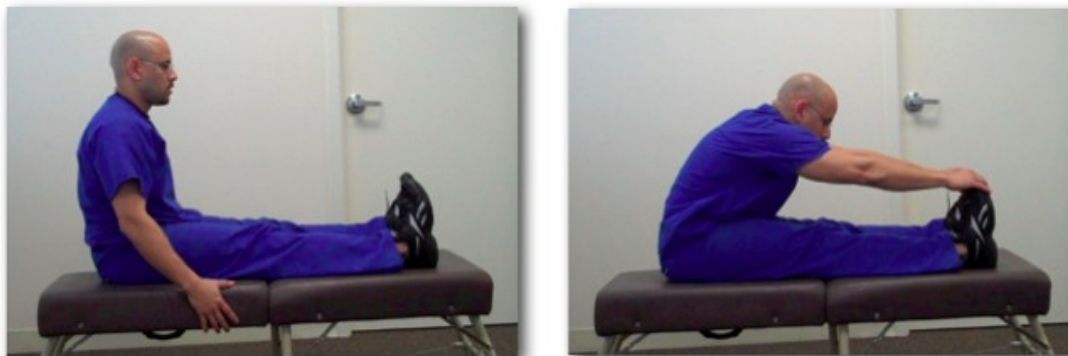
Start on your stomach. Using your arms only, push your upper body from the waist up and hold this position for 15 seconds. Relax and repeat.

Exercise 14: Figure 4



Start seated. Cross your left leg over your right knee and lean forward until you feel a stretch in your left buttocks. Hold this for 15 seconds. Repeat. Switch to the other leg.

Exercise 15: Toe Touch



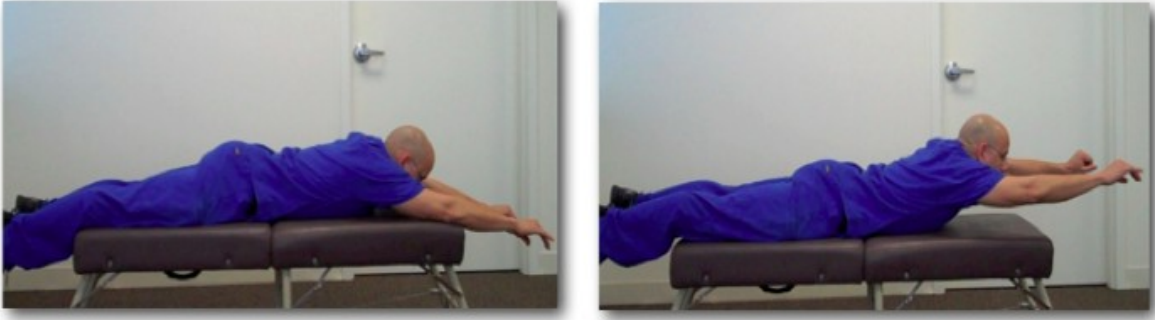
Start seated with your legs in front of you. Lean forward until your hands are touching your toes and hold this stretch for 15 seconds. If you can't touch your toes just go as far as you can and push yourself a bit further every time you do it.

Exercise 16: Knee to Shoulder



Start on your back. Using your arms, lift your left leg and pull it towards your right shoulder until you feel a stretch in your left buttocks. Hold this position for 15 seconds and relax. Now switch legs and pull your right knee towards your left shoulder and hold for 15 seconds. Repeat.

Exercise 17: Superman



Start on your stomach with your arms in front of you. Using your low back muscles, lift your upper body off the ground and hold this position for 10 seconds. Relax and repeat.

Exercise 18: Bird Dog



Start on your hands and knees. Lift your right arm straight in front of you while lifting your left leg at the same time. Hold this position for 10 seconds. Relax. Now lift the left arm while lifting the right leg at the same time. Hold for 10 seconds. Relax. Once you do both sides, this counts as 1 repetition.

Exercise 19: Leg Extensions



Start seated on a chair. Raise your legs until they are straight and squeeze your thigh muscles for 5 seconds. Relax and repeat.

Exercise 20: Lunges



Start standing. Take a big step forward with your right leg and bring your body down until your left knee is 1 inch off the ground (Make sure your right knee is not going past your right toes, if it is you need to take a bigger step forward at the beginning). Now push yourself up to the starting position and repeat with the other leg.

Exercise 21: Step Up



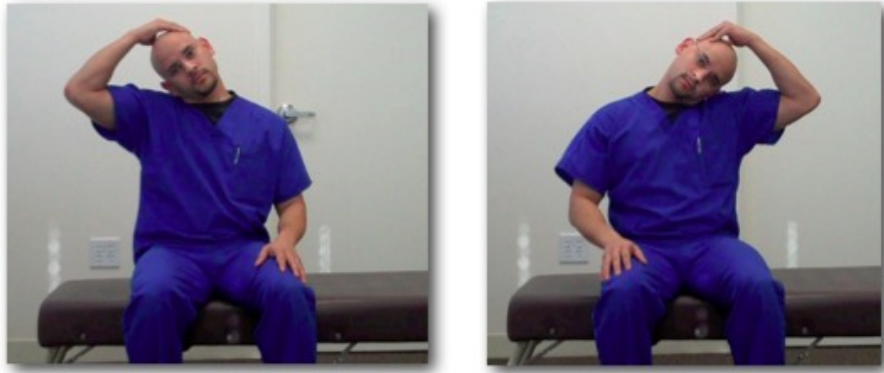
Start standing. Lift your right leg onto a step stool, stairs, or chair. Using your right leg, push your body up. Return to the original position and repeat. Switch to the left leg and repeat.

Exercise 22: Guillotine



Start on your back with your head close to the edge of a bed or sofa. Now let your head hang off the edge of the bed and hold this position for 15 seconds. Return to the original position for 10 seconds, then repeat.

Exercise 23: Lateral Flexion



Start seated. Tilt your head to the right and use your right hand to pull your head further to the right. Hold this stretch for 10 seconds. Return your head to the middle and tilt your head to the left side and hold the stretch for 10 seconds. Continue alternating from left to right.

Exercise 24: Door Stretch



Stand next to a door. Place your right arm on the door frame at shoulder level. Now turn your body away from your arm until you feel a stretch in your shoulder and chest. Hold this stretch for 15 seconds. Repeat with the left arm.

Exercise 25: Handcuffs



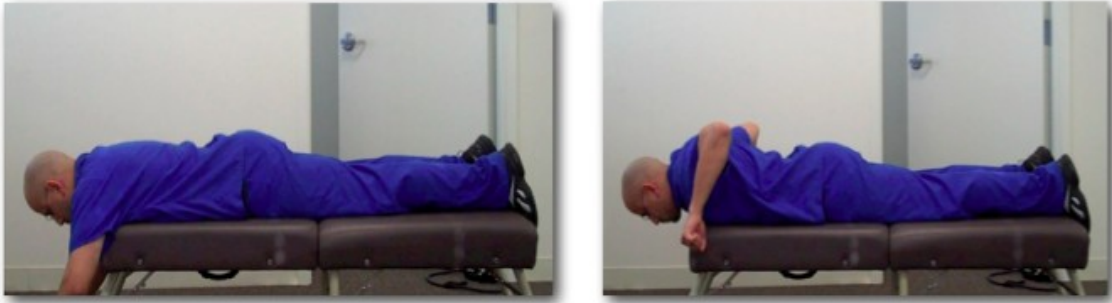
Start seated. Bring your arms behind you and interlock your fingers. Now push your shoulders back and push your chest forwards. Hold this stretch for 10 seconds. Relax and repeat.

Exercise 26: Eagle



Start on your stomach. Keeping your arms straight, lift them up and as far back as you can. Hold this position for 15 seconds. Relax and repeat.

Exercise 27: Elbows Up



Start on your stomach. Bend your elbows and bring them back as far as you can. Squeeze the muscles in between your shoulder blades for 15 seconds. Relax and repeat.

Exercise 28: Elbows Down



Start on your back. Bend your elbows and push them down on the ground as hard as you can. This will lift your upper body slightly. Hold this position for 10 seconds. Relax and repeat.

Exercise 29: Cervical Extension



Start on your stomach. Lift your head as far back as you can and hold this position for 15 seconds. Relax and repeat.

Exercise 30: Door Frame



Stand next to a door. Place your right arm on the door frame and lean back as you let your body weight stretch your right side. Hold this stretch for 15 seconds. Relax and repeat. Switch to the left side.

Exercise 31: Banana



Start standing with both arms up above your head. Lean towards the right until you feel the left side of your body stretching. Hold this stretch for 15 seconds. Relax and repeat by leaning towards the left side.

Exercise 32: East West



Start on your back with both knees bent. Turn your head to the left, cross your right leg over the left. Now pull both legs to the right and you'll feel a stretch on your left side. Hold this stretch for 10 seconds. Repeat on the other side doing the opposite.

Exercise 33: V



Start on your back with your buttocks against a wall and your legs straight up. Slowly let your legs slide away from the center until you feel a stretch on your inner thighs. Hold this stretch for 15 seconds. Return to the starting position and repeat.

Exercise 34: Single Leg Hip Bridge



Start on your back with the right leg bent and the left leg straight. Using your right leg, push your hips up until you form an imaginary straight line from your shoulders to your toes. Hold this position for 10 seconds. Relax and repeat. Switch to the other side.

Exercise 35: Side Plank



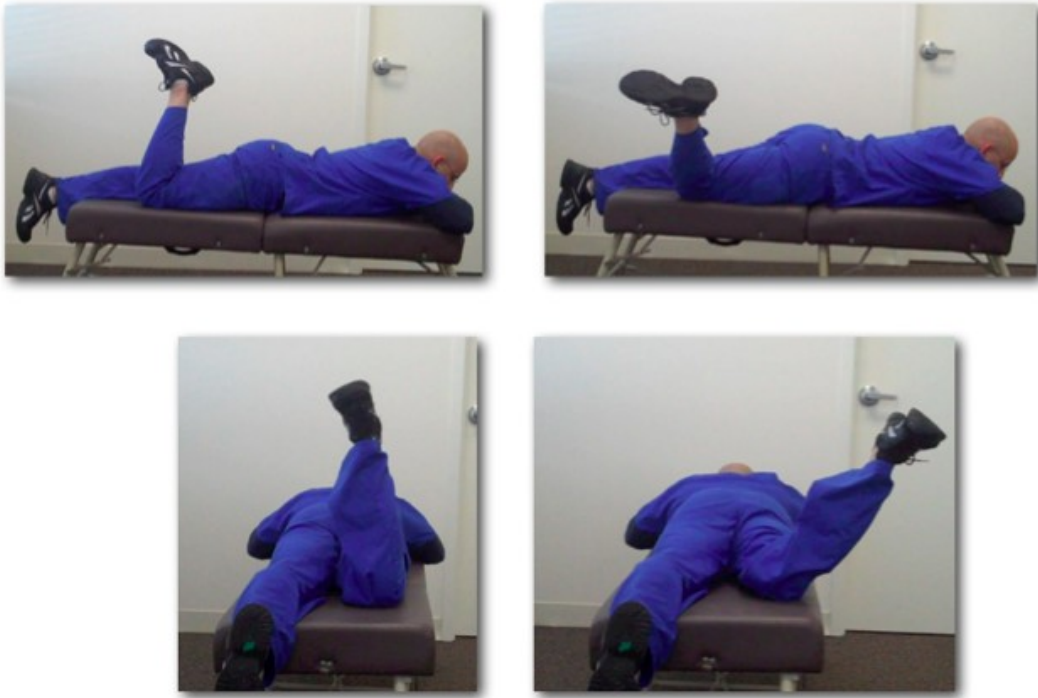
Start on your side supporting yourself on your forearm. Now lift your body forming an imaginary straight line from your feet to your head and hold this position for 15 seconds. Relax and repeat.

Exercise 36: Figure 4 on your back



Start on your back with your knees bent. Cross the leg that hurts over the other leg. Using your arms, pull the good leg towards your head. Hold this stretch for 10 seconds. Relax and repeat.

Exercise 37: Angled Leg



Start on your stomach. Bend the affected up and move it away from the body. Hold this position for 15 seconds. Bring the leg back to the middle and repeat.

Exercise 38: Leg Crusher



Start on your hands and knees. Lift your body in a push up position then cross the leg that hurts under your body. Now let your body weight drop on top of the leg. You will feel a stretch on your buttocks and the Piriformis muscle. Hold that position for 15 seconds. Take your body weight off the leg, then repeat.

Exercise 39: Lumbar Extension



Start on your stomach. Lift your upper body and support your weight on your forearms. Hold this position for 20 seconds. Relax and repeat.

Exercise 40: Decompression



Find a sturdy door around your house. This can also be done at a playground or anywhere where you can hang safely. Place your hands on top of the door with your knees touching the door. Now bend your knees and let your body drop and feel the stretch down your spine. Let most of your body weight be held by your hands if possible, with the feet being there to prevent you from falling. Hold that position for 20 seconds. Relax and repeat.

Exercise 41: Cliff Hanger



Start at the edge of a bed or couch. Place your stomach at the edge of the bed and let your legs hang off the bed. The weight of your lower body will help to decompress and stretch your low back. Hold this position for 1 minute. Relax and repeat.

Exercise 42: Double Chin



Start seated. Move your chin back towards your throat (making a double chin) and roll your head all the way back until you end up looking up at the ceiling. Relax and repeat.

Exercise 43: Tripod



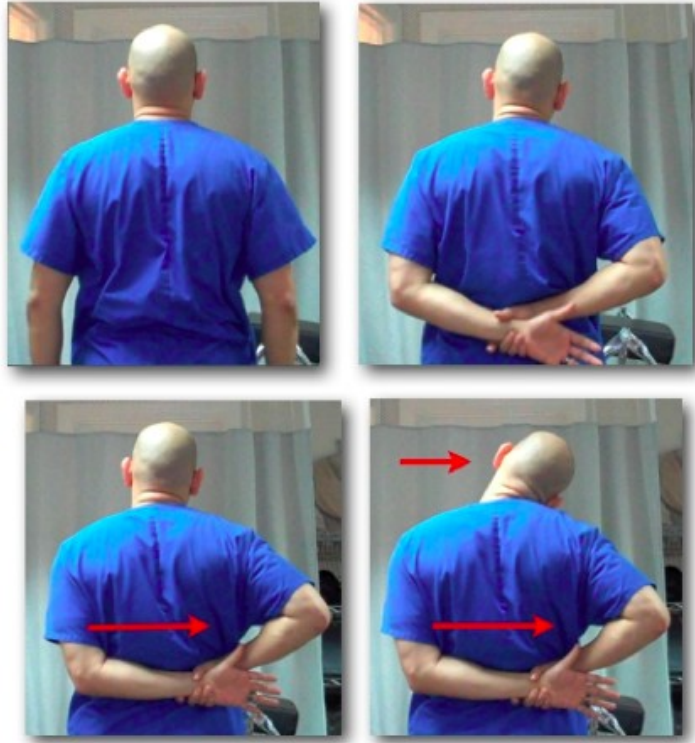
Start on your hands and knees. Cross the leg that hurts over the good leg. Lean your body to the side of the affected leg and back. Hold this stretch for 15 seconds. Relax and repeat.

Exercise 44: Rolling Leg Curls



Start seated on a rolling chair. Stretch your legs in front of you until your heels are touching the floor. Using your leg muscles, pull yourself forward and squeeze your hamstring muscles for 5 seconds. Return to the starting position and repeat.

Exercise 45: Lateral Neck Stretch



Bring your left arm behind your body. Pull your left arm to the right while tilting your head to the right. Repeat with your right arm, pulling the arm to the left while tilting your head to the left. Hold this stretch for 15 seconds. Relax and repeat.

Progress Notes



In the Progress Notes section of this book you'll find all the prescribed exercises within blank tables that will allow you to write down information and track your progress. **Make copies of the blank tables and keep weekly notes/goals to monitor your progression.**

The Importance of Setting Goals

To be successful with the program outlined in this book, you must establish goals and fight to meet those goals. There will be times when your body will be sore and you may want to give up, but giving up will not bring you the results you want. You must persist and reach the goals you set for yourself. Start with small goals and as you start to meet those goals, you will get confidence, then set bigger goals until you get to where you need to be.

You know the difference between a person that is successful and a person who is not? The successful person knows where there are going (a goal). They have an end in mind and any obstacle that gets in the way of achieving that goal is just a small speed bump but the goal keeps them motivated and hungry to get to the finish line.

The person who is NOT successful just does things without any sense of importance because there is no goal to be met. They do things haphazardly and without purpose, so they never give 100%. They can have dreams but without goals to meet along the way, they will not achieve those dreams.

A goal is set because of a specific need or want that you want to accomplish. In your case, your goal may be to be pain-free, to be able to play with your grandkids, or just do your favorite activities without paying for it the next day. I can give you all the exercises and information to accomplish your goals but it has to start with YOU. You have to want to get well and it takes work and commitment to get there.

"It is Not Because Things are Difficult that We Do Not Dare; It Is Because We Do Not Dare that They are Difficult." - Lucius Annaeus Seneca

At the end of each page in this section you'll be able to write down your goals for the week. The final goal is to be able to complete all the sets and repetitions for your prescribed exercises.

Don't give up. If you feel pain or soreness while doing the exercises, take it slow or just do what you can and push yourself a little bit harder for the next set.

I wish you the best in your journey to be pain-free and I can't wait to hear your success story!

Exercises: Anterior Pelvis Rotation

These are the prescribed exercises to stretch the tight muscles seen with Anterior Pelvis Rotation.

Exercise	Sets	Repetitions
Child's pose (9)		
Knee to chest (10)		
The "h" (11)		
Heel kicks (12)		

These are the prescribed exercises to strengthen the weak muscles seen with Anterior Pelvis Rotation.

Exercises	Sets	Repetitions
Reverse abdominals (1)		
Leg scissors (2)		
Sky heels (3)		
Hip bridges (4)		
Squats (5)		
Heel slides (6)		
Leg curls (7)		
Planks (8)		
Rolling chair curls (44)		

Notes/Goals for the week:

Exercise Plan: Posterior Pelvis Rotation

These are the prescribed exercises to stretch the tight muscles seen with Posterior Pelvis Rotation.

Exercises	Sets	Repetitions
Cobra (13)		
Figure 4 (14)		
Toe touch (15)		
Knee to shoulder (16)		

These are the prescribed exercises to strengthen the weak muscles seen with Posterior Pelvis Rotation.

Exercises	Sets	Repetitions
Superman (17)		
Bird dog (18)		
Leg extensions (19)		
Lunges (20)		
Step ups (21)		

Notes/Goals for the week:

Exercise Plan: Forward Head Posture

These are the prescribed exercises to stretch the tight muscles seen with Forward Head Posture.

Exercises	Sets	Repetitions
Guillotine (22)		
Lateral flexion (23)		
Door stretch (24)		
Handcuffs (25)		

These are the prescribed exercises to strengthen the weak muscles seen with Forward Head Posture.

Exercises	Sets	Repetitions
Eagle (26)		
Elbows up (27)		
Elbows down (28)		
Cervical extensions (29)		

Notes/Goals for the week:

Exercise Plan: Pelvic Obliquity

These are the prescribed exercises to stretch the tight muscles seen with Pelvic Obliquity (only do these exercises on the side of the high pelvis).

Exercises	Sets	Repetitions
The "h" (11)		
Heel grab (12)		
Door frames (30)		
Banana (31)		
East West (32)		
V (33)		

These are the prescribed exercises to strengthen the weak muscles seen with Pelvic Obliquity (only do these exercises on the side of the high pelvis, for exercise #35 the high side must be on top).

Exercises	Sets	Repetitions
Single leg hip bridge (34)		
Heel slides (6)		
Leg curls (7)		
Elbows down (28)		
Side plank (35)		

Notes/Goals for the week:

Exercise Plan: Lumbar Disc Herniation

I also recommend that you invest in a decompression vest, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. The decompression vest I recommend can be found at DrJoseGuevara.com/inversion.

These are the prescribed exercises to treat a lumbar herniated disc.

Exercises	Sets	Repetitions
Knees to chest (10)		
Knees to shoulders (16)		
Lumbar extensions (39)		
Decompression (40)		
Cliff hanger (41)		
Hip bridges (4)		

Notes/Goals for the week:

Exercise Plan: Cervical Disc Herniation

I also recommend that you invest in a cervical traction device, which is a specialized device you can use at home that decompresses the spine and removes pressure off discs and nerves in your neck. The cervical traction device I recommend can be found at DrJoseGuevara.com/traction

These are the prescribed exercises to treat a cervical herniated disc.

Exercises	Sets	Repetitions
Guillotine (22)		
Lateral flexion (23)		
Cervical extension (29)		
Double chin (42)		
Lateral neck stretch (45)		

Notes/Goals for the week:

Exercise Plan: Sciatica caused by Piriformis Syndrome

These are the prescribed exercises to treat sciatica caused by Piriformis syndrome.

Exercises	Sets	Repetitions
Figure 4 (14)	4	10
Figure 4 on your back (36)	4	10
Angled leg (37)	4	10
Leg crusher (38)	4	10
Knee to shoulder (16)	4	10
Tripod (43)	4	10

Notes/Goals for the week:

Exercise Plan: Sciatica caused by Disc Herniation

I also recommend that you invest in a decompression vest, which is a specialized vest you can use at home that decompresses the spine and removes pressure off discs and nerves. The decompression vest I recommend can be found at DrJoseGuevara.com/inversion.

These are the prescribed exercises to treat sciatica caused by a lumbar herniated disc.

Exercises	Sets	Repetitions
Child's pose (9)		
Knee to chest (10)		
Knee to shoulder (16)		
Lumbar extension (39)		
Decompression (40)		
Cliff hanger (41)		
Hip bridge (4)		

Notes/Goals for the week:

Top 10 Nutrition Rules



What you put in your body is extremely important when you're trying to get rid of pain and it requires a lot of discipline. If you eat junk food, not only are you poisoning your body with chemicals that cause inflammation but you could also gain weight, putting more pressure on your back and other joints in the body.

Here are 10 rules to follow when it comes to eating properly without starving yourself.

1. Don't count calories

Forget about counting calories and measuring cups. You should focus on eating everything in moderation by eating foods that nourish your body. Don't eat or drink empty calories, which are calories consumed that don't provide any nutritional value (i.e. sodas).

2. Don't eat what you don't like

Don't waste your time eating food that you don't like. This will only discourage you and is one of the reason diets don't work. Eat what you like but in smaller portions, choose organic food when possible, and slow down on eating processed crap. Also avoid or diminish the consumption of alcohol, flour, and fried foods.

3. Eat every 3 hours

It may seem contradictory but the fastest way to lose weight and keep the weight off is to eat constantly throughout the day (in moderation). If your body is not fed consistently throughout the day (every 3 hours), it goes into survival mode and stores fat because it does not know when the next meal may come. To keep your metabolism high, it is best to eat every 3 hours. This will stabilize your blood sugar and keeps you full enough so that you don't overeat the next time you eat. In total, you should be eating around 5 or 6 times a day.

4. Nutritional supplements can help

Most people don't have the time to eat consistently to keep your metabolism cranking at a maximal level or meet your nutritional needs to help your body heal. That's where supplements can come in handy but don't make it a habit of substituting these for real food. At the end of this book I have a "*Resources*" section where I recommend the best nutritional supplements I personally use.

5. Prepare food for the whole week

Pick a day out of the week and cook in large quantities. The whole idea here is to have your meals prepared so that you don't have the urge to eat junk food. For example, if you like grilled chicken, cook a lot at once and keep it in your fridge. Now you have chicken that's ready to eat any day of the week. You can then eat it in different ways so you don't get bored. One day you can eat chicken salad, another day you can make chicken wraps, another day you can do chicken by itself, etc.

6. Don't forget about George

If you're short on time or are don't cook very well, you can always buy a George Foreman grill. This will make your life a whole lot easier, saves you time, and drains the fat out of food.

7. Eliminate sweets

Avoiding sweets is one of the hardest things to do for most people. Sweets are empty calories with zero nutritional benefits. If you want to lose weight, maintain a healthy immune system, and feel better, you MUST eliminate sweets from your diet.

8. Fiber

Fiber is a nutrient that's very important to slim down. Fiber makes you feel full and prevents you from overeating. To consume more fiber just start eating more vegetables on a daily basis.

9. Water, water, and more water

Want to lose weight and have lots of energy? It's simple. Drink lots of water! Your body is made up of 75% water. You can find water anywhere and it has zero calories. You should consume at least half your body weight in ounces every day. For example, if you way 100 pounds, you should drink at least 50 ounces of water daily.

If you're not drinking enough water (no, soda does not count), you could be making y our back pain worse. The inner portion of the discs in your spine consist of water. If you're dehydrated, your discs are not being nourished properly and you're making them work harder than they have to and can cause discs injuries in the future.

Start your day drinking water. As soon as you wake up, drinks 3 cups of water. During the day carry a water bottle and refill it constantly and soon you'll create a healthy habit that your body will thank you for.

10. Stop being a perfectionist

All these nutrition rules are important but nobody's perfect and it is very difficult to change your nutritional habits cold turkey. What's important is that you slowly remove the bad foods and substitute them with healthier options. Don't go on one of those fad diets that promise you will lose tons of weight by following their eating regimen because once you're off the diet you'll go back to your old eating habits. Instead, choose foods that you enjoy and will become part of your new lifestyle and will improve your quality of life from now on.

Resources

With so many nutritional supplements in the market and health products that promise to do everything for you, deciding what's best for you can be confusing.

For this reason, I created a list of health resources that you can come back to regularly for your health needs. I only recommend organic products that I personally use so I know these work and can help you to reduce pain, inflammation, and improve your overall health.

- [OmegaKrill 5X](#) – Omega-3 fatty acids are found in fish and krill oils and play a potent role in decreasing inflammation. They have a strong anti-inflammatory effect and also support the immune system.

Today's diets have an abundance of Omega-6 fatty acids which are directly linked to an increased risk of arthritis, heart disease, cancer, and other inflammatory diseases.

- [Organic Protein Bars](#) – Most protein bars are nothing more than glorified candy bars full of simple sugars, denatured fats, unhealthy soy protein, and preservatives.

For this reason, I recommend [BioTrust Protein Bars](#) that contain 20 grams of organic protein and more fiber than the leading fiber bars.

These are perfect if you're on the go and have a hard time eating high-protein, nutritious meals.

- [Bodylastics Resistance Tubes](#) – Resistance tubes offer the perfect combination of resistance training and portability. Whether you're constantly traveling or simply don't have time for a gym, these are perfect for anyone looking to build a toned body from the convenience of your home.
- [Sit and Decompress](#) – Decompression therapy is a proven treatment option for herniated discs in the low back. Until now, patients had to pay expensive office visits or invest in an inversion table. Inversion tables hang you upside-down and are uncomfortable for that reason.

Sit and Decompress allows you to decompress your discs from the convenience of your home without blood rushing to your head.

Conclusion

The most important piece of this book and this system is **YOU**. Only you can take the initiative and make a conscious decision to want to improve. Don't just read this book and keep the information in your head, take action starting **NOW** and three months from today you'll be feeling much better. It may take more than three months to get rid of your pain completely, but results will keep you motivated to keep going.

You must be consistent and persistent. Don't get discouraged if at first you're not able to do the recommended sets and repetitions. Baby steps will get you to your final destination.

There may be days where the exercises may make you feel sore but don't give up. Soreness is part of the process. If you feel too sore to continue, just take a break and come back another day.

Finally, I congratulate you for making it this far in this book and taking the first steps towards a healthier YOU. You now have all the tools necessary to get better. You can do it, don't ever give up.



Dr. Jose Guevara

P.S. If you liked the information in this ebook, you haven't see anything yet! I want to personally invite you to join my [PainFree Academy](#) membership program where I provide access to private videos, nutrition, and health tips that hold you accountable and help you eliminate pain and regain your health.

We've seen hundreds of success stories within the [PainFree Academy](#) . You can learn more and see what so many people are raving about at <http://PainFreeInstitute.net/Academy>

P.S.S. Have a question? [Let's connect on Facebook](#) and ask away.

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