

YOU, PAIN FREE

The 6 Keys to Breaking Free of Chronic Pain and Getting Your Life Back

You're about to learn about Natural Movement, and
how regaining this is a vital part of once again
becoming pain free

www.6KeysPainFree.com

Getting Up

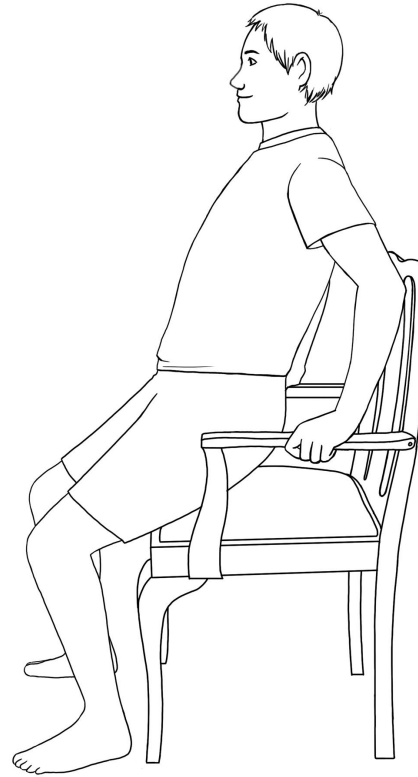
Out of a Chair

Picture A shows how people often attempt to get up out of the chair when this movement hurts. They're braced against the chair, their weight is lent backwards and their muscles are stiff.

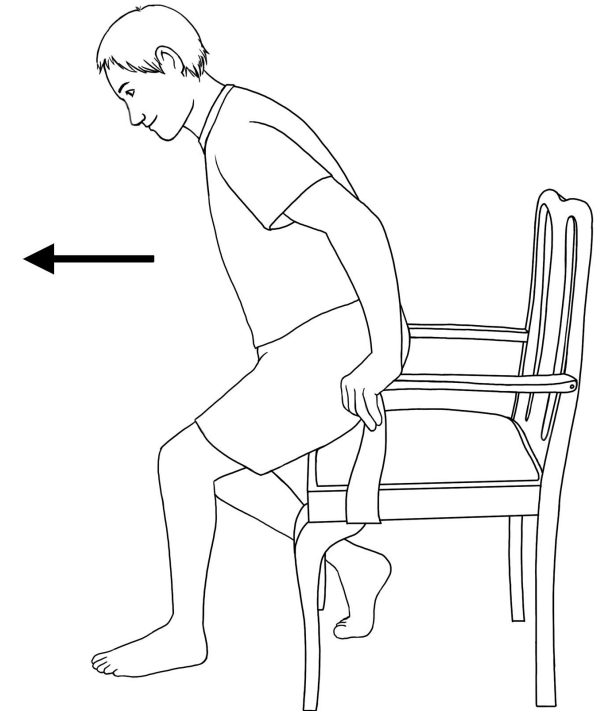
This movement is done in an attempt to avoid pain, but will actually increase pain.

Contrast this with picture B. The person's weight is forward, they are moving towards their target and their muscles are active, not braced.

This movement will be much shorter and quicker than the previous one, and while it may cause momentary pain over time training this movement will make getting out of a chair a much easier and comfortable experience.



A



B

Getting Up

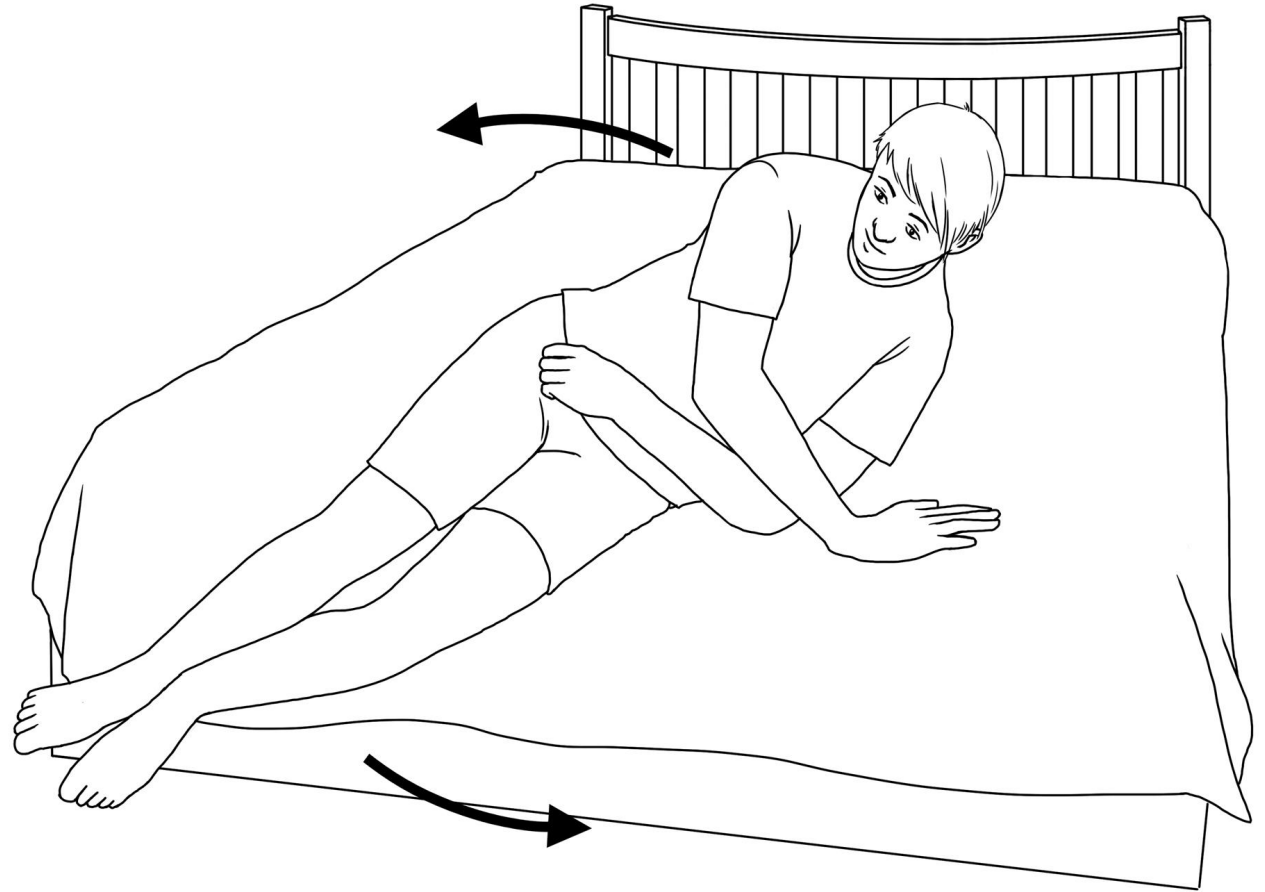
Out of Bed

Getting out of bed can take some people a long time if it's painful movement. It can become a morning ordeal.

This picture illustrates a more natural and effortless way to get out of bed. A person has shifted to the edge of the bed until they are able to hang their knees over the edge.

Now, they can push up and at the same time the leg swing down, creating a counterbalance.

In this way they use minimal effort to get themselves vertical, and they're not twisting their spine. A lot of people (myself included) have found that this is a much easier way to get out of bed and makes a start the day more enjoyable.



Lifting Up

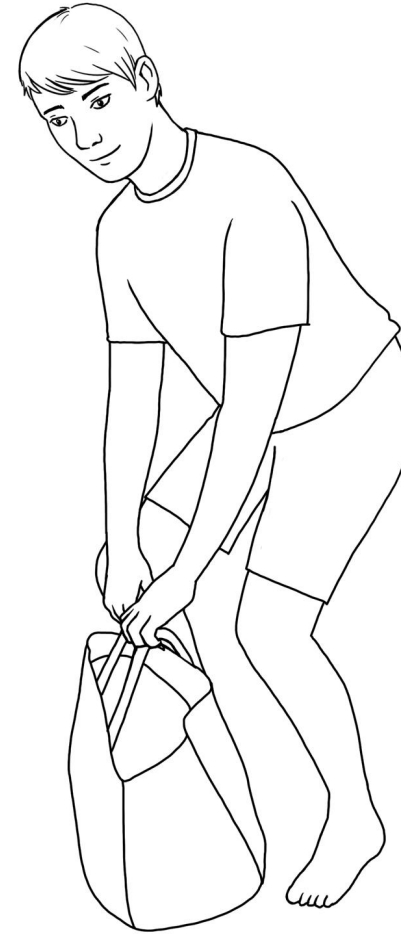
Heavy Objects

When you lift, it's important to keep the object close to your body - and straight in front of you.

This is the most efficient mode of lifting. It puts less pressure on the spine, especially when you avoid twisting while lifting.

Lifting is usually a safe activity provided it's done in an efficient and ergonomic way. It's usually only when people attempt to lift things and awkward angle or from far away from their body (greatly increasing the pressures and leverage) that it can cause injury.

So it's worth taking the time when you have to lift something to make it as easy for yourself as possible. If something is in an awkward corner, for example the back of your car boot, pull it towards you first before you attempt to lift it.



Standing

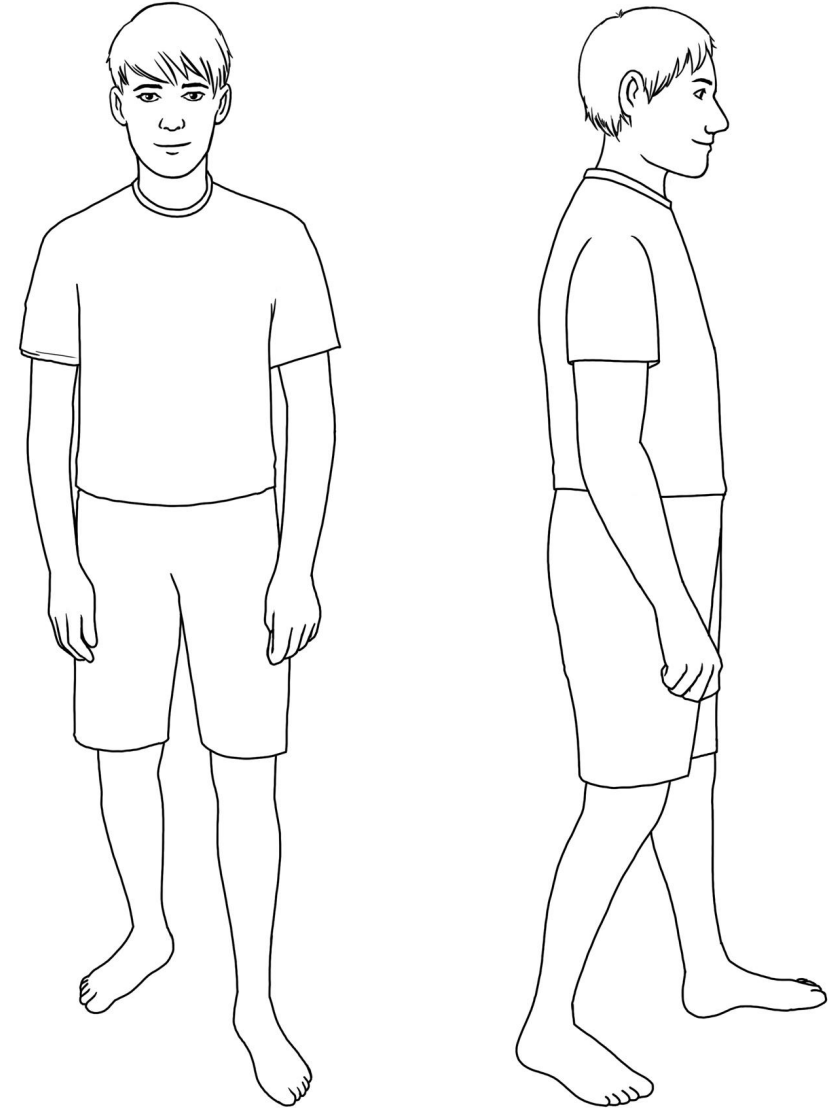
For long periods of time

Many people in chronic pain find that standing for a long time causes pain. Usually they stand in the “correct” way. This means feet pointing forward approximately shoulder width apart.

The problem with this is that as the links get tired they tend to shift their weight from one leg to the other. And this means throwing up one hip, is not a very natural and comfortable way to stand.

A better way to stand is one that has been used by many martial arts throughout the centuries. In this stance, one leg goes slightly behind the other leg.

This means that you can shift weight forward and backwards in a slight lunge position. This is a more stable stance, and allows you to alternate where your weight is, without twisting your spinal throwing your hips out of alignment.



Twisting

To look over your shoulder

If you have a sore neck, twisting it will often cause pain. However, being able to look over your shoulder is an important movement, especially if you're driving a car.

The secret to pain-free twisting of your neck is to engage your whole body and the movement. As you begin the twist, start from your opposite foot.

Then, twist your hips. Then your shoulders, and the direction you're wanting to turn. Lastly, twist your neck and head. Complete the process by turning and looking with your eyes on the direction you're twisting.

For full effect, that should be combined with slow diaphragmatic breathing. Many people find when they try this movement that they will be able to turn many more degrees than they have in the past, and without pain.

This process turns the turning of your neck into a spiral of your whole body. It is dynamic, and a much more ease-filled way to turn.



Rolling Over

In Bed

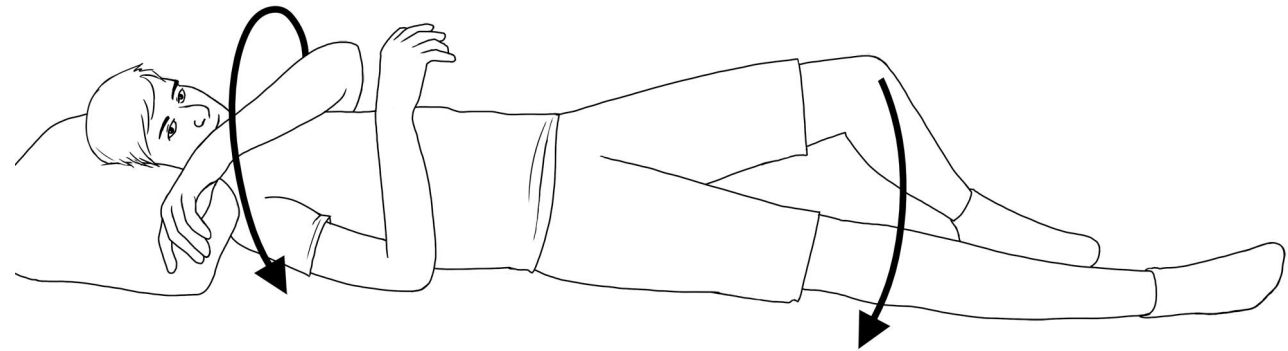
Rolling over when you're in bed can be painful if you have a sore back, shoulder or hip. This becomes a serious problem if every time you roll over in bed, you are woken up from the pain of this movement.

This diagram shows a different way to roll over. The key is to avoid twisting of your spine. This means your hips and shoulders must turn at the same time.

When you're ready to roll over, use your arm and leg of the same side as levers to roll you over in one single movement. Keep your one leg straight (of the side you are going to roll over onto) but bend the other leg to better use it as a lever.

Practice this movement often, and you'll find (like other people I've taught) that eventually the movement will become habitual. When this happens, you will employ it even when you are half asleep in bed. And so rolling over will tend to no longer wake you.

This starts the positive spiral of more quality sleep equals less pain.



Sitting

At a desk

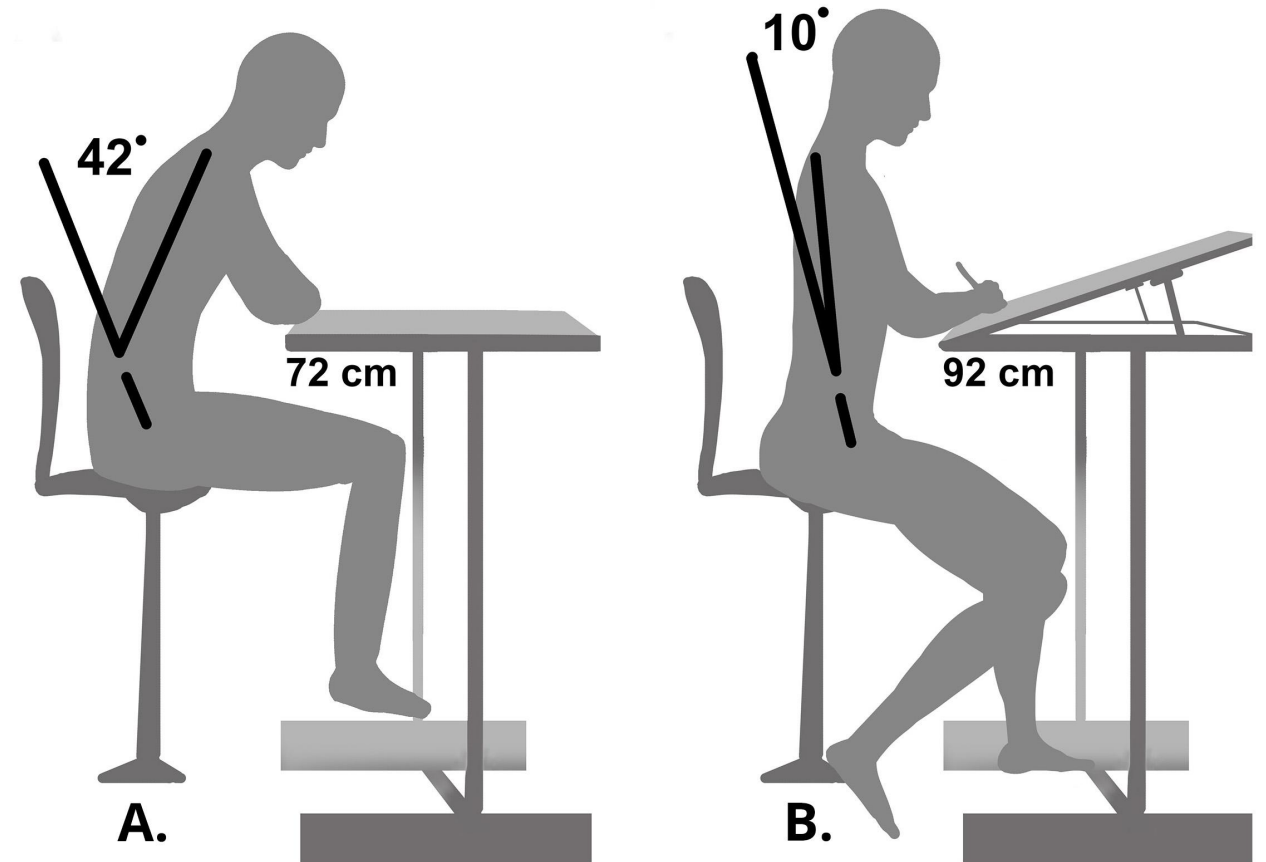
When sitting at a desk, upright posture is important - especially if you're going to spend some time sitting.

The first principle - every 30 minutes, stand up for at least 2 minutes.

Secondly - sit in a position where the angle at your hip is more than 90 degrees. This puts less pressure on your lower back. You can do this by having a higher chair - as in option B.

Option A is the posture you want to avoid - increased pressure on your back, neck and shoulders.

Option A is much better for your back. Still it's always worth taking a break every 30 minutes to prevent muscle fatigue and to increase circulation.



Get the Book...

Now you understand how amplified pain works, you need techniques to interrupt this cycle and turn it off.

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