

The 7-Day Back Pain Relief Blueprint for Active Individuals



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STOP ZHANG'S BACK PAIN



The 7-Day Back Pain Relief Blueprint for Active Individuals

Hi, I'm Bobby Mozafari, and I help active individuals suffering from painful orthopedic conditions rapidly relieve pain, regain mobility, and optimize their physical performance through evidence based physical therapy and chiropractic care.

I do this by sharing proven techniques, cutting-edge research, and years of hands-on experience with my community... primarily through evidence-based recovery plans and actionable resources like this 7-Day Back Pain Relief Blueprint. With the right approach, you can alleviate pain and restore movement in just one week.

I've worked with countless individuals who thought their back pain was holding them back for good. Together, we achieved remarkable results, and I'm confident that this blueprint can help you too!

It's time to stop tolerating pain and start moving toward a stronger, healthier you.

Bobby Mozafari



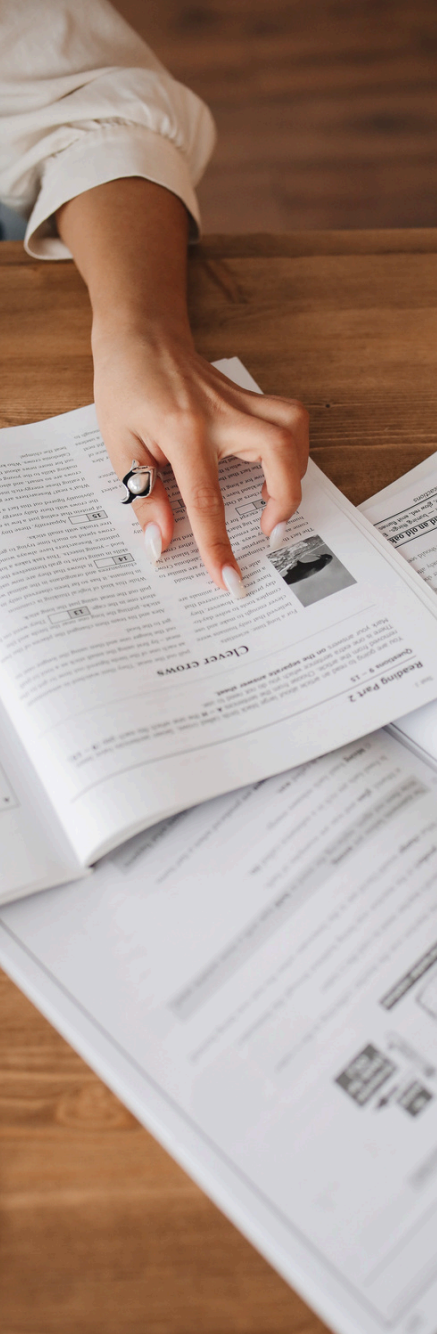


Disclaimer

Consult your primary care physician or Integrated Sport, Spine & Rehab before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain your physician's consent and/or work with your physician throughout your time using the program's recommendations, you agree to accept full responsibility for your actions.

Congrats on taking a Smart Proactive step towards **Relief!**

- If you are tired of struggling with back pain, want to discover how you can find relief, and be proactive with your health, then you're going to love this guide.
- Back pain is not something anyone wants to live with, and it can make you feel isolated from the world around you. But, the first thing you need to know is that you are NOT alone.
- Over 84% of people will experience back pain at some point in their life. It's the number one reason why people begin seeing a chiropractor.
- This **7 Day Smart Guide to Back Pain Relief** has been carefully curated from the latest healthcare and medical research.

A close-up photograph of a person's hand, wearing a ring, pointing to a page in an open book. The book appears to be a guide or manual, with text and small images visible on the pages. The background is a wooden surface.

How Does this **Smart Guide** Works?

- The **7-Day Smart Guide** has a calendar with a routine for each day. Below the calendar are lessons that function according to the program.
- The program can be adjusted to fit your needs by changing the movements, exercises, and recipes that fit your lifestyle the best.
- The program can be used multiple times with different variations to strengthen and prevent your back and relieve back pain.
- To get the best results possible, we recommend you take three easy action steps:
 1. Read and implement the tips and techniques in this smart guide.
 2. Follow our practices Facebook page for a Daily Dose of Inspiration and additional health strategies to live your best life.
 3. Be on the lookout for our upcoming emails, for more of our favorite tools to find even more relief. If you have any questions or would like to schedule for evaluation at our practice, give us a call. We're here to help you find better health and lasting relief.

What will you **need**?

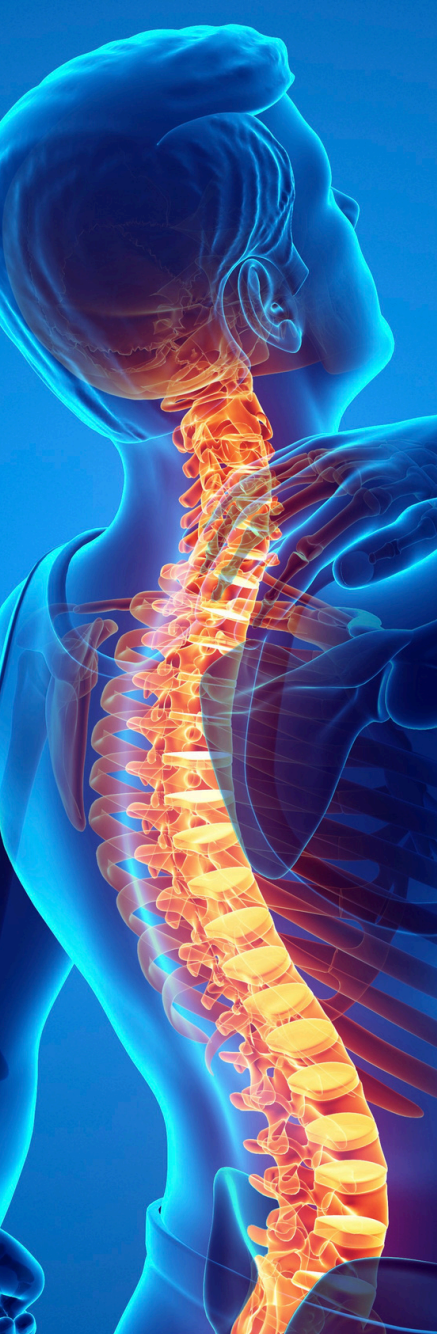
The inspiration to improve your life and find relief!!

Back Pain Relief Smart Course Calendar

DAY 1	DAY 2	DAY 3	DAY 4
MINDSET Read 7 Days to Back Pain Relief Guide	MINDSET Read 7 Days to Back Pain Relief Guide	MINDSET "If you're too to workout, your priorities need to change. I can't think of too many, many things important than your health." -Rosley	MINDSET "Think positively and exercise daily, eat healthy, work hard, stay strong, worry less, read more, and be happy."
EXERCISE Pelvic tilt	EXERCISE Pelvic tilt Dead Bug	EXERCISE Pelvic tilt Dead Bug Cat/Camel	EXERCISE Pelvic tilt Dead Bug Cat/Camel
SLEEP Do you need a new mattress or pillow?	SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?
DIET Drink an extra glass of water	DIET Reduce your sugar intake	DIET Eat at least 1 meal focused on anti- inflammatory foods	DIET Eat at least 1 meal focused on anti- inflammatory foods

Back Pain Relief Smart Course Calendar

DAY 5	DAY 6	DAY 7
MINDSET "Health requires healthy food." -Roger Williams	MINDSET "A healthy outside starts from the inside." -Robert Urich	MINDSET "Love yourself enough to give yourself a healthy lifestyle."
EXERCISE 2X Pelvic tilt Dead Bug Cat/Camel	EXERCISE 2X Pelvic tilt Dead Bug Cat/Camel	EXERCISE 2X Pelvic tilt Dead Bug Cat/Camel
SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?
DIET Eat at least 2 meal focused on anti-inflammatory foods	DIET Eat at least 2 meal focused on anti-inflammatory foods	DIET Eat at least 2 meal focused on anti-inflammatory foods



Section 1: The Anatomy of Your Back

Where Is Your Back Pain Coming From?

Some of the most common causes of back pain include sprain/strains, bulging/herniated discs, or degenerative changes contributing to arthritis.

- **SPRAIN/STRAIN INJURIES:**

Sudden awkward movements often cause sprain or strain injuries, leading to partial muscle or ligament tears and immediate pain. While once considered minor, we now know these injuries can worsen if not properly treated. Recovery typically starts by reducing inflammation, restoring proper motion with daily movement and exercises, and using spinal manipulation for effective relief.

- **BULGING OR RUPTURED DISCS:**

Between each of your spinal bones (vertebrae) is a spinal disc, a small, round cushion with a tough ligamentous exterior and a soft jelly-like interior. When the disc begins to push through the outer layer, it's considered a bulging or herniated disc. These are common as we age and often painless, but if the disc presses on a spinal nerve, you may feel pain radiating to your buttocks, legs, or feet—commonly called sciatica. Like sprain/strain injuries, disc challenges often respond well to movement-based care such as exercise, increased daily movement, and spinal manipulation.

- **ARTHRITIS:**

Degenerative changes happen as we age. Gravity, previous injuries, and our daily habits all contribute to the degenerative process. Arthritis, by definition, is the inflammation of a joint. Osteoarthritis can affect the low back, and if bone spurs begin to form, you may experience compression on your spinal nerves (foraminal stenosis) or spinal cord (spinal stenosis).



Anatomy of Your Spine and Neck

When identifying where your problem is, remember that pain can radiate (or travel) along a nerve. Radiating or radicular pain that travels along a nerve is why pain that you feel in your leg, foot, or calf may be coming from a problem in your back.



Section 2: Smart Exercises to Relieve Back Pain

Why is exercising important for your back?

Exercising and movement are some of the best treatment strategies for back pain. In addition to helping heal your specific area of pain, exercising also promotes cardiovascular health and weight control. Exercising can help you lose weight (which is one of the most significant contributors to back pain) and strengthen your core muscles to keep your spine more resilient in the future.

If you experience any pain during exercises, stop, and call us.

3 Exercises to Help Your Back

- **Pelvic Tilt**

Improved stability, functional strength, and injury prevention.

- **Dead Bug**

Improved stability, functional strength, and injury prevention.

- **Cat and Camel**

Improved movement, reduced fear of movement, and injury prevention.

3 Exercises to Help Your Back

1 Pelvic Tilt

Starting Position: Begin by lying down with your knees bent and your feet flat on the floor. Your low back should be relaxed in a neutral position.

Movement: Activate your abdominal muscles and scoop your pelvis so that you are able to flatten your low back against the floor as you perform a posterior pelvic tilt. Be mindful to contract your lower abdominal muscles. Slowly return to the starting position.

Muscle(s): Glutes, abdominal, erector spinae, multifidus

Purpose: Fear reduction, increased low back strength, and muscular endurance.



3 Exercises to Help Your Back

2 Dead Bug

Starting Position: Begin by lying on the floor. Lift your knees so that a 90° position is attained at your hip and knees. Reach your arms upward toward the ceiling.

Movement: Activate core muscles. Slowly lower and straighten one arm overhead toward the floor but do not let the arm rest on the floor at any time during the exercise. Slowly return to the starting position and repeat on the opposite side. Continue alternating sides.

Muscle(s): abdominal, obliques, erector spinae, multifidus

Purpose: Increase core strength and lumbo pelvic stability.



3 Exercises to Help Your Back

3 Cat and Camel

Starting Position: Begin on the floor on your hands and knees. Your hips should be above knees and shoulders above hands. Attain a straight spine position.

Movement: Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back and take in a deep breath. Exhale and look toward your belly button and tuck in your tail to round your lower back. Hold each position 3-5 seconds and repeat.

Muscle(s): Erector spinae, multifidus, abdominals, glutes, diaphragm

Purpose: Fear reduction, low back mobility, and movement control.





Section 3: Smart Eating for a Healthier Back

How does food affect your body?

The foods that you eat can play a significant role in your recovery from back pain. Maintaining a healthy diet not only can help you keep your weight in check, but it can also provide powerful anti-inflammatory effects.

Anti-Inflammatory Foods:

- Fruits and Proteins Seeds, Nuts, Spices Other Vegetables Legumes
- Beets, Berries, Broccoli, Carrots, Cherries, Grapes
- Kale, Pomegranate, Sweet Potatoes, Watermelon
- Beans Black, Cod, Chicken, Herring, Mackerel, Salmon, Sardines, Trout, Tuna, Turkey
- Almonds, Brazil Nuts, Chia Seeds, Flax Seeds, Walnuts
- Basil, Cinnamon, Curcumin, Garlic, Ginger, Oregano, Rosemary, Turmeric
- Calcium, Dark Chocolate, Herbal Tea, Olive Oil, Oolong Tea, White Tea

Smart Anti-Inflammatory Tips:

- Limit your sugar intake.
- Incorporate at least two meals per day focused on anti-inflammatory foods.



Section 4: Smart Sleeping with Back Pain Tips

What is healthy sleep?

When you sleep, your body can rest and recover. Without the proper time to rest and recover, your body will not be able to quickly and effectively overcome your back pain. If you're struggling with back pain, you may notice you're sleeping less, which can turn into a vicious cycle of pain, fatigue, and irritability.

The National Sleep Foundation defines healthy sleep as:

- Fall asleep within 15 minutes of lying down.
- Sleep 7 to 9 hours every 24 hours.
- Sleep continuously without waking up multiple times during the night.
- Wake feeling refreshed, almost like you "reset" from the day before.
- Feel alert and productive throughout the day.

If you are any of the above criteria for a healthy night's sleep, you may notice adverse effects on your back and hold the body.

How Does Your Sleeping Position Affect Your Back?

Even unhealthy sleepers are likely to spend 4, 5, or 6 hours in bed each night. And the position you are in during that time can have a significant impact on your backpack.

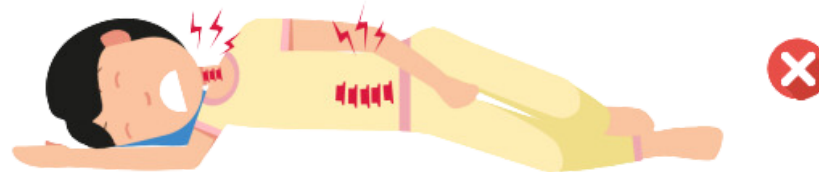
Sleeping Positions to **Relieve Back Pain**

- **Pillow between Knees:**

This position involves sleeping on your side with one to two pillows between your knees. In this position, the pillow between your knees helps keep your spine, hips, and legs in alignment, while the overall position minimizes pressure points. However, it's important to alternate which side you choose to lie on because favoring one side can cause issues, such as muscle imbalance.

- **Knee Lift:**

Considered by some to be the best position for back pain relief, this position is simply lying on your back and gently propping your knees up using a pillow. Lying on your back with your knees raised helps evenly distribute your weight across the mattress. This allows for less strain and pressure along with your back's pressure points and maintains your spine's comfortable position.



What **Kind of Mattress** Should You Use for Back Pain?

Get a mattress that you like. Everyone is different—some people like soft mattresses, some like hard mattresses. Generally, doctors recommend a medium to firm mattress, but they suggest doing what feels right. Just make sure the bed you choose is comfortable and supportive.

If your mattress is uncomfortable, it is also possible your mattress is getting too old for you. You might need a new one or a better one. The Sleep Foundation recommends you upgrade your mattress every 6 to 8 years, even though the lifespan of most mattresses is 7 to 10 years.



The 7-Day Back Pain Relief Blueprint for Active Individuals

This **7 Day Smart Guide to Back Pain Relief** should help you start to find relief from back pain by incorporating proven movement, diet, and sleep strategies.

If you haven't yet become part of our health tribe, please visit our Facebook page where each day we post a Daily Dose of Inspiration to help keep you positive and moving forward in your journey.

Back pain doesn't need to control your life. If you have any questions, experienced any setbacks during your 7 days, or would like to amplify and accelerate your results give us a call today to schedule an appointment!

[**SCHEDULE AN APPOINTMENT**](#)

