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# Managing Back Pain Naturally

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A Free Guide to  
Managing Back  
Tension

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# Thank you for respecting the hard work for the author

# Medical Disclaimer

## Consult with a clinician in your care

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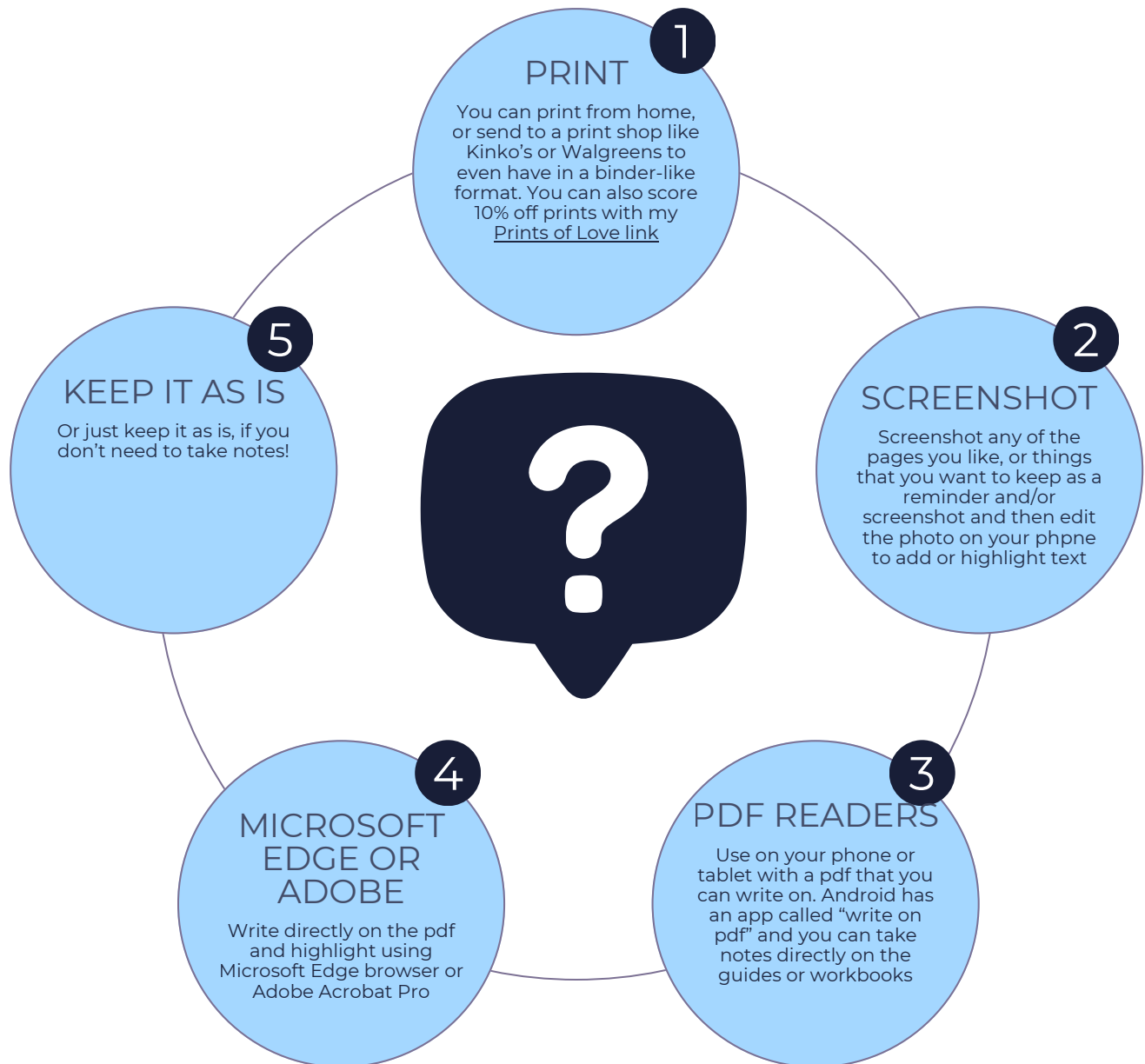
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If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



# 01

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# Introduction

A brief look at the occurrence of back pain



# Welcome to Managing Back Pain Naturally

Back pain is one of the leading causes of discomfort worldwide. Whether from sitting too long, lifting incorrectly, stress, or old injuries, it can leave you stiff, sore, and limited in daily life. While medications may dull the ache, true healing comes from addressing the root cause.

This guide offers you simple strategies to support your back, retrain movement patterns, and begin reclaiming your comfort.

## The Good News?

Relief doesn't have to mean relying on painkillers or temporary fixes. This guide will give you effective tools to start using today — plus a look at why working with Releaseology is different.

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# Exercises For Back Pain

Gentle movements for support

# Traditional Back Pain Exercises

These are traditional exercises and can be helpful.



**Knee to Chest Stretch**  
Lie **on your back**, bring one knee toward your chest, hold 30 seconds, repeat 3x each side.



**Cat Cow Mobility**  
**On hands and knees**, alternating arching and rounding your spine to improve mobility



**Shoulder Blade Mobility:**  
Find a stable surface (kitchen countertop, couch, etc) and bend forward (extending your arms). Reach one arm beneath the other. See the video [here](#)

## Why Releaseology's Approach is Different

When I assess your back pain, I don't just focus on tight muscles. I look at how your nervous system, pelvis, hips, and even eyes might be compensating. **If one area is underperforming, your back often works overtime, leading to tension and pain.** (my low back dysfunction was coming from my jaw) My work is about retraining your system, restoring balance, and helping your body support healing at its core. **Releaseology assesses all of these things often in the first 1-2 visits**

Scroll to the end for more info or book an **in-person or virtual session** with me at [www.releaseology.com/booknow](http://www.releaseology.com/booknow) or grab my 30-day back program [here](#).



# Hidden Contributors to Back Pain

Most people think back pain comes only from weak or tight muscles. But at Releaseology, I've found that back pain often lingers because of hidden contributors that few people consider:

## Scar Tissue

Scars from surgeries or injuries can create fascial restrictions that pull through the spine and limit movement. Scars also heal over nerves and arteries affecting nerve conduction and blood flow

## Eyes

Dysfunction in eye movement can shift posture and head alignment, forcing the back to compensate.

## Jaw

Clenching, grinding, or TMJ dysfunction affects cranial nerves and posture, directly feeding into spinal tension.

## Diaphragm

Restricted breathing mechanics change spinal stability, often overloading the back muscles.

## Cranial Nerves

These control eye, jaw, and tongue function. If they're not firing well, compensations ripple down through the spine.

## Ligaments

Overstretched or injured ligaments disrupt the body's stability signals, often causing protective tightness in the back.

## Tongue

The tongue's position influences breathing, jaw alignment, and even spinal tension. A dysfunctional tongue pattern can drive back pain.

## Why This Matters:

When one of these areas isn't functioning properly, your back often picks up the slack. Over time, this "overtime work" creates pain, stiffness, and recurring flare-ups. That's why Releaseology focuses on more than stretching — we retrain your nervous system, release compensations, and restore balance so the back can finally heal

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# Supplements & Topicals

My favorites, plus discounts!

# Recommendations for Supplements and other Products

## **Magnesium Lotion**

Magnesium changed my life. I used to suffer from chronic charley horses, and it's saved me at a time I thought I might need the ER - I applied magnesium lotion, went to bed, and woke up pain-free — the pain never returned. Magnesium is essential for muscles to contract and relax. [Trace Minerals brand](#) is topical so it won't upset your bowels or make you drowsy. While it doesn't help if pain comes from a stuck joint or nerve, for muscle-related pain and tension it's one of my most powerful tools.

## **Moist Heating Pad**

I always recommend a moist heating pad over a regular one. Moist heat penetrates deeper into the muscles, increases circulation, and relaxes tension much faster than dry heat. A regular heating pad can sometimes just warm the surface, but moist heat helps soften stiff muscles and prep the body for stretching or release work. It's one of my favorite simple tools for any pain. [Thermophore](#) has been my favorite brand for awhile and their products have lasted me several years. But you can just search [moist heating pad on Amazon](#)

## **Essential Oils**

Don't overlook the benefits of essential oils. In regards to pain: [peppermint](#), [lavender](#) and [eucalyptus](#) would be great! I love [Plant Therapy](#) because the quality and price point are great, plus they have their oils in hair sprays, roll-ons, candles, [muscle aid body cream](#) and so much more!



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# **Weekly Reset Plan for Back Pain**

Maintain consistency and overcome setbacks



**Consistency beats intensity. Try this simple reset to keep neck pain under control:**

**1**

### **Daily (5 minutes)**

Choose 2-3 exercises of the following (take just 5 minutes per day)

- Knee to Chest
- Cat-Cow
- Shoulder Blade Mobility
- Child's Pose
- Seated Twist (like picture)

**2**

### **2-3x Weekly**

Use a moist heating pad and/or magnesium lotion to help your muscles recover

Add some mobility to your sacrum by laying on your back, both knees bent so feet are flat on the floor. Tilting your pelvis into the floor (best done on the floor, if tolerable)

**3**

### **Weekly (15 minutes)**

Set aside 15 minutes for a nervous system reset. You can add deep breathing, humming, splashing your face with cold water and/or check out the free exercises I post on my YouTube!

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## More Resources

More resources to support your healing journey

# My Self-Paced Nervous System Courses

Nervous system work is so important to back pain because it helps to regulate breathing, putting less strain on the diaphragm, which connects to your back. It also works to ensure your entire spine is moving properly, putting less strain on your back. Decreasing the overall threat to the body will also allow it to sense less “attack” creating less back pain.

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

## Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

**\$97 for lifetime access**

## Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

**\$197 for lifetime access**

Pay as low as \$35/month with a payment plan

## Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

**\$347 for lifetime access**

Pay as low as \$60/month with a payment plan

## Nervous System Foundations

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

**\$3000 per month**

Pay as low as \$515/month with a payment plan

# Want More?

If you liked this guide, I have a few more resources!

For the most up-to-date guides, head to:

[www.releaseology.com/fitness-resources](http://www.releaseology.com/fitness-resources)



Or purchase my **30-day back challenge** - a tailored exercise program to promote back stability and flexibility. Grab it [here](#)

[Book a virtual session](#) or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted

**06**

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# About the Author

What makes Releaseology different

# About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

## Let's Release Your Body's Own Healing Potential



# About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

## Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

## In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

**Why This Matters?** Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

## Let's Release Your Body's Own Healing Potential



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