

Healing Back Pain Naturally



the manual touch
PHYSICAL THERAPY

What is the #1 reason people go to see their doctor?

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Live Webinar
DENISE SCHWARTZ,
PT, CIMT, CAFS, CFGS

Who is Denise Schwartz?



- Owner of The Manual Touch Physical Therapy in Wheeling, IL
- Traditional and Non-Traditional PT
- Level I Trauma Hospital for 14 years
- Co-founder, Center IMT Chicago
- Founded The Manual Touch in 2010
- Over 5,000 hours of continuing education
- Holistic approach to physical therapy
- Certifications: IMT, running coach, golf



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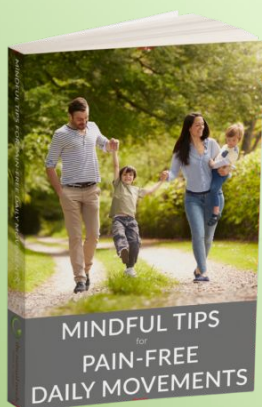
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Common Pain Complaints



- Walking
- Standing
- Bending over
- Sitting
- Sit to stand
- Back and/or leg pain
- Back feels like it needs to crack
- Pain first thing in the morning
- Back stiffness
- Numbness or tingling somewhere in the leg or foot

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Tips for Mindful Daily Movement

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3 Most Common Causes



1. Herniated, slipped, bulging disc - Pain with bending forward, sitting
2. Stenosis, DDD, arthritis - Back or leg pain with standing or walking.
3. Sacroiliac (SI) Joint - Pain laying on back, feels stuck
*****Postural weakness and immobility*****

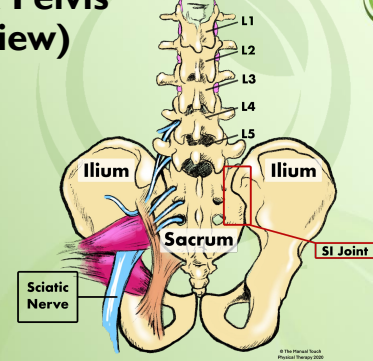
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Lumbar Spine



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Spine & Pelvis (Back View)



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What is Sciatica?



- The sciatic nerve is the **largest** nerve in the body, traveling from the **back**, down the back of the **leg**, splitting into 2 nerves behind the knee and then into the foot
- Pain running down the back of the leg is actually coming from the back.
- Sciatica sufferers may experience tingling, numbness, or pain in the leg.

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IMPORTANT



Diagnosis dictates the exercise program

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Will Therapy Help?



- First Determine: Is your pain **REPRODUCIBLE**?
 - If so, then it is likely **REDUCIBLE**.
 - Do you have pain with standing? Walking? Sitting? Lifting? Changing positions? (Getting in and out of a car, getting dressed or getting out of bed in the morning?)

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"Denise helped to heal a back injury that had been bothering me for years. The exercises were simple and effective. It was also great to have an app and videos for reference. I definitely recommend The Manual Touch."

"When I last injured my back and tried P.T., I treated it for 7 months with none of the results you helped me achieve in a fraction of that amount of time. I really enjoyed your personal and customized approach, and the fact that you treated other issues that were plaguing me to help me improve my movement and function. Every time I unload the dishwasher and use the proper posture to protect my back, I think of you!"

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Call for a Free 20-25 minute Consult



- Phone call or telehealth
- Discuss your current issues
- Recommendations

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What's the #1 Mistake?



The biggest mistake people make with sciatica and lower back pain:

They Ignore It.

Choices



- Ignore it
- Alter it - medications, injections, surgery
- Handle it

How do we treat it?



- Manual (hands on) therapy
- Education: posture, function
- Strengthening, mobility and stability exercises for your core, hips, feet
- Neuromuscular reeducation

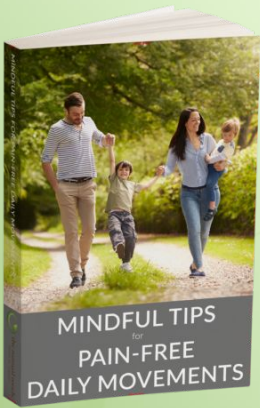
"After withstanding severe lower back pain and an epidural that didn't do much, I came to The Manual Touch PT, they helped me strengthen my core and right leg in order to ease the back stress. At almost 71, I have adopted their exercises at home and I can now easily get into the driver's side of my car without the excruciating pain, and the improvement in day to day activities is noticeable."

"I have dealt with lower back pain for the past 20 years and I have been to The Manual Touch PT twice when the pain was debilitating. Their advice, exercises, and gentle maneuvers really put me back on my feet and allowed me to go back to my normal routine quickly and faster than I had imagined. They look at your whole body and take a holistic approach to putting you back together."

What you can do Now



- Get up every 60 to 90 minutes - set an alarm
 - Walk 5 minutes around the house
 - walk sideways everytime you move to a new room
 - Mindful of posture and movement throughout the day - ebook
- **email me: denise@themanualtouch.com****



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Thank You!

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