



**4 TOP TIPS
TO PREVENT
ONGOING &
RECURRING PAIN**

**YOUR STEP BY STEP GUIDE
TO GET YOUR BODY
BACK TO ITS BEST**

4 TOP TIPS *to prevent* ONGOING & RECURRING PAIN

TIP 1. THE ROOT CAUSE IS MORE IMPORTANT THAN THE PAIN/INJURY

If your roof was leaking, would you spend all your time and money concentrating on the pool of water on your floor?

Or would you assess and address the cause of the pool of water which is not on your floor at all?

The most common mistake when we see clients who have “tried everything” is concentrating on the site of pain; thinking that the wear and tear or damage is the main cause of their pain and they can’t have an effect on this.

Oftentimes, this structural damage or abnormality isn’t even the cause of the pain; or it may have been there for a long time but has now become irritated.

Irritation usually calms down, unless it is continually being irritated for some reason.

Yes, hands-on and various manual treatments can help reduce your pain. But this will be temporary unless this root cause of the irritation is removed.

THE MOST COMMON ROOT CAUSES WE SEE ARE:

1. Previous Injuries
2. Muscle weakness
3. Stress & Altered Breathing
4. Reduced Mobility
5. Poor Movement Patterns/Habits
6. Too Much Too Soon Syndrome



MOVE WELL. FEEL WELL. BE WELL.

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LET'S TALK THROUGH SOME EXAMPLES

Back Pain

You have ongoing back pain. This back pain is on the left side of your back. Maybe there is even some wear and tear or a disc bulge present.

You're unaware that you're putting more weight on your left leg.

This extra weight on your left leg is causing more strain/load to be placed on the leg and into the left side of your lower back where it is now irritating muscles and even the disc bulge you have had for years which never got irritated.

Why isn't your right leg doing its job?

Because you sprained it five years ago and never built the strength back up.

But your right ankle isn't even sore?

Maybe it isn't, but the lack of strength here can be subtle and your body starts to move differently to make up for this... at the expense of your lower back.

As you can see, this example includes both root cause 1, 2 and 5 from the above list.

This is just one simple example of many of how your lower back can get overloaded.

Shoulder Pain

You have recurring episodes of shoulder pain. It flares up a few times a year and can last for days to weeks.

It is often related to doing jobs around the house and garden.

You know your body has stiffened up in recent years but you feel this shouldn't be happening.

You've been to the GP and got anti-inflammatories. They help settle the pain sometimes but it keeps recurring.

You're now avoiding doing some jobs in the garden because you're afraid you'll do more damage.

You find it hard to raise your arm above your head when it's flared up.



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Maybe your upper back is extremely stiff and you're not really moving through your upper back at all and your shoulder is making up for that stiffness.

This upper back stiffness, combined with the fact that you are doing way too many overhead tasks at once causes your shoulder to become irritated.

This will keep becoming irritated unless you loosen out your upper back and allow your shoulder to move more freely.

As you can see, these two reasons are root cause number 4, 5 and 6 from the list above.

▶ Click **HERE** to watch our video explainer on neck pain

The whole body is connected. It is a complex being. Without a comprehensive assessment focused on the root cause your problem is unlikely to fully resolve but recur often.

TIP 2. USE A HOLISTIC APPROACH

The Human body is amazingly complex and interconnected. Over the last few decades, scientific research has shown these following five lifestyle habits to have significant effects on pain and chronic conditions. Even though your condition could be permanent and/or medically-managed, your lifestyle and behaviour will have a significant effect on how you feel and your pain levels.

These are all interconnected and improving one can improve the others, and vice versa.

1. SLEEP/REST

Sleep and rest is vital for normal bodily functions. Most of the recovery processes of the body happen at night. Getting seven to eight hours of quality sleep is extremely important. Ideally, keeping a regular sleeping pattern is recommended. It's all about getting into the habit of a certain bed time and sleep routine.

The challenge for most people here is pain at night that's affecting their sleep. This is where working on the four areas below is vital to reduce your pain levels overall. If you are on prescription pain-killing medication, this could also be taken at night (if medically advised).

2. NUTRITION (SMOKING/ALCOHOL)

What you put into your body matters. Would you expect your car to run well if you put dirty diesel into it? Having a healthy eating habit is imperative. There are so many diets out there but you just need to get these essentials right.

- Eat appropriate-sized portions
- Drink plenty of water
- Minimise sugar - beware hidden sugars and non-wholegrains (white bread/pasta etc)
- Minimise processed food
- Eat plenty of vegetables
- Minimise alcohol
- Don't smoke

If you manage to tick these boxes, you'll be doing extremely well. Some foods and chemicals are pro-inflammatory, increasing inflammation. Logically we need to minimise these as mentioned above.

Planning is key when trying to eat well. Planning out your meals, buying food in advance and not having poor quality food in the house will help you.

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3. EMOTIONAL & MENTAL STRESS

We are inherently stressful beings. I'm sure you've heard the positive effects of this before - when we are in a stressful state, it activates our flight or fight response which has a series of chemical reactions in our bodies (to help us run away from that lion etc). However, in today's modern world, we tend to spend too much time in this state. We spend too much time in the "flight or fight" state (called our sympathetic system) and less in our "rest and digest" state (called our parasympathetic system).

Being in a prolonged state of "flight or fight" can increase your pain levels and decrease your tolerance to pain. Thus, giving yourself time to relax and get your body into this rest and digest state is extremely important. This can be anything that works for you: meditation, breathing exercises, reading, watching a movie, spending time in nature etc.

Doing it consistently to counteract the state of flight or fight is key. We all know, we're not going to remember to sit down and meditate when our mind is extremely anxious. Prevention is the best way.

Don't underestimate this one!

4. ACTIVITY

Moving frequently is important. Moving for an extended period of time is also important. This is also considered a beneficial activity. The most important thing here is to find something you enjoy. But beware not to over do it. Listen to your body. The phrase "no pain, no gain" doesn't apply here. Everybody's tolerance level is different and it will even fluctuate quite a bit depending on your behaviour or if you're currently experiencing a flare up of pain.

Performing a form of cardiovascular exercise that doesn't irritate your condition will release pain-killing chemicals, called Enkephalins. The

knock on benefits of this exercise will also have anti-inflammatory effects on the body. There are various types of activities. It's just about finding the right fit for you.

It's important to note here that the right type and duration of activity will be very individualised per person. Getting professional advice on this is very helpful.

5. BELIEFS/AWARENESS

Pain is extremely complex and can fluctuate a lot. It is vital to bring the focus to the controllables. By controllables, we mean the lifestyle nuggets mentioned above. Your condition may have a significant physiological cause, this may even be genetic. But our genes can be positively affected by our environment and our lifestyles, such as the four previous points.

Being aware of all of the above lifestyle factors is crucial. Remaining optimistic, but realistic is also important. Having adequate support structures is super helpful to keep you on track and help you help yourself.



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TIP 3. POSITIONS & MOVEMENT PATTERNS

Often the positions we have ourselves in or the way we move our body can be problematic.

Things don't always need to be corrected or fixed within the body. As discussed before, sometimes they do. This is often a big factor for reaching full recovery and preventing recurrence.

Certain positions can cause excessive strain on different tissues of the body and thus cause some irritation.

WHAT DO WE MEAN BY POSITIONS?

Too much attention is put onto our posture. Everyone's anatomy is different and we do not need to try to achieve that 'perfect' upright sitting posture.

Posture is very poorly linked with pain. There is no bad posture, there are bad positions. However, one person's bad position can be another person's right position.

Being in one position for too long can irritate

certain tissues in the body. The wrong position for someone can change over time depending on what is going on in their body. For example, sitting upright for long periods can often be worse than sitting slouched.

Research has shown that slouchers don't get any more back or neck pain than people who sit upright.

Holding yourself in a bolt upright position can lead to excessive muscle tension in the upper back and lower neck, which can pour fuel on the fire.

So someone who has back pain and thinks they need to sit more straight can make this worse.

The important thing is to find out what is being irritated and make sure we aren't putting our body into positions that further irritate it.

Sleeping position is very important. Most of us spend six to eight hours lying down in a certain position. Do you think that position might be important? We certainly do!



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Having good pillow positioning and making sure you sleep in the right position for your specific issue are vital.

For example, sleeping on your front can often cause significant problems for people with neck pain.

Getting your sleeping and sitting positions right are vital - after all you probably spend fourteen to eighteen hours a day in these positions!

► Click **HERE** to watch our Sleeping Posture

WHAT DO WE MEAN BY MOVEMENT PATTERNS?

Everyone moves differently. There are no right or wrong ways.

Different movement patterns will place strain on different areas of the body.

We can alter where the strain is placed depending on how the body moves.

For example, if someone is having knee pain and they go up a flight of stairs, they often keep their torso quite upright, which places more strain on the knee.

Simply letting your body naturally lean forward will cause your hip to take more of the strain and will ease the pressure on the knee.

Again, a movement pattern that works for one person could be the opposite for another person.

The important thing is to assess the body, what positions it is in and how it is moving.

Oftentimes, changing your positions or movement patterns can even just be temporary to let the irritation calm down.

Assessment and awareness is key to making these changes.



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TIP 4 . ACTIVE TREATMENT, NOT JUST PASSIVE

Give a person a fish, feed them for a day....
Teach a person how to fish, feed them for life.

This is an old saying for a reason.

Passive treatment is treatment that a health practitioner does on or for the patient. This might be massage, needling, joint mobilisation etc.

Active treatment is any form of treatment the patient does themselves. This may be certain stretching or strengthening exercises, changing your sitting/sleeping position, managing your lifestyle factors such as nutrition, sleep, stress etc.

Passive treatment can be very helpful, especially in the earlier stages of recovery. However, its effects are often temporary.

This is where active treatment comes in to make these changes more long lasting.

As you can see, active treatment encompasses the three key areas mentioned in this guide of finding the root cause, taking a holistic approach, position and movement patterns.

A health practitioner can't just make you better. We facilitate the process.

Long-lasting health is only achieved when you create habits that fit into your life.

After all, you might only be in the treatment room for 30 minutes of the week for a handful of weeks. What happens the rest of the week is vital.

Performing exercise rehabilitation should be a large part of any recovery process.

The body needs to be able to handle the stresses and strains placed on it.

It needs robustness.

The level of exercise has to be tailored to your body. This is vital.

Even if you have an inflammatory condition or a chronic condition such as fibromyalgia, some form of exercise is important. As previously discussed, appropriately dosed exercise is an anti-inflammatory.



Our real life STORIES

We have had so many clients who had been struggling with ongoing/recurring pain for years and having tried many physios, chiros, osteos, GP's before to no avail. That is until they found us! They are now back doing what they love!

See for yourself...

JOHN O'DONOVAN

"I recently had a set of five sessions with Steven Gilmore at the APC Physio & Sports Clinic in the Clayton Hotel, Lapps Quay, Cork. I found the whole experience very beneficial. Steven has a very calm patient personality and is somebody you can build an immediate rapport with. There is an initial chat to discuss the client's problem and an examination to diagnose the root cause. In my case a series of basic exercises were prescribed which, coupled with massage and on-going assessment, built up over the next weeks. This was all done in a very professional and methodical way as an understanding of the problem and the treatment required was obtained. In all a very satisfying experience and an immense improvement in my condition."

BRIAN CAREY

"After years of knee pain, and two knee arthroscopies I continued to have pain. Multiple misdiagnosis of what was actually causing my pain. Patrick was my last resort. He took a more holistic approach and was able to help me identify what was causing the pain and developed a rehab plan tailored for my needs. I would highly recommend Patrick and the team at APC Physio."

RUTH KELLEHER

"Was diagnosed with fibromyalgia last year. Before that I was attending different physiotherapists, neuromuscular therapists, acupuncturist, chiropractor under which I got back my full range of movement but still had a lot of pain. Have been attending APC since



February. Needling, light exercises, and attendance three days a week at a gym for light weight work and treadmill, followed by floating in the pool for up to an hour, and ten minutes in the jacuzzi or sauna on the advice of Patrick has turned the pain levels around completely. Huge improvement and life is good. Thank you Patrick."

OLAN THOMAS

"I worked with Steven Gilmore over the last 6-8 months to fix a nasty running injury I got a few years ago that I couldn't shake off. Prior to the injury I was running over 50km a week and I tried several physios and treatments before going to APC last July but from the first day it was all about figuring out the root cause and building up from there. Steven was very reassuring and importantly I felt I could trust him because he went into so much detail with his examination and his questions were really probing for the root cause. I went from running with constant discomfort in my foot (and only doing about 12km a week) for three years to almost now running over 35km a week and on track to be back to 50+km a week which where I was three years ago. I really recommend getting in touch if you've issues that are impacting your running because I went from barely being able to run to back on track in the space of a few months when I was ready to give up running altogether at that point!"

CLAIM YOUR FREE STRATEGY SESSION TO FIND THE TRUE CAUSE OF YOUR PAIN

Getting the stuff in this report right is the only way to start getting quick long-lasting results naturally. If you're serious about regaining control of your body you must address and practice at least some of things.

I've given you what you need to get started.

But if you have any questions, or would like our help on implementing any of the above, get in touch today.

Even better, for a limited time we're offering a **FREE** strategy session where we'll discuss your story, goals and challenges and can show you the road to recovery.

Please note, you will be speaking with one of our highly experienced therapists.

Claim your no-obligation **FREE** strategy session now!

CLICK HERE TO BOOK YOUR STRATEGY SESSION NOW!

WARNING: Before you claim your free strategy session you must understand that this is only for people serious about setting up their bodies for long term success. We'll do the brunt of the work, but to truly get you back to where you want to be, we need your commitment and dedication. If you're not ready for that please don't waste our time.

But if you are ready to finally get lasting relief and confidence back in your body, book your **FREE** strategy session now.

now its time to

MOVE WELL, FEEL WELL & BE WELL

CLICK HERE TO GO BACK TO START

Thanks for reading and stay tuned to our
social media and newsletter updates
for more **FREE** tips and advice.

NEWSLETTER



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