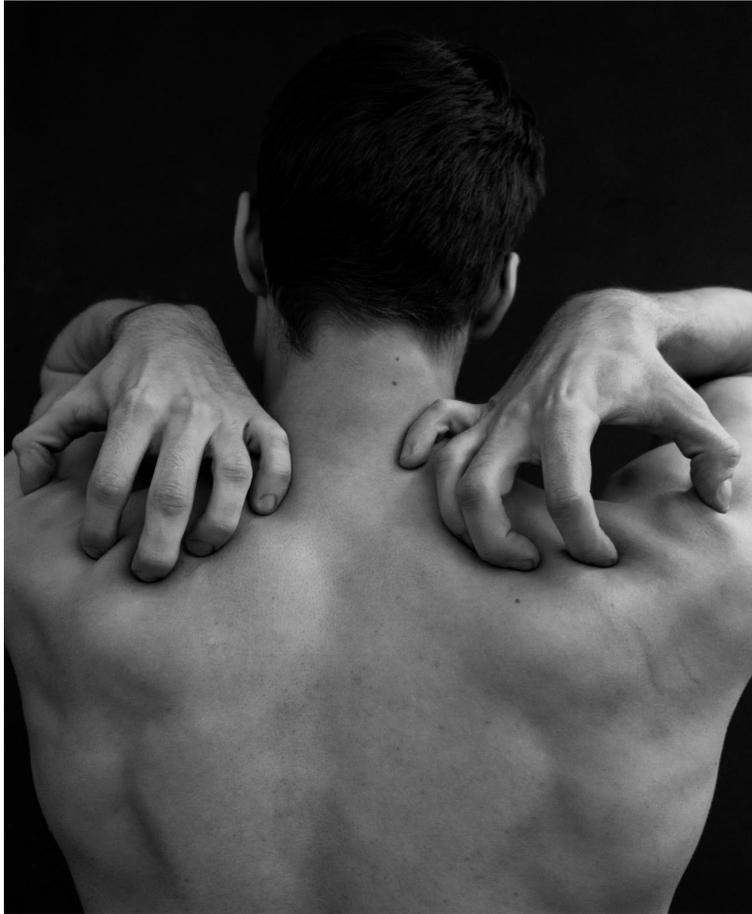


# THE SIX MOST COMMON CAUSES OF BACK PAIN



...and how to treat them naturally, without  
painkillers or surgery

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*The information in this guide are not a replacement for the services of a healthcare professional. Please do not use this book to diagnose or treat a medical or health condition.*

*Always consult a physician or a licensed healthcare professional, such as a physical therapist, before starting an exercise plan. If an exercise is increasing your pain, please discontinue and consult a certified provider.*

*Call (239) 676-0546 to schedule a free Full Body Diagnostic with Bridging The Gap Physical Therapy.*



Let's not sugarcoat it: you're reading this report because you want to know the six most common causes of back pain.

Here they are:

1. Weak legs
2. Overworking your back
3. Impractical shoes
4. Slouching
5. Being overweight
6. Sitting too much

But you aren't really reading this report because you want to know the six most common causes of back pain. You're here because you (or someone you love) is suffering from back pain, and you're desperate for a solution.

So let's dive in.

The authors of this report consist of the expert physical therapy team at Bridging The Gap Physical Therapy, where we are committed to helping you find that solution—naturally, and without dangerous spinal surgeries, expensive weekly chiropractic bills, or addictive prescription drugs that do more harm than good. We have helped countless people discover the secret to finally living pain-free and returning to the active, independent lifestyles they deserve.

Our goal is to help active people stay fit, healthy, and mobile...without pain medications, injections, or surgery!

Contact Bridging The Gap Physical Therapy at  
[hello@bridgingthegappt.com](mailto:hello@bridgingthegappt.com) or (239) 676-0546 to book your first  
session—completely free of charge if you mention this guide!



## 1. WEAK LEGS

People with weak legs are working harder, not smarter.

This first common cause of back pain is tied directly into the second:

## 2. OVERWORKING YOUR BACK

Imagine you're bending down to pick up something heavy—like a bag of golf clubs, or a large load of laundry, or even your grandchild. Do you look more like the picture on the left, or the picture on the right?



You already know—you can see—that the position on the left is stressful on the back. And if your legs are too weak to support your weight, you will likely find yourself in that stressful position when you lift, overworking your back and causing yourself pain.

The solution? Treat the problem, not the symptoms! If your back hurts because your legs are weak, strengthen your legs. You don't need spinal surgery or a chiropractor—you need to learn how to do a perfect squatting that looks like the one in the picture on the right!

### 3. IMPRACTICAL SHOES

One of the worst things you can do for your back is wear high heels. Designer shoes are fashionable, but they also force the wearer to maintain an uncomfortable position that causes (among other things) detrimental misalignment of the hips and spine.

The solution? Don't wear high heels! Opt for comfortable shoes—there are plenty of fashionable flats out there—and your back will thank you.



### 4. SLOUCHING



Many of us spend the work day in an office hunched over a computer. When we sit, gravity pulls us down into a slouch, creating a deep curve in the spine that causes pain. Humans were not built to sustain sitting down for long periods of time.

The solution? Sit up. Proper sitting posture involves a straight back, shoulders down, body weight distributed evenly between both hips, and feet flat on the floor. Imagine all of your body parts being stacked on top of each other in perfect alignment, and work hard to actively maintain that balance.

## 5. BEING OVERWEIGHT



Do this experiment: get a backpack. Put the backpack on backwards, so that the pocket lies over your abdomen (the place where most people carry extra body fat). Put a ten pound weight inside. Go about your daily life.

You'll be shocked when you see how tired your back feels after only fifteen minutes. Being even a little overweight is a major contributor to back pain—ask any expectant mother! Excess weight puts strain on the spine, increasing the potential for back pain and injury.

The solution is, of course, to lose weight. Talk with your physician to determine the best weight loss plan for you. For some people, a simple diet and exercise adjustment is enough, but you might need a less common solution!

## 6. SITTING TOO MUCH

We saved the worst for last: The most common cause of back trouble is sitting longer than you stand.

Sitting is the new smoking; as a country, we now spend more money treating symptoms caused by sitting than symptoms caused by smoking.

The solution? Stand up! If you work a desk job, get up and walk around. Take breaks whenever you can to stand and stretch your legs. When you do have to sit, make sure you practice correct posture.

If any of these common causes of back pain resonated with you, you might benefit from physical therapy! Call (239) 676-0546 to schedule your free Full Body Diagnostic.

For more information about how your back works and how you can keep it healthy, call the authors of this free guide at (239) 676-0546 or email [hello@bridgingthegappt.com](mailto:hello@bridgingthegappt.com) and schedule a consultation.

## **ABOUT BRIDGING THE GAP PHYSICAL THERAPY**

Bridging The Gap opened its doors in January 2020. Our goal is to help active people stay fit, healthy, and mobile...without pain medications, injections, or surgery!

Our philosophy is based on completely natural solutions—we are firmly against painkillers and unnecessary surgeries. Our use of Manual Therapy techniques help the body return to efficiency through mobilization of joints, neurodynamics, fascia, and visceral (organ) mobilization. In other words, we get you better without surgery or drugs—and because you spend your entire session with one doctor, instead of seeing assistants or doing solo exercises, you're guaranteed to get better faster with us than you would with traditional physical therapy offices!

Call (239) 676-0546 for more information and we'll help you take the first steps toward the pain-free life you deserve.