

# 5 WAYS TO END BACK PAIN... WITHOUT LIVING ON PAIN MEDICATION



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## About The Author Tony Tanzi



For 6 years now people have been to see Tony Tanzi looking for answers to concerning questions about, and for, a fast end to their health worries and physical pains and stiffness. Tony has become a trusted Physical Therapist and the Owner of Empire Performance PT.

Tony Tanzi works with people daily to help them return to their active lifestyle while avoiding pain killers, injections or surgery. He earned his Doctorate degree in Physical Therapy from Sacred Heart University in Fairfield, CT in 2011. He also earned a Bachelor of Science degree in Exercise Science from Sacred Heart University in 2008 and later earned his Certified Strength and Conditioning Specialist certificate from the National Strength and Conditioning Association.

## Introduction:

In this special report, I share with you 5 special strategies which can work for you, either instantly or over time. These tips are in no particular order but I will tell you that they will all help you! I have no way of knowing which of these tips will give you the best result but I will tell you that doing something as simple as trying one per day over the next few days is a great idea! Before you know it you could be back to your healthy and active lifestyle! Your going to surprise yourself by how much you will begin to feel and live better, in a short amount of time!

## 5 Ways To End Back Pain... Without Living On Pain Medication

### 1. Avoid Wearing Certain Types of Footwear

Sandals, high heels and fashion footwear may look great but are of no help when trying to protect your low back. Try wearing shoes that you can fasten tightly, have a soft cushion base as well as a supportive instep or arch that matches your foot.

### 2. Avoid Sitting For Longer Than 20 Minutes and Sitting Cross-Legged

Prolonged sitting can put excess stress on your spine and sitting cross-legged will only increase that! Your spine isn't designed to stay in a twisted and turned position for long periods, and sitting cross-legged does just that! In a cross-legged position your joints are twisted, muscles are stretched causing your spine and lower back to be weak(er) making your vulnerable to injury.

### 3. Try Sleeping With A Pillow Between Your Knees

By placing a pillow between your knees you keep your spine in proper alignment and this will reduce the amount of tension on your lower back as it will lower the amount of twisting in your spine.

### 4. Core Activation

No, activating your core is not a fad. You probably have heard this term and it might sound like a buzzword at the moment, but activating your core can really do wonders when you suffer from back pain as this group of muscle acts as your natural back brace, preventing excessive stress on your spine with movements. It can be harder for some back pain sufferers to feel their core engage as these muscles tends to "shut off" with this condition.

Follow these steps:

- Lie on your back, knee bent, leg relaxed.
- Hold your bathroom muscles as in stopping flow of urine.
- Gently draw your belly button in and up toward your spine, making sure to not let your back nor pelvis move.
- To finish, visualize drawing the front of your pelvic bones ( right and left) together.

Practice this throughout the day and progress to engaging these muscles while you move. As you get better at this, you will be moving with less low back pain. This is not as easy as you might think and you might need the assistance of a physical therapist to learn it properly.

## 5. Give Physical Therapy A Try

Accessing a Physical Therapist is easier than you think! You don't need a referral from a doctor and you don't even have to let your insurance know. Come in for a free exam and consultation to discuss your low back pain! Call this number now: (845) 225-2000

## Conclusion

So, above is 5 strategies that you can begin to do TODAY which will improve your overall health and help you beat your back pain. There are plenty more ways to beat your back pain but these 5 tips are a great start to improve your quality of life!

In the upcoming weeks I'll be sending you even more tips and pointers on how to return to your active and healthy lifestyle and how Physical Therapy can make a HUGE difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues from Empire Performance PT & Fitness become the source of leading edge health advice for you to make a real difference to your life.

You can contact me here:

[tony@EmpirePerformancePT.com](mailto:tony@EmpirePerformancePT.com)

(845) 225-2000

Dedicated to Restoring Your Health,

A handwritten signature in black ink that reads "Tony Tanzi". The signature is written in a cursive, flowing style.

Dr. Tony Tanzi, PT, DPT, CSCS

## Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from a licensed Physical Therapist at Empire Performance PT. We are able to offer you this service. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantee of specific results are expressly made or implied in this report.