

Special Confidential Report:

“How To Live Life Pain Free”



**Seven Key Secrets You
Need to Know About**

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Thanks for ordering my new free report entitled, "How to live life Pain Free: Seven Secrets You Need to Know About"

I'd like to start by asking you a few questions...

- **Does pain interfere with your ability to perform simple, every day tasks?**
- **Does it interfere with your ability to exercise?**
- **Are you currently taking pain medication?**
- **Are you concerned about the potential side effects of taking pain medication?**
- **Has anyone ever told you that there is nothing more that can be done and you will "just have to live with it?"**
- **Are you concerned that this condition will become worse?**

If you answered "yes" to any one of these questions, this report is for you. As you probably already know, pain will interfere with all aspects of your life – effecting work, sleep, intimacy, physical well-being and

overall happiness. It can be down right frustrating! It's even more frustrating when you are told that your only options are medication or surgery. You are presented with limited options- the choice of living with pain and dealing with the side effects of pain medication or the choice of having surgery, which can be expensive, complicated and disrupt your work schedule and require lengthy rehabilitation.

Not only that, but pain complicates things even more as we get older. There are definite physical changes that occur as we age. These age-related changes are accelerated when pain is a part of the equation. Pain negatively affects our overall physical well-being. You feel older, have less energy, get stiffer and speed up the aging process. The changes may be subtle at first however if the pain is left untreated, may lead to major complications in your physical performance. Not a pretty picture.

Here's the good news –

You have other options. With the right combination of interventions you can actually decrease your pain to “acceptable” levels and slow down the aging process!

There is an overwhelming amount of options that exist to ease aches and pains, and many of them do not come in pill form. Most painful conditions have been around longer than most of the drugs on the market today and have been managed with alternative methods for centuries.

This special report will review seven of the most effective alternative pain reducing methods available- scientifically proven and recommended by most health care professionals.

There are dozens, if not hundred more pain relief approaches out there however many of them are gimmicks, hype and down right misleading. Remember, the old “snake oil” gimmick has been around for centuries as well.

Before YOU read any further . . .

- 1) It is important to keep in mind that there is **NO** such thing as the “perfect” pain remedy. Even the most effectively proven interventions may not provide complete pain relief.
- 2) There is no such thing as “one size fits all” and may not work the same for everyone. You may have to try a number of different strategies and combine some of them before finding an “acceptable” level of pain relief.
- 3) Don’t give up! One benefit of trying out different approaches is that you may find an effective solution that works for you and we all know how priceless pain relief can be.

With those three points in mind, let's take a closer look at how each of these seven treatment techniques can help you. We're going to explore how each one, in turn, affects your body’s ability to heal itself and manage pain...and finally provide with a practical solution that will start you on the path to a pain free life!

Let's start with...

Secret #1: The Important Role Physical Therapy Plays in Painful Conditions

As discussed earlier, there is no one solution to pain, however many health care experts agree that physical therapy is highly effective and consider it to be a great resource for their patients experiencing pain. “But what if I have already tried physical therapy?”

Do not be fooled! Physical therapy can come in many shapes and sizes. Let me tell you what it isn't:

1. **It is not** what you get in most chiropractic offices- massage, hot packs, ultrasound and electric stimulation.
2. **It is not** a sheet of exercises that a doctor or physical therapist gives to you to do everyday on your own.
3. **It is not** a personal training session that you get at your local gym by a trainer.

Your physical therapy experience should be much, much more. First of all, physical therapists are licensed and trained health care professionals. They are skilled in how to evaluate and treat muscular-skeletal injuries, neurological impairments, and orthopedic conditions.

Physical therapists use a variety of techniques. They teach patients self-management skills and show people how to deal with pain on a day-to-day basis. Therapists show people how to build up



strength with corrective exercises to support the joints and improve range of motion. They use techniques that help improve circulation, decrease inflammation and promote muscle relaxation. Physical therapy will teach people how to make sensible decisions about activities to prevent flare-ups and stay functional.

It is important to look for a licensed physical therapist experienced in treating your particular condition. Over the last 10 or so years, there has been a major focus on “manual physical therapy”. These are specialized, “hands-on” techniques used to improve joint range of motion and soft tissue flexibility, retrain muscle coordination, and restore overall function. If you are looking to get out of pain, it is important to seek out a therapist who provides “hands-on” care.

Bottom Line- Physical therapy can be an effective alternative for pain relief as long as a qualified, licensed physical therapist evaluates your condition and administers “hands on” treatment. (I will show you how to get started in Chapter 8.)

Let's move on to Secret #2. . .

Secret #2- How Acupuncture Reduces Pain

At first glance, easing pain with needles may sound painful, but acupuncture is an ancient form of pain relief. It originated in China thousands of years ago. In traditional practice, needles are pierced through the skin in specific areas to improve the flow of energy throughout the body.

Scientists suspect the technique stimulates the release of endorphins, your body's own natural pain killers. These natural chemicals will either soothe pain or prompt your body's natural healing processes.

Acupuncture has been used in a number of clinical studies including its effect on arthritis, fibro-myalgia, inflammation, and chronic pain. The study concluded that acupuncture is a useful adjunct treatment or an acceptable alternative for pain relief. Results are best if it is included in a comprehensive pain management program.

Although not every research study supports acupuncture, most studies agree that acupuncture effects the body's healing processes:

- An increase in blood supply to various regions of the brain
- Decreasing blood pressure
- An improvement in mood and possibly, motivation
- A decrease in muscle spasticity
- Relief of pain
- Reduction of stress, increases relaxation

Acupuncture has also been observed to be effective in treating the following disorders:

- Chronic pain
- Osteoarthritis
- Rheumatoid arthritis
- Migraine headaches
- Anxiety and depression
- Muscular pain
- Chronic Fatigue Syndrome
- Digestive problems



- Fibromyalgia

Bottom Line: Acupuncture can be an effective and natural alternative used in conjunction with other pain management techniques.

(To learn more about how acupuncture can help your painful condition, stay tuned for the special offer at the conclusion of this report.)

Now let's talk about a third pain relief strategy, reducing stress.

Secret #3: Reduce your Stress, Reduce Your Pain

Your body's healing processes are enhanced when you put it in a "stress-free" environment. Think about how you feel when you step into a spa or on vacation. Now think about how you feel when driving in freeway traffic. You see, there are many factors, including psychological ones that affect how your body responds to its surroundings.

When it comes to pain, everyone may experience pain but not everyone perceives pain the same way.

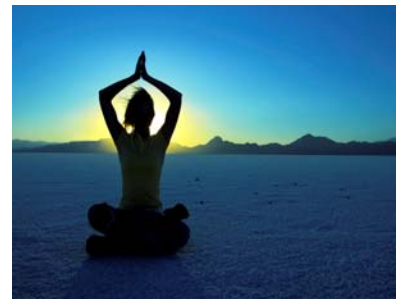


Stress is a big psychological factor that can intensify the perception of pain. Think about what it does on a physiological level. When you are under stress, your muscles tend to become tense, blood vessels constrict cutting off circulation. This may result in a headache or create "painful trigger points" in already tender tissues.

On an emotional level, stress may cause you to interpret your situation as being more difficult, and may make you avoid certain types of activities, because you're afraid it's going to make your pain worse.

Here are a couple easy stress reducing strategies:

1. Plan daily distractions. If possible, distract yourself with enjoyable activities such as spending time with friends, watching a movie, or listening to music. Participate in something pleasurable and it may shift the focus away from your pain.
2. Just breathe. Another strategy is to unwind. Relaxation techniques include deep breathing, progressive muscle relaxation, meditation, visualization, massage, yoga, and Tai Chi. These practices have been proven to be effective.
3. Finally, some people have found stress relief by joining a support group or by getting individual counseling on how to best cope with their stress or ailment.



Bottom Line: Create an environment that helps your body cope better with pain. Stress-management strategies have been proven to be effective in decreasing pain, however keep in mind that different methods work for different people.

Moving on to number four . . .

Secret #4- Why Exercise Is Important

I know what you're thinking. I am in so much pain that I can't even move. How do you expect me to exercise if I am in pain? It will make me feel worse!

I understand your dilemma. If you are in acute pain, sometimes the best thing is to rest and avoid activity however this is only a temporary solution. Over time, not moving can actually make your condition worse.

Your body was designed to move no matter what state of health you're in. Inactivity will result in muscle weakness and atrophy, diminished bone density, decreased energy level, weaken your heart, create stiffness in the joints, and speed up the aging process. The more inactive you are, the more your body will degenerate.

In contrast, regular exercise will keep joints flexible and strong, improve your circulation and blood flow, and strengthen your muscles to support your structure. As a result, you will be more able to deal with arthritic pain and flare-up.

Plus, physical activity promotes the release of mood-enhancing



chemicals in the body that can help diminish the perception of pain.

There are three types of exercise recommended for people experiencing joint pain:

1. **Flexibility exercises.** These involve stretches that can help enhance range of motion.

2. The second is cardiovascular or aerobic workouts which include walking, water exercises, and bicycling.
3. The third is strength conditioning which includes isometric or progressive resistance training.

If you want to start a fitness program but have a painful condition that prevents you from exercising, here are the steps you need to take:

- 1) Talk to your doctor and make sure you are cleared for exercise.
- 2) Consult with a physical therapist. They are experts in prescribing corrective exercises for various conditions. Remember not all exercises are right for everyone. If one type of exercise does not work for you, there are always other options as you will see at the end of this special report.

Secret #5: Decrease Your Pain Risk By Improving Your Diet

This may come as no surprise to you but if you're overweight and de-conditioned, your joints take a major hit, because of the increased poundage that your joints have to carry.

Although there may be plenty of weight loss programs out on the market, keep in mind that the most scientifically proven method is regular physical activity and a nutritious, well-balanced diet.

On the flip side, losing weight by starving yourself with a poor diet and inactivity can exacerbate pain. This extreme can throw your hormone levels off. Normal hormone levels keep your internal organs in balance, help combat aches and pains, and activate the body's own healing systems.

A steady diet of sugar, starch, animal fat and processed food creates an increase in internal inflammation. This negatively affects the immune system and sets the body up for disease and pain. However, limiting your

intake of animal protein and saturated fat, and beefing up on foods rich in omega-3 fatty acids, antioxidants, vitamins, and minerals can help reduce your pain threshold.

This leads us to #6 secret . . . supplements.

Secret # 6: How Dietary Supplements Enhance Pain Relief

Joint and muscle pain is often the result of tissue damage. There are many factors that lead to soft tissue and cartilage breakdown: age, inactivity, excess weight, over activity, injury, and genetics.

Cartilage lacks a direct blood supply. It relies on nutrients found in joint fluid to nourish cartilage cells and maintain its structure. When this process is affected by one or more of the factors mentioned above, cartilage can deteriorate and no longer provide sufficient joint protection. Once the cartilage degenerates, the bone begins to wear down. This will cause severe pain since bone tissue contains thousands of pain receptors.

There are two types of dietary supplements that can be effective in relieving pain associated with osteoarthritis -- Chondroitin sulfate and glucosamine.

Glucosamine stimulates cartilage productions while chondroitin sulfate inhibits enzymes that break down cartilage. This will slow the progression of cartilage deterioration as well as reduce joint pain.

As with most supplements, there needs to be more research done to determine long-term safety and effectiveness. Side effects of chondroitin are rare. People with bleeding disorders or those taking blood thinners should consult with their doctor before taking the supplement.

Choosing a quality supplement can be difficult however I've done some research for you. If you are interested in learning more about how to choose a supplement just go to our website www.PTSpysicaltherapy.com and type in the key word- supplement- in the search box. Or you can go directly to the nutritional supplements page.

Secret #7: Pain Relief with TENS

Sticking your finger in an electric socket could be a way of distracting your pain but a safer and less painful way to block pain is using transcutaneous electrical nerve stimulation therapy, or more commonly referred to as TENS. This uses electrical stimulation to control pain. During the treatment, low-voltage electrical current is delivered through electrodes that are placed on the skin near the source of pain. The electricity from the electrodes stimulates the nerves in the painful area and sends signals to the brain that "scramble" or block the pain signals, offering short-term pain relief.

Even though this type of treatment is temporary and doesn't actually "cure" the problem, it can be an effective way to manage your pain while seeking other alternatives. TENS is often used during physical therapy and acupuncture treatments. You can rent or purchase a TENS device for home use as long as you get a doctor's prescription.

**The Bottom Line . . . Have a
Healthy Lifestyle**



The simplest, yet often the most challenging, strategy for pain relief involves eating right, getting enough sleep, exercising, and reducing stress. In some cases, combining alternative treatments with drug therapy can be the best strategy. Pain medication does not have to be ruled out altogether. The ideal goal of pain relief treatment in the first place, is not just to alleviate suffering, but to decrease pain enough so that you are able to enjoy life and stay active and healthy.

All this information was great but what do I do now?

Combining all seven treatment approaches can be costly and time consuming. However time is of the essence in managing your pain. The longer you go without proper treatment, the more challenging it will be to reverse its effects.

So I will make it easy for you . . .

Special “Pain Relief” Offer:

As a reader of this special report, I've arranged for you to receive a free, no-obligation evaluation here at Physical Therapy Specialists.

Here's what you get in this free evaluation:

First, we will sit down and review your medical history. We will discuss the onset of your symptoms and the course of action you have taken to manage your condition. What treatments have worked and what treatments haven't.

We will then establish several baseline measurements including flexibility, strength, balance, endurance, posture and perform special tests to determine the degree of tissue irritability

These quick and easy tests will give us specific, immediate, usable information for determining the type of treatment YOU need. Everybody is different. Some will respond to acupuncture, some just need to exercise, some need physical therapy, and others need a combination of treatments. Each individual has unique needs and these can only be uncovered by this evaluation.

This means we give you the tools to develop an individualized program. This is not a cookie-cutter approach. It will be just for YOU.

Then once we have these measurements, we'll present you with the results and map out a specific program appropriate for your condition and goals.

This is something no other facility can (or will) do for you. Our facility offers everything you will need— physical therapy, acupuncture, personal training, Tai Chi and breathing classes, top of the line nutritional supplements, and weight loss programs.

That's how Physical Therapy Specialists is different.

Your evaluation can only be performed by a trained, licensed physical therapist and is only offered here at Physical Therapy Specialists.

Best of all, it's quick, easy and costs you nothing. There are no strings attached.

All of this adds up and the result is a healthier lifestyle with less pain, increased strength, improved endurance and better health for YOU.

Don't put this off. Call me NOW at:

(714) 528-9400

Tell the person who answers that you want the FREE "Pain Free" evaluation.

It's critical to your health. Find time to do this. You deserve it. Don't make the mistake of waiting until you receive a shocking "wake up call" to finally take action.

Do it now.

Here's to your health!

Sincerely,

**Robert Inglis, MPT, CSCS
Founder, Physical Therapy Specialists**

