

**Orlando Movement Practice**  
w/ Movement Specialist & Physical Therapist  
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# 5 STEPS TO A PAIN-FREE BACK

Your guide to a pain-free back without giving up the activities you love or needing unnecessary meds, injections, or surgeries

MEDICAL DISCLAIMER:

All information in this guide is intended for instruction and informational purposes only. The authors are not responsible for any harm or injury that may result. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied on this guide.

# WHY THIS GUIDE

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You probably downloaded this guide because you or someone you love has been struggling with back pain...

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Maybe you've already been to your physician, were given pain meds and muscle relaxers and told to check back in 4-6 weeks, but don't feel better...

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Maybe you're missing days of work and running out of PTO

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Maybe you're frustrated you can't run or do the workouts you love

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Maybe you're running out of excuses for not being able to play with your kids because it hurts too much

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Maybe you're worried that numb feeling in your left buttcheek is going to turn into something more serious soon...



**Whatever your current situation...you're not alone.**

# THE PROBLEM

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80% of people will experience back pain at some point in their life, but only 40-50% seek help

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Most end up on a cycle of meds, injections, or surgeries that **MAY** provide *short-term relief*, but end up in the **same pain or worse 2 years later**

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The back pain industry is a 100 billion dollar industry

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Estimated costs PER YEAR for unresolved back pain is \$10-15,000 due to medical expenses and lost wages

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**Sadly, only 10% of those that seek help get referrals for physical therapy while the others settle on "living with it" the rest of their lives**



**So let me ask you...how much is it costing you?**

# NOW IMAGINE...

Everyday you wake up *pain-free*

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You feel strong and flexible, ready to go, right out of bed

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You're running your best ever

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You're hitting PRs in your lifts

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You're exceeding your goals at work and can play with your kids or grandkids

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**WITHOUT WORRYING** about back pain, injury or stiffness holding you back...



# ***This guide is your first step in making that possible...***

*"I was about to quit my career when I met Brandon. When we started working together, he gave me some consistent routines and specific mobility exercises to do...my back started to feel better almost immediately. With a year passed now practicing with him I feel way more confident at preventing an injury and maintaining my back healthy and mobile..and I am still able to do what I love - ski."*

Natallia, 30s, World Champion Waterskier

## ***Want relief faster?***

***Don't hesitate to get help. You don't have to live with nagging back pain. Choose the risk-free option that works best for you by clicking the linked text below...***

[\*\*Talk to Dr. Brandon\*\*](#)

[\*\*Book a Free Discovery Session\*\*](#)

You can always call or email me directly at 407-900-8721 or [brandon@orlandomovement.com](mailto:brandon@orlandomovement.com)

# 5 STEPS TO A PAIN-FREE BACK

## FIRST THINGS FIRST

*The first three tips will address lifestyle, then I've provided two exercises that start addressing the two most commonly restricted areas in people I help with back pain. So stick around to the end so you can reap all the benefits! Without further ado...here are those 5 tips!*

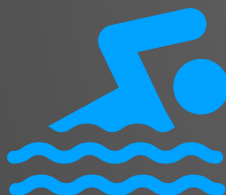
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### STAY ON THE MOVE

Sitting is *NOT* the new smoking. You can stand in a way that is just as harmful as sitting, if not moreso.

It is more important to change your position frequently and make sure to move in the opposite directions as those you spend the most time in.

Rest may seem like a good idea, but most back pain comes from *under use* or *improper use* of the spine, not over use.



2

## STAY HYDRATED

If you are even 2% dehydrated, your body becomes 11% less efficient at delivering oxygen to your muscles.

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That can translate to quick fatigue and increased stiffness

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As a starting point, aim for half your bodyweight (pounds) in ounces of water. That means if you weigh 150lbs, you should shoot for 75oz of water each day, or roughly nine, 8oz glasses.



3

## EAT ANTI-INFLAMMATORY FOODS AND DITCH THE IBUPROFEN

Ibuprofen only briefly masks the pain and actually prolongs healing time...

Ask your physician first if you are on any other medications that may interact with a blood thinner, but two of the most powerful anti-inflammatory supplements are high-quality fish-oil (which can thin the blood a bit) and turmeric (the spice)/ curcumin (the anti-inflammatory ingredient in the spice)

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Fish oil has been shown to decrease joint pain when taken at doses between 1-7 grams (that's 1000mg) of EPA/DHA. Pro-tip: if your stool becomes oily and you face overly shiny...not to worry, just scale back a bit!

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Sprinkle turmeric and cracked black pepper (this helps in activating the curcumin) on your favorite foods or find a good curcumin supplement and take it that way. Turmeric has been shown to be just as, if not more, effective than ibuprofen without the side effects on the gut.



**NOW LET'S GET MOVING!**





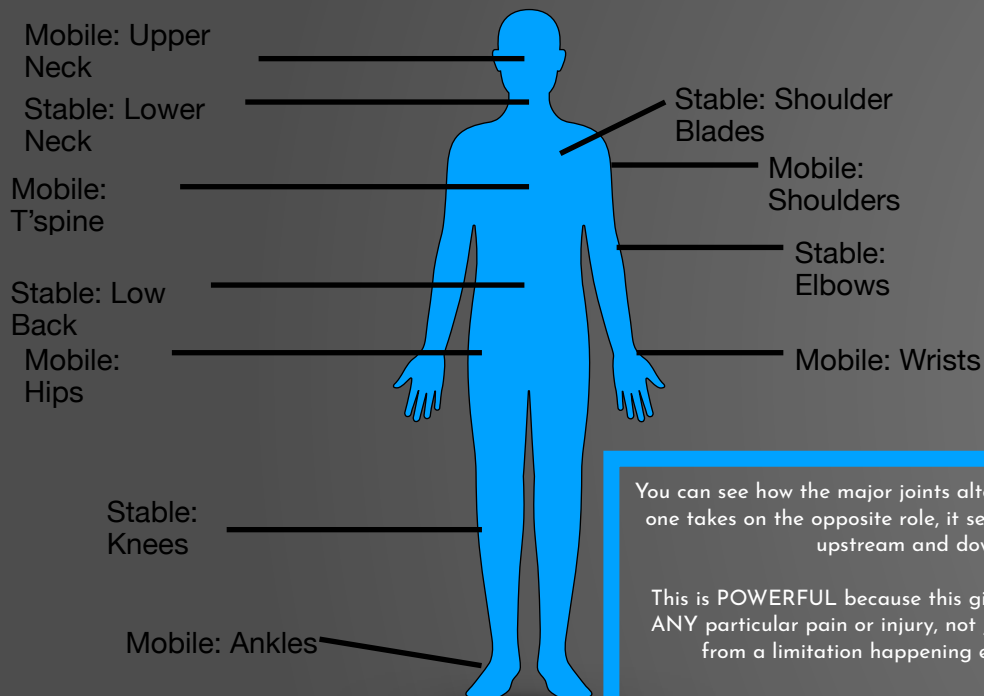
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## DON'T STRESS...GET ASSESSED BY A PROFESSIONAL TO ADDRESS THE ROOT CAUSE FOR FASTEST RESULTS

A trained professional who can understand the intricacies of what you do or the demands of competition can get you back to moving around pain-free, save years of frustration and prevent wasting time and money going at it alone.

As a Doctor of Physical Therapy and movement specialist, everyone I see goes through a head-to-toe screen to get to the root cause by viewing everything under a lens called the Regional Interdependence Model.

I've written a blog post with a few examples of how that model works wonders. [CLICK HERE](#) to read that post



You can see how the major joints alternate in function here. So if one takes on the opposite role, it sets off a stream of reactions upstream and downstream.

This is POWERFUL because this gives deep insight as to how ANY particular pain or injury, not just back pain, could occur from a limitation happening elsewhere in the body.

*Final step! You've made it!*



## TRY THESE 2 ACTIVE MOVEMENTS TO FEED SOME SLACK TO YOUR BACK

Your back is RARELY the actual cause of your back pain

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Think of it this way...if your back was in a fight, it would hurt when it got punched, right? Similarly in a fight, the one doing the punching is NOT the one who gets hurt...

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These are the 2 most common areas I see limited in the clinic when someone comes to me with back pain.

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That said, I've seen stiff ankles and different parts of the hip be the root cause as well as weakness in certain areas being the driver of stiffness. Most commonly, the hamstrings can become tight as a result of weakness in the core muscles.

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*Disclaimer: Try these movements at your own risk. No one is the same. If this hurts more or produces no results...stop. Seek guidance from a professional.*

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I reserve the MOST effective movements for people that come see me in person because they require detailed coaching after an in-depth screen that lasers in on *exactly* what is appropriate for that unique individual

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That said, these 2 movements are great starting points if you're on your own at first.



## THE COUCH "STRETCH"

### Benefits:

- Improved hip extension improved glutei strength from better quad & hip flexor mobility
- Tends to be appropriate for most people, especially those that have to sit all day for work or school

### Video Link:

[CLICK HERE](#)



## THE BUTCHER'S BLOCK

### Benefits:

- Improved posture via opening thoracic extension and mobility of the latissimus dorsi & triceps
- Another great one for those that work at a computer all day or for those who tend to also have limited overhead shoulder mobility.

### Video Link:

[CLICK HERE](#)



**Feeling relief is simple. You just need to take the first step...**



# 5 Easy Steps to Get Your Life Back...

## **1. Choose one of the risk-free options below**

*Choose Talk to Dr. Brandon if you have questions related to cost & availability or if you need advice right now. Choose Discovery Session if you want to meet in person and make feel confident I can help*

## **2. Fill out a quick form so I know how I can help**

*It will only take a few seconds and helps me make best use of our time together.*

## **3 .Book a time that works for you**

*After the form, access the schedule and choose a time that fits your schedule*

## **4. Discover the root cause**

*If we're a great fit we can get right to work that day or schedule a better time. I'll go through the most comprehensive, head-to-toe screen to learn exactly what is causing your pain*

## **5. Get equipped with a plan**

*You'll learn powerful tools and principles customized to your situation so you can feel lasting relief to prevent it from returning and get back to the activities you love without worrying about pain, stiffness or injury holding you back.*

**Don't hesitate to get help. You don't have to live with nagging back pain. Choose the risk-free option that works best for you by clicking the linked text below...**

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