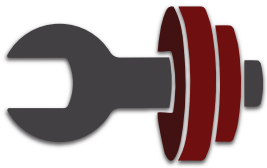
# Pain: Don't Live With It; Fix It

A SPEAKER SERIES
*presented by*
STUART KLASSEN

## The bioMechanic



Stuart Klassen has been in the fitness industry as a Kinesiologist and personal trainer for over 15 years. Specializing in overcoming injuries, Stuart has worked with hundreds of clients suffering from the full spectrum of medical conditions, including low back injuries, hip and knee replacements, amputations, diabetes, obesity and more.

Many if not most adults are living with pain, whether intermittent or chronic. This speaker series will cover the topic of injuries, why pain persists, and provide a framework for how to fix it instead of living with it.

**WINNIPEG - NORTH STAR FITNESS**
Thurs, SEPTEMBER 26, 7:00pm - FIX THE PAIN: LOW BACK
Thurs, OCTOBER 17, 7:00pm - FIX THE PAIN: KNEES
Thurs, NOVEMBER 7, 7:00pm - FIX THE PAIN: SHOULDERS

**GIMLI - REC CENTRE LOUNGE**
Tues, SEPTEMBER 24, 5:30pm - FIX THE PAIN: LOW BACK
Tues, OCTOBER 8, 5:30pm - FIX THE PAIN: KNEES
Tues, OCTOBER 22, 5:30pm - FIX THE PAIN: SHOULDERS (1 Hannson Ave)

# EVERYBODY HURTS, SOMETIMES

## ACUTE PAIN

- New or recent pain due to injury
- Triggers inflammatory process and guarding
- **Seek diagnosis from a physical therapist** if you are unsure what's going on

## CHRONIC PAIN

- Persistent or re-occurring pain often due to previous injury, dysfunction, posture, etc.
- **Leads to compensations / reduced mobility**

## SHORT TERM GOAL

- Address the injury site: pain, inflammation and proximate tissues
- Address the cause of the injury

## LONG TERM GOAL

- Address all components of health and fitness
- Reduce likelihood of other injuries
- Improve all aspects of wellness and life

# DON'T LIVE WITH IT; FIX IT

- Most occurences of pain can be resolved completely. The rest can be managed to some degree.

- Physical therapists are important in the proper assessment, pain management, and rehabilitation of an injury. This is especially valuable in the early stages of acute injuries.

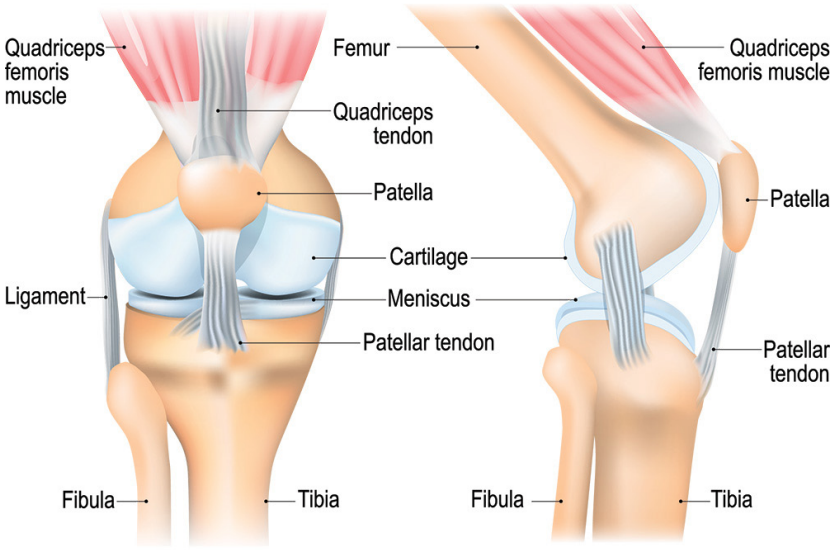
- Find a fitness solution / program that you will be motivated to stick to consistently!
  - Taking a holistic approach to physical fitness helps the painful area and strengthens the rest of the body making you more resilient, healthy and fit!
  - Personal trainers design programs to you, provide motivation and accountability.
  - There are cheap / free programs which are less personalized, but can work.

# TAKE HOME TOOLKITS

The take home toolkits are simple strategies you can start to implement at home with little to no equipment on a daily basis. They are general toolkits designed to bring some relief to many causes of pain. They may not bring relief to you specifically. If any of the suggestions make your symptoms worse, stop the activity. The toolkits are not recommended if you recently sustained an injury to the area.
**If you're unsure whether the toolkits are appropriate for you or not, consult with Stuart or a physical therapist about your specific situation!*



# KNEE ANATOMY / FUNCTION



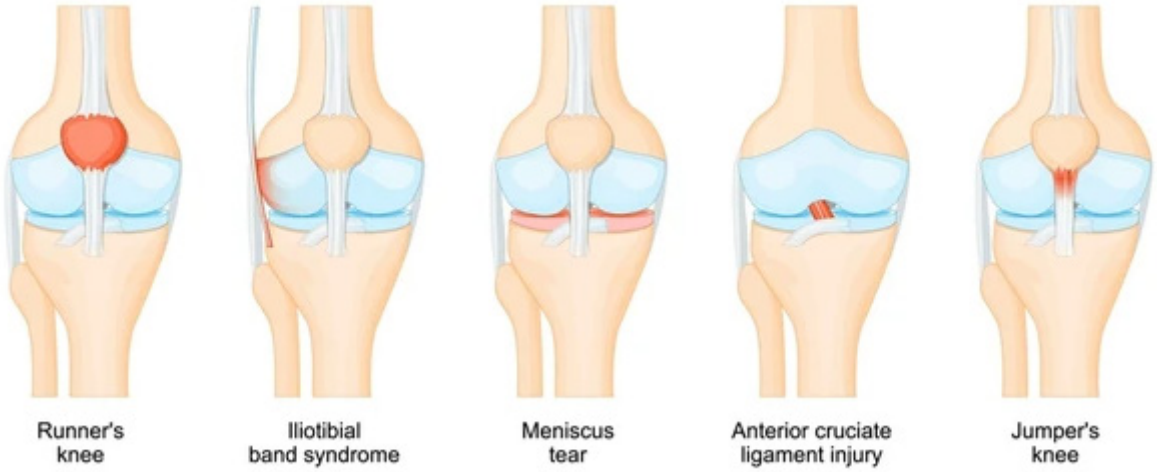

- **Tendon:** Connects muscle to bone (strains).
- **Ligament:** Connects bone to bone (sprains).
- **Cartilage:** Protects bony surfaces.
- **Meniscus:** Provides stability and force distribution.

# KNEE INJURIES / PAIN

Knee pain is the second most common cause of chronic pain. Between 15 and 20% of people are afflicted with knee pain.

## COMMON CAUSES

- *Ligament tear (MCL, ACL), meniscus tear, hamstring / groin strain (pull), arthritis, joint instability, patello-femoral pain.*
- Injury caused by excessive compression, stretch, lateral force; often paired with high velocity or force. Often a result of slips, falls or sport.
- Due to degenerative changes in bones / joints. Can be secondary to previous injury.



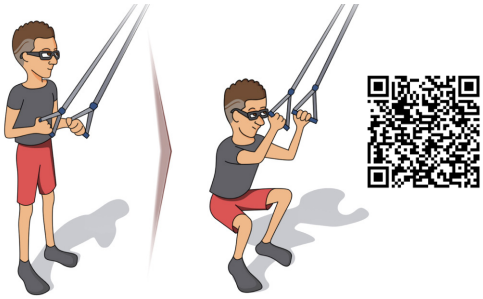
# KNEE TAKE HOME TOOLKIT

- Consistency is the greatest marker of success! Perform daily if possible (at least 3x/week!).
- Limit stress on the knee by aligning / tracking your knees with your toes during activities.
- Identify and limit / remove activities that aggravate the injury.
- Reduce inflammation with compression and ice/flushing as necessary.

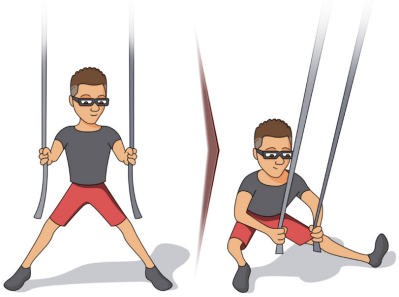
## REGAIN THE RANGE

Move through as full of a range as possible. ***4-8 reps of 5-10 second holds.***

*Assisted Deep Squat*



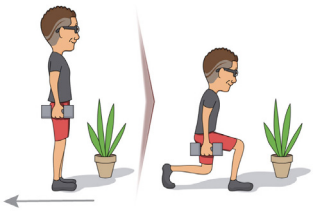
*Assisted Cossack Squat*



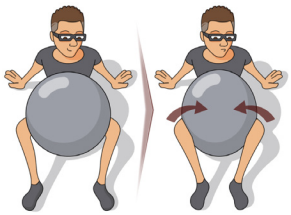
## STRENGTHEN IT

Perform each exercise for ***45-60 seconds (or 8-12 reps), for 2-3 sets.***

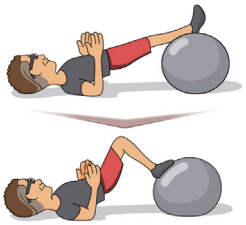
*Reverse Lunge*



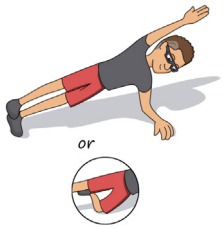
*Ball Squeeze*



*Hamstring Curls*



*Side Plank*




## CALM IT

Massage therapy and stretching can be very effective at calming the nerves and relaxing tight / overactive muscles around the knee. Hold each stretch for ***60-90 seconds***.

*Spine Twist*



*90/90 Glute Stretch*



*Hip Flexor Stretch*



*Downward Dog*



# NOW WHAT?

**IF THIS INFORMATION CAN HELP YOU....**
Go through the Home Toolkit (give at least 2 weeks of effort), and let me know the results!

**IF THIS INFORMATION CAN HELP SOMEONE YOU KNOW....**
Pass this on to your friends, family, coworkers, etc.

**IF YOU'RE UNSURE WHAT TO DO ABOUT YOUR PAIN....**
Contact me for a complimentary assessment. You have nothing to lose, except the pain you have!

**IF YOU WANT TO BLOW YOUR OWN SOCKS OFF....**
Secure one of my remaining training slots!




# THE BIOMECHANIC APPROACH

## MY TOOLKIT

- Two decades of education and experience
- I will teach you how to achieve movement freedom
- 1-on-1 focused training with home programs for accelerated results
- Nutrition, sleep, & stress strategies/resources
- Money back guarantee to backup my conviction

## MY PHILOSOPHY

We all want to live our best life. Not just today, but for the rest of our time. Make that time as enjoyable and meaningful as you'd like it to be. Rediscover movement freedom.

Stuart Klassen
The bioMechanic