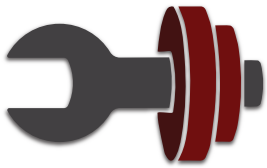
Pain: Don't Live With It; Fix It

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
TBD - FIX THE PAIN: SHOULDERS

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.

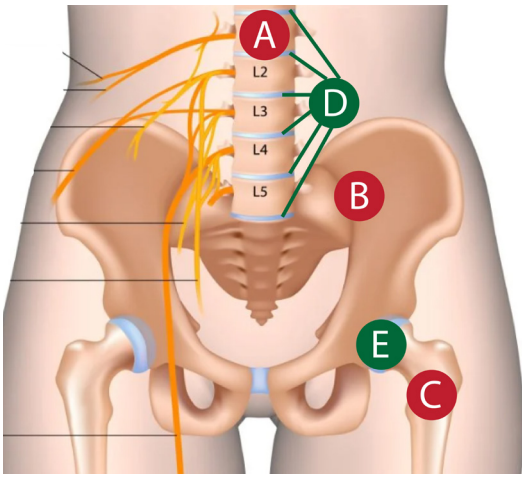
- Find a fitness solution / program that you will be motivated to stick to consistently!
  - Taking a holistic approach to physical fitness helps the painful area and strengthens the rest of the body making you more resilient, healthy and fit!
  - Personal trainers design programs to you, provide motivation 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!*



LOW BACK ANATOMY / FUNCTION

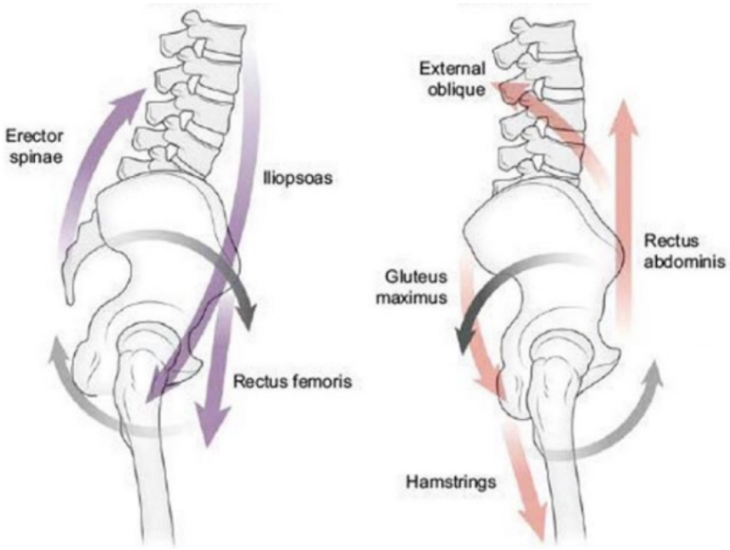


A. Lumbar Vertebrae: Exit point for spinal nerves. Intervertebral discs between each pair.
B. Pelvis
C. Femur (upper leg bone)
D. Intervertebral joints ("low back"): **Stability based joints**.
E. Hip joint: **Mobility based joint**.

MUSCULATURE

Anterior Tilt (tail out)
- Hip flexors (iliopsoas)
- Rectus femoris (quad)
- Erector Spinae

Posterior Tilt (tail tuck)
- Glutes
- Hamstrings
- Abdominals



LOW BACK INJURIES / PAIN

Four out of five people will experience low back pain in their lives; 1 out of 10 will have chronic back pain. Low back pain has many causes and manifests in a wide range of symptoms and severity.

COMMON CAUSES

- *Disc herniation, vertebral fractures, SI joint sprain, sciatica, lumbar lordosis, impingement*
- Injury caused by excessive compression, stretch, torsion; often paired with high velocity or force.
- Due to sustained **postural / muscular dysfunction** or repetitive strain.
- Due to degenerative changes in bones / joints.
- **"The straw that broke the camel's back"**.

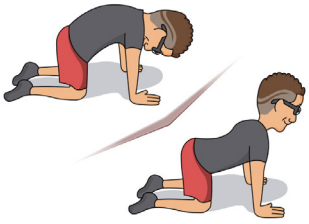
LOW BACK TAKE HOME TOOLKIT

Consistency is the greatest marker of success! Perform daily if possible (at least 3x/week!).
Stabilize the low back (or limit low back movement) when lifting objects or performing tasks.

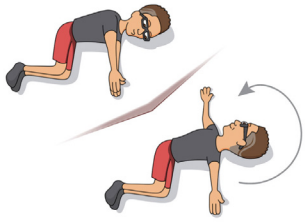
Unloaded? MOVE IT

Move through a comfortable range when unloaded to relax nerves/muscles. ***60-90 seconds each.***

Spine Prep



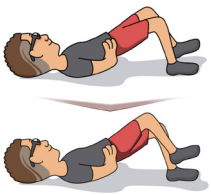
Side Lying Arm Circles



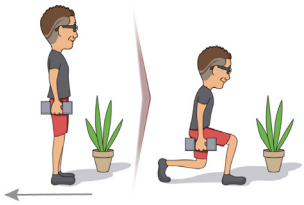
STRENGTHEN IT

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

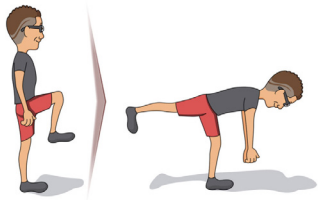
Glute Bridge March



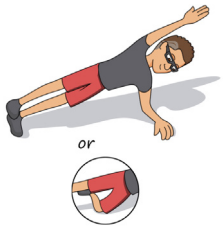
Reverse Lunge



Single Leg Hip Hinge



Side Plank



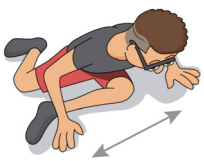
CALM IT

Massage therapy and stretching can be very effective at calming the nerves and relaxing tight / overactive muscles in the area. 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