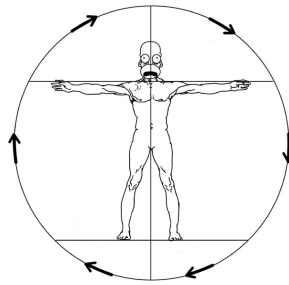


CAUSES OF MUSCULO-SKELETAL DYSFUNCTION

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John Miller



Causes of musculo-skeletal dysfunction is an introduction to the GLOBAL BACK CARE musculo-skeletal health management program designed to help you

- maintain good musculo-skeletal function, and/or
- restore poor function to good.

Do that and there's a good chance your back pain will go away.

The Global Back Care program comprises several ebooks

- Fix Back Pain
- Fix Neck Pain
- Fix Shoulder Pain
- Strength training diary

Fix Back Pain also contains

- an outline of the causes of musculo-skeletal dysfunction and some of the principles underpinning good function
- an assessment section where you can gauge your risk of musculo-skeletal dysfunction

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Hi, I'm John Miller. Thanks for downloading this booklet on the causes of musculo-skeletal dysfunction. Based on what's here you'll be able to get a good feel for the cause of your dysfunction and a glimpse of what the Overcome Back Pain book is all about.

What I'm about to give you is information about the likely cause of musculo-skeletal dysfunction and a few of the exercises that are in the book.

With over 40 years experience in the PhysEd and Fitness industries I firmly believe that for 80% of these people there's an 80% chance they can get their musculo-skeletal system back into 80% of good nick if they're diligent.

Imagine if you could reduce your back pain by 80%? Well, based on my experience you can, not in all cases, but in a significant proportion.

If you do the right strength and flexibility exercises there's a good chance your body will get back into better alignment. **That's the secret to fixing musculo-skeletal dysfunction.**

As I outline in **FIX BACK PAIN**, my back got better when I started to do 'the' exercises every night in front of TV, and at the gym during every fitness class I took.

Musculo-skeletal dysfunction is a symptom of a body that's out of alignment.

Why is it out of alignment? Because some muscles are weak and some muscles are tight. People don't have a systematic strength or flexibility training program.

Sitting down is a killer. Muscles become weaker and tighter by the day and the descent into dysfunction and pain is a slow, imperceptible, but persistent erosion.

In the workplace, a high proportion of the conditions labeled as work-related injuries are, in fact, personally generated dysfunctions.

For some people, starting a general strength and flexibility training program is sufficient to restore musculo-skeletal function to normal. If you're lucky the dysfunction can disappear almost overnight.

For others it may take a few short weeks or months.

Causes of Musculo-skeletal Dysfunction is published by **Global Back Care**, a division of Miller Health Pty Ltd, a corporate health management company located in Canberra, Australia.

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THE EPIDEMIC OF MUSCULO-SKELETAL DYSFUNCTION

Musculo-skeletal dysfunction has reached epidemic proportions in communities around the world.

The number of people with crook backs, stiff necks, frozen shoulders, bung hips, game legs, dicky knees and RSI is legion.

When looking for causes, bad luck is regularly tagged as the usual suspect. The real causes, poor posture, lack of strength and flexibility or poor diet often don't get much of a look in.

The diagnostic regimes (X-rays and MRIs) are expensive and often of doubtful value, rarely providing information about how the dysfunction happened or what to do about it. For the most part a look in the mirror, a photograph or video clip would provide more information about the cause of the dysfunction.

The most frequently prescribed treatment is an anti-inflammatory tablet, a hot wheat bag, a lie down, bringing your knees up to your chest, a rub down, a crunch or electric shock therapy under the influence of a physiotherapist.

As these treatment regimes wear on, often with little effect, they regularly lead to prolonged and expensive treatments and eventually mutilation when a piece of cartilage or disc is given a shave. Treatment no doubt, but not designed to restore the body to its designed state of function.

PRINCIPLES OF MUSCULO-SKELETAL DYSFUNCTION

A body in alignment stays in alignment unless acted upon by a force. That force is the action of tight and weak muscles.

When it comes to musculo-skeletal dysfunction, it's probably best to work on the following assumptions.

- Musculo-skeletal dysfunction is eminently fixable.
- Musculo-skeletal dysfunction goes with a body that is generally in poor condition. And as Newton may have said, 'A body in poor condition stays in poor condition unless acted upon by a force.'
- Every dysfunction has a **cause**. Find the cause and treat it and you're likely to fix the dysfunction. Musculo-skeletal dysfunction rarely comes 'out of the blue'. If you don't find the cause, your search for the cure is just than more difficult.
- If you can't work out the cause yourself, and it is often difficult to analyse your own posture, go to someone who can, someone who has a good eye for spotting misalignment, someone who can give you a thorough postural assessment.
- The most likely cause is **misuse** of one sort or another, usually over a long period of time. If you've spent 20 or more years sitting down at a desk all day and don't have a regular and systematic strength, flexibility and postural alignment program, there's an 80% chance that sooner or later you'll succumb to musculo-skeletal dysfunction.
- Getting someone to give you an anti-inflammatory tablet and a rub down might give you a warm feeling under your singlet for a couple of hours but it won't provide the long term fix which comes with strengthening and loosening the muscles which are designed to keep your body in correct alignment.

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- **BLAME TIGHT CALF, HAMSTRING AND BUTTOCK MUSCLES - absolutely**
Lower back and neck pain is a symptom of a pelvis that is out of alignment.
- **BLAME A WEAK MUSCULO-SKELETAL ECOSYSTEM - definitely**
A lot more people got better by attending a yoga or tai chi class, a Pontius Pilates or Body Balance class, or the CrookBack Clinic than going to a chemist's shop.
- **BLAME SITTING DOWN – unequivocally**
- **BLAME MOTION STARVATION? – you betcha**
- **BLAME POOR ALIGNMENT? – categorically**
- **BLAME WORK? - hardly**
- **BLAME OVERUSE? - on the contrary**
Occupational over-use is, in the main caused by under-use.
- **BLAME THE CHAIR? – doubtful**
It's the way you sit in it. I'll show you how to sit up straight.
- **BLAME THE EQUIPMENT? - unfairly**
- **BLAME YOUR FOOD? – maybe**
- **BLAME YOUR WEIGHT? – yessiree**
- **BLAME YOUR STRESS? - maybe**



The classic slouch, leading to the classic crook back, stiff neck, sore shoulders and 'limp' wrist.



Being over-weight comes at a huge cost to mobility. You have great difficulty getting onto the floor and standing up again. You have to lie on your bed to put your socks on.

THE ROLE OF THERAPY

Therapy will speed up the rehab process but it won't take the place of that which you need to do for yourself.

If you do the right strength and flexibility exercises for your dysfunction, therapy will count for 20% of your recovery, the strength and flexibility exercises you'll get from OVERCOME BACK PAIN will count for the other 80%

It's a big ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.

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DIAGNOSTIC INSTRUMENTS

If the cause of the pain is rarely at the site of the pain how do you find out where the cause is?

Here are two body positions which will provide you with a diagnosis of what's wrong. If you can't sit up straight there's a good chance you'll end up with lower back, neck and shoulder pain.

If you've got tight calf and hamstring muscles you won't be able to sit in close to a wall. There will be a gap between your bottom and the wall because your hamstring muscles are too tight. The tight muscles are dragging your pelvis backwards. The collateral damage is a 'C' shaped spine. You get a crook back, stiff neck and frozen shoulders



If you can't sit up straight in this position it's because your buttock muscles are too tight. Being over weight doesn't help. The tight muscles are dragging your pelvis backwards. The collateral damage is a 'C' shaped spine. You get a crook back, stiff neck and frozen shoulders.



If you're muscles are weak you're setting yourself up for dysfunction.

If you can't do a press up you're setting yourself up for shoulder and upper back dysfunction. If you can't do 40 pressups on the trot, men on the toes and women on the front of their thighs, you're setting yourself up for shoulder dysfunction.



If you're shoulder muscles are weak, how long do you think it will be before they become dysfunctional. The rub down doesn't improve strength!



If you purchase a copy of OVERCOME BACK PAIN I'll provide you with more diagnostic postures that will give you clues as to what's wrong. You'll get much greater insight into the cause of your dysfunction.

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KEY EXERCISES FOR OVERCOMING LOWER BACK PAIN.

Here are the three great exercises you need to do to overcome lower back pain.



In OVERCOME BACK PAIN I'll show you a dozen or more exercises you need to do you get yourself back in better shape. Do that and the pain goes away. (Stop doing the exercises and the pain comes back!)

**You've got a taste of what
OVERCOME BACK PAIN is all about.**

Click here to ORDER NOW!

Or go to

www.globalbackcare.com

Regards and best wishes

John Miller

If you want any further information complete the contact form at www.globalbackcare.com and I'll get back to you within a couple of days.