



SPARTHOS BACK BRACE USER GUIDE

Take back your back

Caution: The information contained in this guide is not intended as medical advice. Please contact a qualified physician for your specific needs and diagnosis.



Hi, It's Paul, Co-Founder of SPARTHOS.

We would like to thank you for giving us a wonderful opportunity to service you. It is our desire to keep you satisfied with our products and support. You are our inspiration in doing our very best. Thank you and remember - we value you!

We've left you a gift below... - Paul



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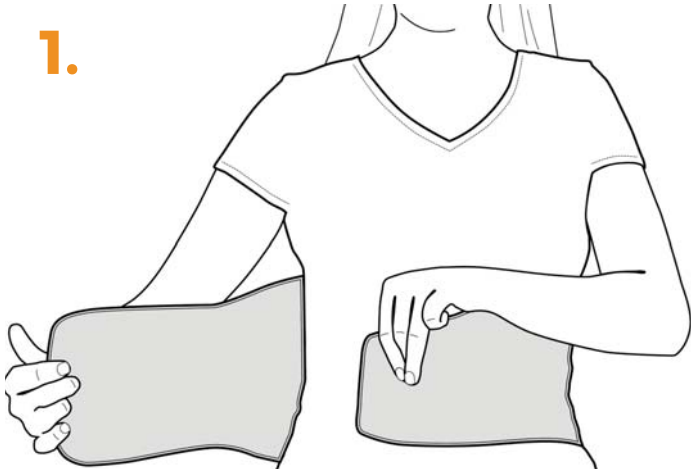
One redemption per person

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INSTRUCTIONS

1.



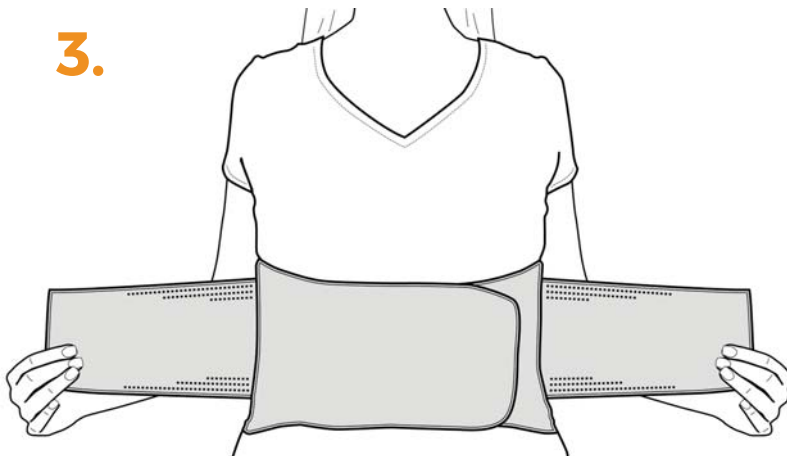
Position the bottom of the back brace just above the top of the buttocks.

2.



Fasten the main straps in front of you with the logo the correct the way up.

3.



Pull the second straps simultaneously to tighten for the perfect fit.

4.



Make sure that support causes no pain and blood flow is not restricted.

SUFFERING FROM BACK PAIN?

Anyone who has ever suffered the misery of back pain knows how urgent it is to get relief. Once you are free from the pain, most people will learn as much as they can about their sore back to try to prevent back problems from arising again.

Back pain can vary from person to person, type to type, and region to region, such as the upper, middle and lower back. It can be a dull, constant ache or sudden sharp pain like a dagger that makes it almost too painful to move. It can start quickly if you fall, get a sports injury, or lift something too heavy. Or it might worsen over time, getting progressively worse.



One thing is for sure, the pain is a memorable one, and the majority of people will experience it at some point in their lives. Let's get started with what back pain is and how common it can be.

WHAT IS BACK PAIN?

Back pain is a problem that not only causes pain but also brings inconvenience as most activities to a complete halt until the problem is properly treated.

Most people experience lower back pain. Up to 80% of the population will have it at least once in their lives.

It tends to occur in older people and can increase with age, but of course anyone can get back pain due to injury. The prevalence varies with gender. Women are more likely to have lower back pain, a prolapsed or slipped disc, and sciatica, that is, pain in the sciatic nerves that run from the back down to the lower leg.

However, there are simple steps that can be taken to prevent back pain and that is to keep muscles well conditioned by improving your sitting, standing, stretching postures.

If you are currently suffering from back pain, do not be disheartened as there are many treatments available which you can explore to alleviate your pain.





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BACK PAIN CLASSIFICATION

Doctors try to classify the pain in terms of type and location in order to try to track down the cause and give effective treatment.

Back pain will be classified as upper, middle and lower. They will also indicate whether or not the pain is on the left or the right. This can give a clue as to which of the many causes of back pain might be contributing to a patient's issue.

The causes of back pain can be broadly classified as relating to:

STRUCTURE
MUSCLE PAIN
NERVE PAIN
INFLAMMATION, SUCH AS IS
CAUSED BY ARTHRITIS

Three common classifications of back pain include:

AXIAL PAIN

This is also referred to as mechanical pain, and is usually the result of a muscle sprain or strain. It can be dull or sharp.

REFERRED PAIN

Referred pain moves around from location to location. It is associated with age-related changes to the spine and can be described as dull and achy.

RADICULAR PAIN

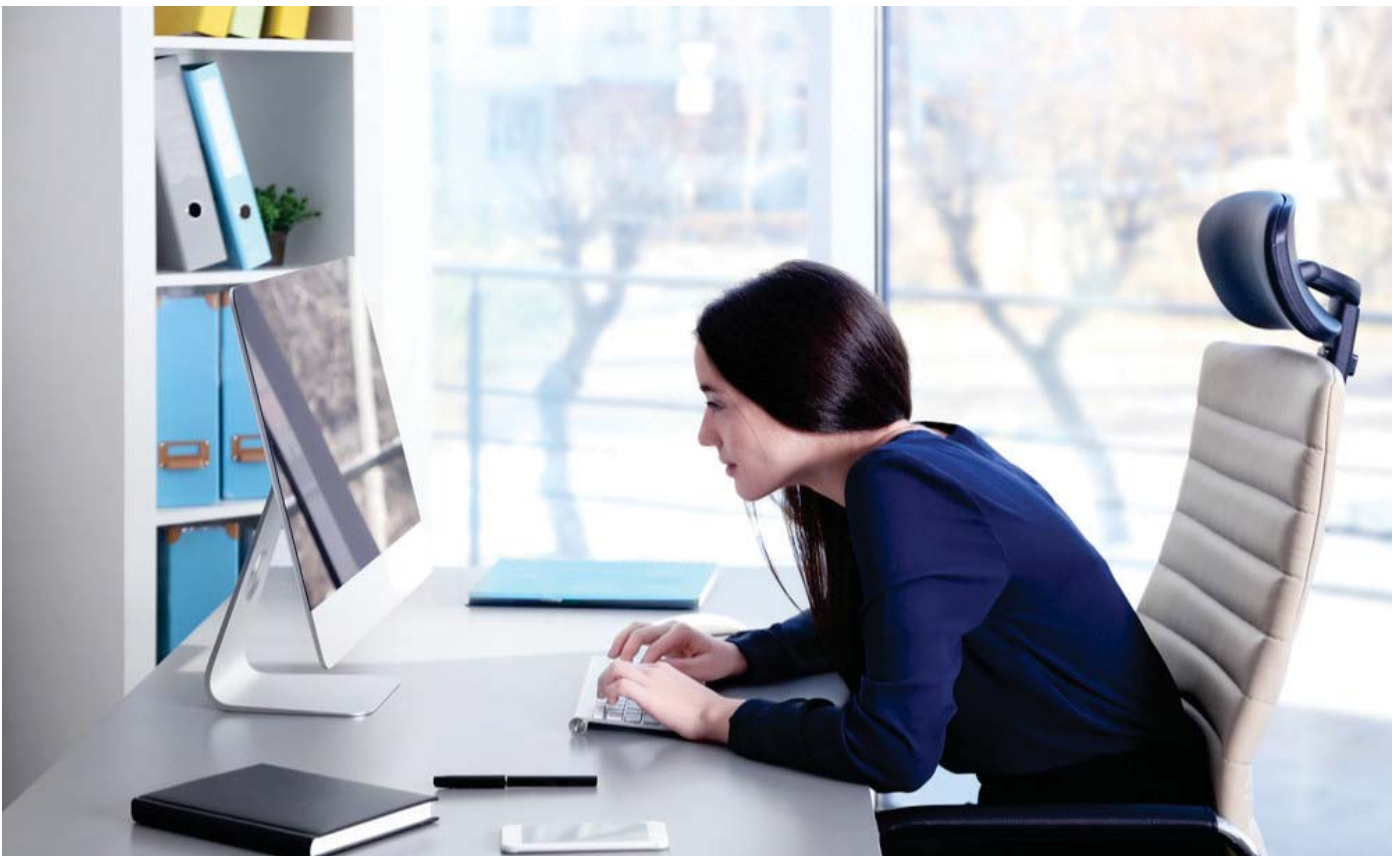
This is nerve pain that will often radiate outwards along the path of the affected nerve and can cause the arm or leg to become numb or weak. The pain is described as searing. This pain can result from a number of different causes.

MAIN CAUSES OF BACK PAIN

Sometimes the cause is very obvious, such as an injury. In other cases, the pain is real, but might require a process of elimination to determine where it is coming from and why.

POOR POSTURE

This is one of the most common causes of back pain for young people. Poor back posture over a lengthy period of time can result to undue stress on your back. It puts strain on the areas of your back that are not built to take it. Over time, this strain will take its toll and result to painful areas all over your back. To avoid this, you must always assume the correct posture while sitting, standing or walking.



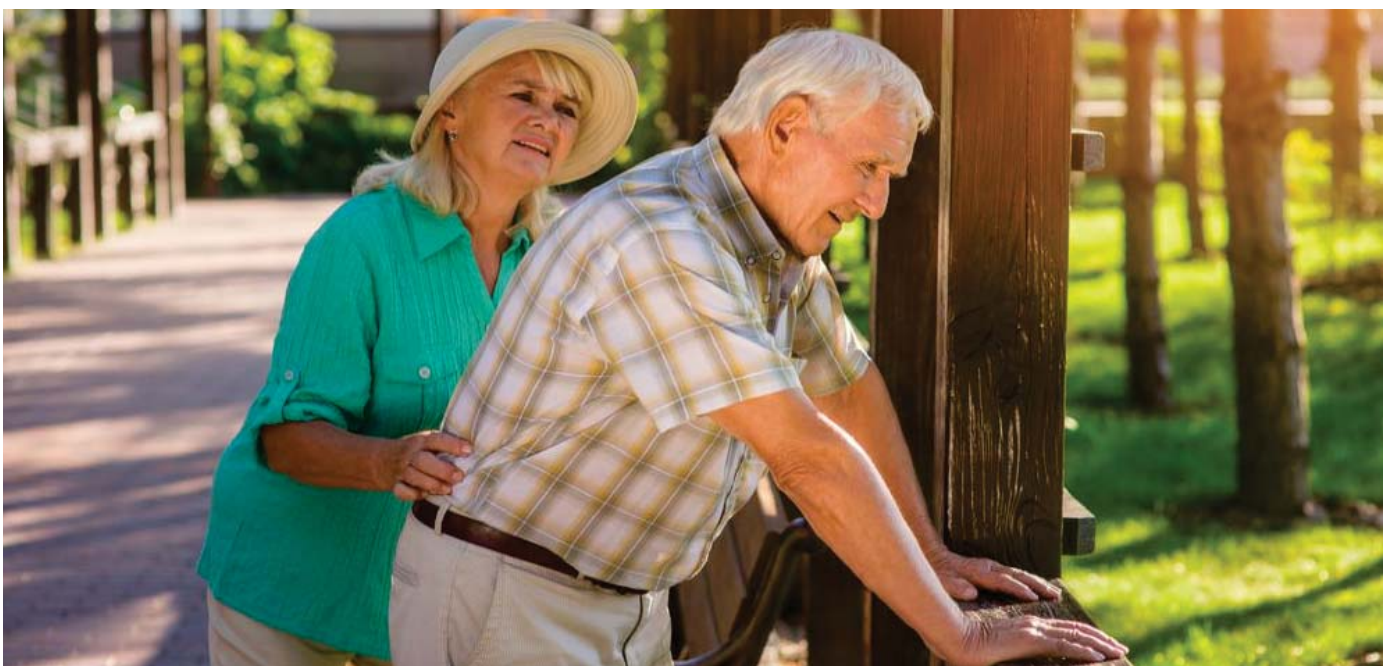
Regardless of what you are doing, you should always endeavour to keep your back straight. Avoid slouching, crouching or leaning back too far. A straight back is a healthy back that is free of pain. So you should always keep it that way.

AGE

As people grow older our muscles and bones grow weaker. One of the major parts of our bodies that noticeably deteriorate with age are our backs. Over time, it can be more and more difficult for us to keep our backs straight. This means that we tend to take up bad posture as we grow older. If you couple bad posture with weaker bones and muscles, this can lead to severe back pain that occurs on a regular basis. As you grow older, it is very important that you find ways to strengthen your bones and muscles. This can be done through exercise and taking supplements.

MEDICAL CONDITIONS

Sometimes, back pain does not stem from the muscles and bones of your back. There are also instances that some other medical issue is causing the back pain. Bladder problems and liver problems are known to cause discomfort and pain in the back. Certain viral infections, obesity and excessive smoking can also cause back pain. Pregnancy also includes back pain as one of the causes. Some types of arthritis and can cause back pain. Osteoporosis, a thinning of the bones, can also result in hairline fractures, bone spurs and other structural changes that can cause back pain. Back pain can also be caused by scoliosis, which is a condition that is characterized by the improper development of the bones.



INJURY

Is the most common cause of back pain. It is often related to picking up things in such a way as to harm the spine, its nerves, or the muscles around it. For example, many people trying to lift a heavy object with bend over it with their arms straight and try to pull it towards their chest. This strains the muscles, especially in the lower back. Learning how to lift a heavy object properly, as we will discuss later in this guide, can help prevent back injury and a sore back.



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YOUR JOB

If you have to lift, push, or pull often in your job, you are more at risk for injury. Many companies offer their workers braces to support the spine, but they need to be worn correctly in order to do any good.

If you sit at a desk all day and do not sit up straight, you may also get back pain. This will most commonly be in the lower part of the back, since this takes so much pressure and weight when you are sitting, but it can also occur in the neck, shoulders and middle of the back as well.



POOR PHYSICAL FITNESS

Back pain is more common in people who are not fit. A solid core will strengthen the back as well.

BEING OVERWEIGHT

Carrying extra pounds, especially around the middle, can stress the back and cause pain. It is also usually a sign of a flabby core, and flabby muscles are weak and more prone to injury.

HEREDITY

Some causes of back pain can have a genetic component and run in families.

SMOKING

Smokers with bone injuries heal around twice as slowly as non-smokers. One of the reasons may be that they do not circulate enough nutrients in the body to be able to heal bones and support good back health. As they age, their bones can become so brittle that smoker's cough can trigger back pain and even injury.



CONSULTING YOUR DOCTOR

If you experience:

- Shooting or stabbing pains in your back
- Muscle spasms in your back
- Pain that radiates down one or both of your legs
- Limited flexibility or range of motion of the back
- Loss of control of your bladder and bodily functions

It's time to see a doctor.



If the pain lasts more than 2 weeks, also seek medical attention.

If it is caused by a fall or injury, head to the emergency room for a full check-up.

The best outcomes for any medical condition will be when they are caught early.

DOCTORS WHO DEAL WITH BACK PAIN

There are many types of health practitioners that care for patients with spinal conditions. Each has a slightly different focus or specialization. The doctor/s you see will depend on the symptoms and causes of the pain. Once they have assessed your condition, they will make recommendations about treatment and might also refer you to one or more other back doctors.



These might include:

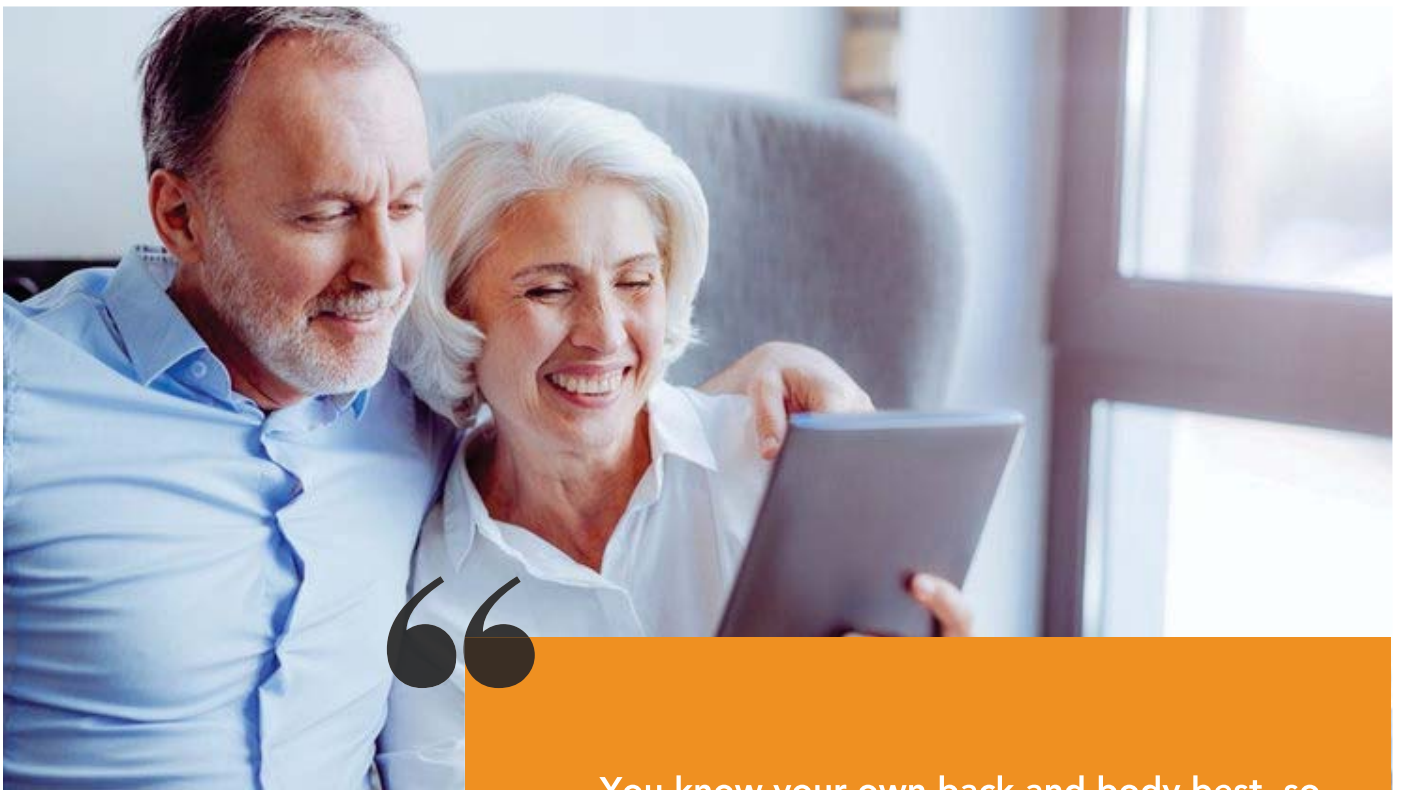
- Chiropractor-they manipulate the spine and soft tissue
- Doctor of Osteopathic Medicine (DO)-they focus on the health of the body through the musculoskeletal system
- A spinal specialist, including a surgeon
- A physical or occupational therapist to help recovery after an injury
- A pain management specialist

Other professionals who can help with back pain relief include:

- Neurologists-deal with nerve issues
- Rheumatologists-deal with arthritis and other arthritic conditions
- Clinical psychologists
- CAM practitioners, or Complementary and Alternative Medicine

The goal will be to help you become as pain-free as possible. This might mean medication or surgery in extreme cases, but it might often mean lifestyle changes and education about how to care for your spine better, commonly referred to as spine school. It might also include mind-body medicine, in particular for the perception of and natural relief for pain.

Then of course, there is you. You know your own back and body best, so you are in the best position to do what needs to be done to maintain a healthy back and prevent injuries from happening in the first place if at all possible. So, make it a point to consult your physician as well as do some of your own research on the causes of lower back pain so you can have a better perspective on things, therefore preventing any recurring pain from ever making its way back to your body.



You know your own back and body best, so you are in the best position to do what needs to be done to maintain a healthy back and prevent injuries from happening in the first place if at all possible.

BACK PAIN TREATMENTS

These are the back pain treatment options that are available today. Keep in mind that some of the best ways to prevent it is to maintain proper posture at all times, getting enough exercise, as well as giving yourself enough rest. Furthermore, a healthy diet with good calcium and other essential minerals would also ensure healthy bone formation, which will help prevent the occurrence of problems that can cause back pain.

The best way to start with any kind of back pain treatment is to identify its caused first. Back pain can vary from mild to severe; however, if proper treatment is not applied on the milder cases, it can further develop into something more serious. Fortunately, there are a range of ways to prevent back issues, and to treat them if they do arise. These include natural remedies, medications, and in extreme cases, surgery. The treatments will depend on the cause of the pain.

There are 3 categories for back pain treatments:

1. Natural Treatment
2. Medications
3. Surgery

1. NATURAL TREATMENT

Natural remedies for back pain are free or inexpensive. Their effectiveness will depend on the location and cause of the pain, but these should in general work for the upper, middle and lower back.



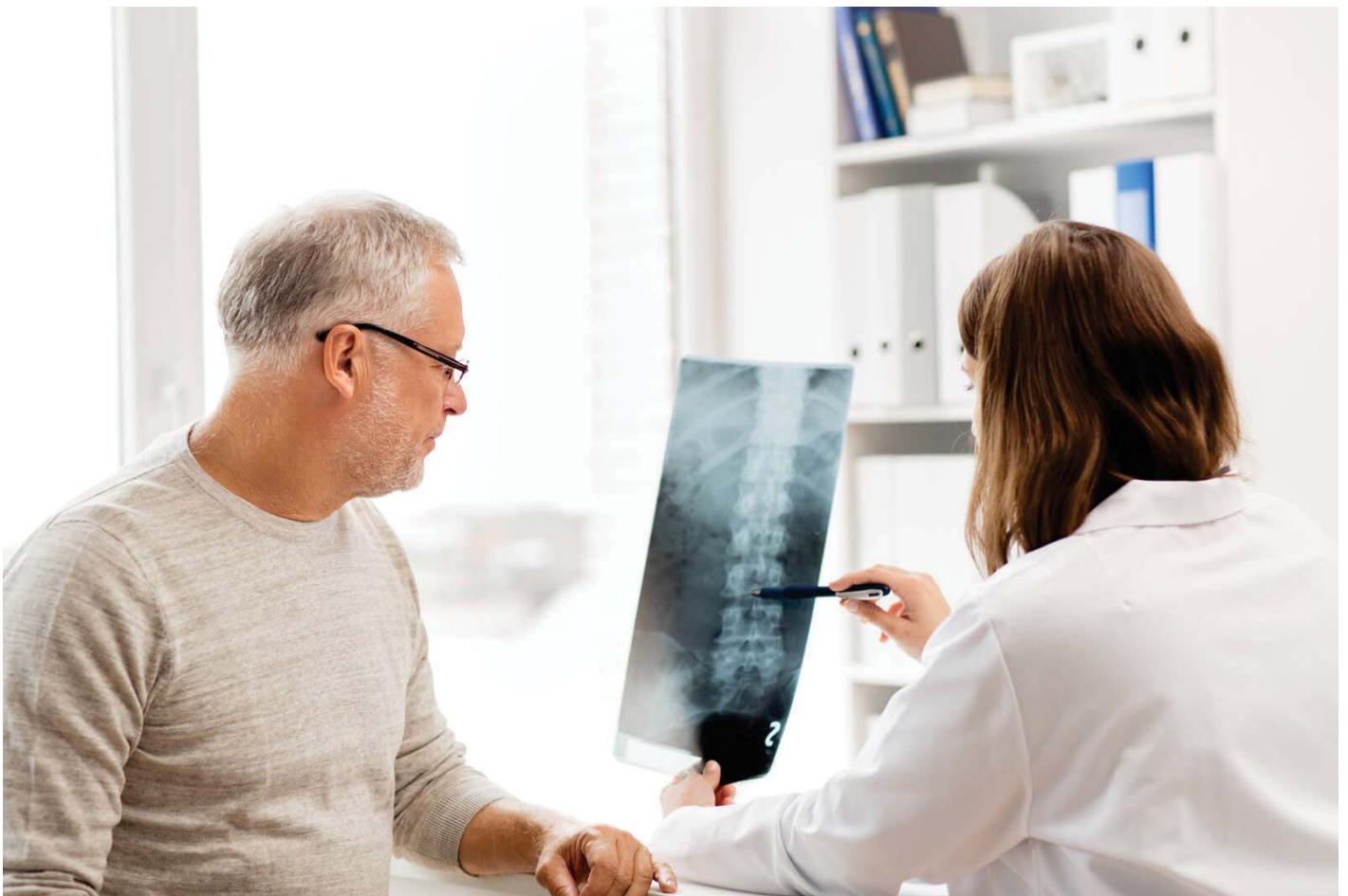
2. MEDICATIONS

There are a number of effective pain relieving medications, from over the counter to prescription. They vary in strength, results and potential side effects. Your choice will depend in part on how painful your back is. Most doctors will ask you to rate your pain on a scale from 0 to 10, with 0 being no pain and 10 being extreme pain. Depending on your pain rating and the suspected causes of your back pain, s/he will make a range of suggestions as to which treatment/s will be most effective.



3. SURGERY

When a back pain develops into something that cannot be addressed by the simple methods mentioned on top, even with the use of drugs for pain relief, then surgery may be recommended by a doctor. This however, becomes the solution when the back pain is being caused by a certain disorder in the spine.



NATURAL TREATMENTS

PHYSIOTHERAPY

A physiotherapy back pain treatment is often recommended. The earlier you get professional advice, the sooner you will be pain free. The goals of physical therapy are to decrease back pain, increase function, and provide education on a maintenance program to prevent further recurrences.

Patients suffering from most types of low back pain are often referred for physical therapy for few weeks as an initial nonsurgical treatment option before considering other treatments. Physical therapy helps to prevent future episodes of back pain by helping to maintain flexibility, teaching core strength exercises, and demonstrating proper body mechanics.



COLD PACK & HOT PACK

One of the best ways to treat back pain can be done with the use of ice. You can utilize a bag of ice or a cold pack for it, and apply it on your back for about 5 to 10 minutes. Most doctors would actually recommend this, especially for the first 48 hours, after you start feeling the pain. This treatment option is best for muscle strain or injury, since it will help in reducing the inflammation and swelling. Aside from that, it would also numb tissues, which will help in reducing the pain. Those with an injury or regular pain can also apply heat via a hot water bottle or heating pads. Heat has calming effect for your nervous system, also will help become calmer overall, as stress can do a lot to add to the pain being experienced.



BACK BRACES

If you are diagnosed with a spinal disorder, deformity, or potential problem that can be helped through the use of external structural support. Braces can be an essential component to the successful treatment of your spinal disorder. They are effective tools in the treatment of spine disorders. The use of braces is widely accepted. In fact, more than 99% of orthopedic physicians advocate using them.

Spinal braces are used for a variety of reasons — allow healing to take place, prevent or correct a deformity, to control pain, lessen the chance of further injury, compensate for muscle weakness. Depending on the model, they can put the spine in a neutral, upright, hyper-extended, flexed, or lateral-flexed position.



The main goals of a spinal brace are to correct or prevent deformity, stabilize weak parts of the spine and control pain.

Back braces offer a safe, non-invasive way to prevent future problems or to help you heal from a current condition. They immobilize and support the spine when there is a condition that needs to be treated.

MASSAGE THERAPY

Massage therapy can also be done in conjunction with electrotherapy with the help of osteopaths and chiropractors. Such a treatment option would require you to visit the clinic where it would be applied. Although this option comes with a price, many people still choose to go with it, since they offer lots of benefits aside from that fact that the doctors can also give you advice in preventing the back pain to recur.



HOT BATHS

Heat and cold are among the best mediums to treat back pain. A hot bath is sure to give soothing relief to aching back and inflamed muscles. Most people prefer to use a cold treatment first to calm the spasms in the back muscles. When the spasms subside, a heated pad is applied on the aching back to loosen the tighten muscles.



OTHER SELF-CARE TREATMENTS

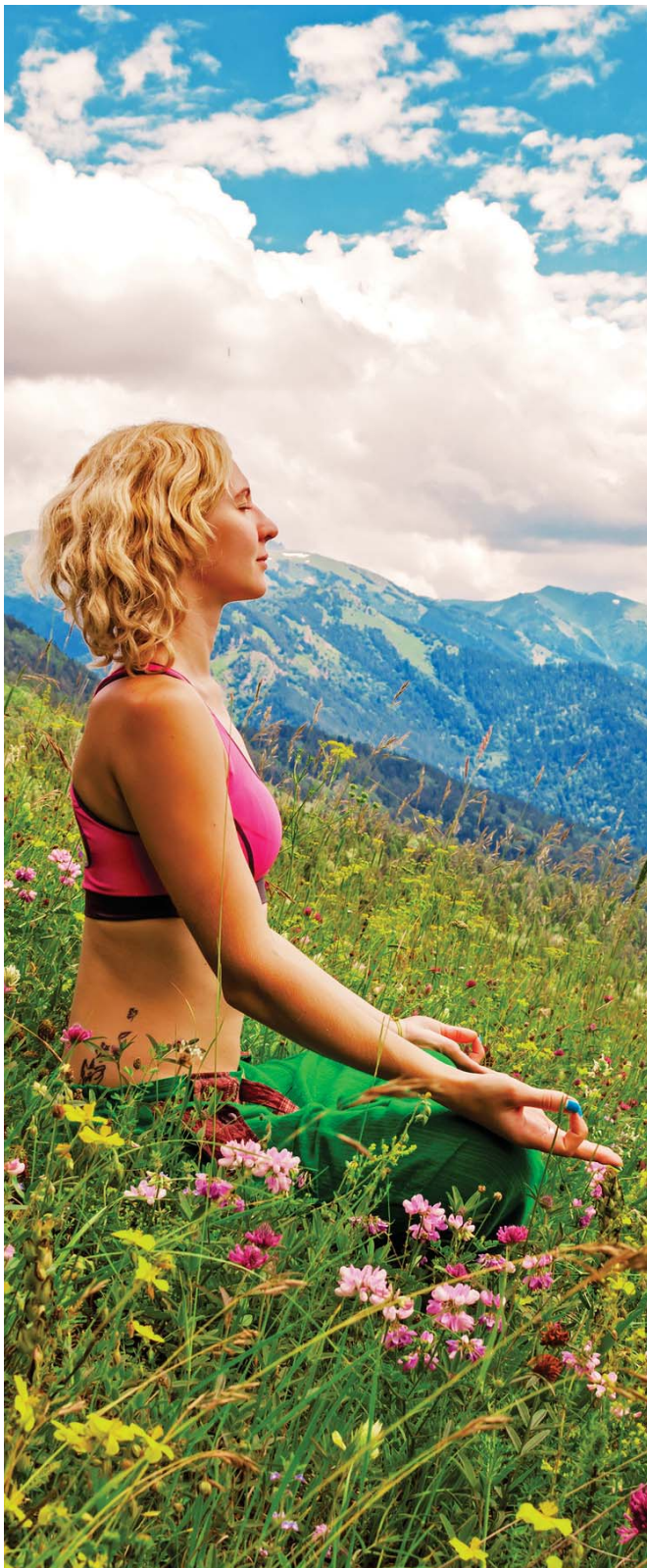
- resting when your back is sore (but do not rest all the time or you will get stiff and could do more damage)
- not sitting for too many hours, which puts a lot of pressure on the spine
- gentle, easy stretching
- gently exercising your core muscles- work out your abs
- yoga for stretching, increasing flexibility, and improving core strength- try plank pose
- cold therapy - ice packs or an Icy-hot patch can help
- heat therapy - a warm bath or shower, heating pad or hot water bottle
- hydrotherapy- a warm bath, shower, hot tub or swim in a warm pool
- getting enough sleep- aim for 8 hours each night of high-quality sleep
- sleeping on a bed that gives your back enough support- the mattress should not be too soft. Look for orthopedic mattresses
- using the right pillows- this will help avoid neck pain



- Medical pillows-some will support the neck. A wedge pillow under your backside when you are sitting will support the spine and hips. You can also get a specially-shaped wedge pillow to put between your thighs to help with sciatic pain when you sleep at night
- Making sure you are walking properly in good shoes, avoiding high heels, and taking care of your feet. Corns, calluses and so on can all lead to sore feet and strange walking habits
- Having a supportive desk chair-if you're like most people, spending hours at a desk every day can take its toll on your back if you are not careful
- Exercising regularly, choosing low impact work outs such as walking, swimming, cycling, yoga, tai chi, light weights and resistance bands
- Lifting heavy objects, including children and pets, the correct way. (More about this shortly)



COMPLEMENTARY & ALTERNATIVE MEDICINE



There are many CAM that have been proven effective for pain relief. Here are a few suggestions:

Meditation

Meditation allows you to focus your mind, for pain relief and stress relief

Cognitive behavioral therapy (CBT), or 'talk therapy'

CBT can help with stress and pain relief. It can ease muscle tension as well.

Guided relaxation

You will learn to tense and then relax your muscles, for less tension. Tension and stiffness are major contributors to back pain.

Traditional Chinese Medicine (TCM)

TCM for back pain includes acupuncture and acupressure. Both stimulate 'meridians,' or energy centers in the body, to promote health and healing. Acupuncture uses small thin needles. Acupressure uses fingers.

Pain management specialist

A pain management specialist can offer a range of solutions, from natural remedies to medications, to help your back feel better.

Aromatherapy

Aromatherapy uses plant extracts known as essential oils for health and healing. Essential oils can be inhaled, added to bath water, or used as part of a therapeutic massage. Choosing oils that promote calm and relaxation, such as lavender, rose and pine, can relieve back pain.

Acupuncture and other alternative medicine

As acupuncture becomes a popular alternative cure for a number of health conditions today, it is also a perfect complementary remedy to simple back pain conditions. This type of back pain relief treatment can stimulate the body's central nervous system to discharge natural pain-relieving endorphins.

Traction/decompression of the spine

There are a number of ways to stretch the spine to take the pressure off compressed discs and nerves.

Spine school

Learn more about your posture and body dynamics.



SURGICAL TREATMENTS

If self-care, natural treatments, over the counter and prescription medications are still not enough to offer you pain relief, or your back pain has persisted for more than three months, or has a clear structural reason, it might be time to consider your surgical options.

Each type of surgery offers a number of benefits, but also poses certain risks in addition to the usual ones of surgical site infection and complications from anesthesia. Learn as much as you can about the surgery, reasons for it, alternatives, and expected outcomes so you will be fully informed before agreeing to the surgery.



RISKS OF BACK SURGERY

In addition to the risk of not getting the pain relief hoped for, there are several risks related back surgery. They include:

- **REACTION TO ANESTHESIA OR OTHER DRUGS**
- **BLEEDING**
- **INFECTION**
- **BLOOD CLOTS**
- **(for instance in the legs or lungs, especially if you are bed-ridden for a long time)**
- **HEART ATTACK**
- **STROKE**
- **DISC RUPTURE DESPITE THE SURGERY**

Another risk is nerve damage to the spine, which can result in a range of symptoms, including:

- **WEAKNESS**
- **PARALYSIS**
- **CHRONIC PAIN**
- **SEXUAL DYSFUNCTION**
- **LOSS OF BOWEL OR BLADDER CONTROL (incontinence)**

Stay in close contact with your doctor in order to achieve the best outcome possible. Use Complementary & Alternative Medicine and medications as needed to gain and maintain a healthy back.



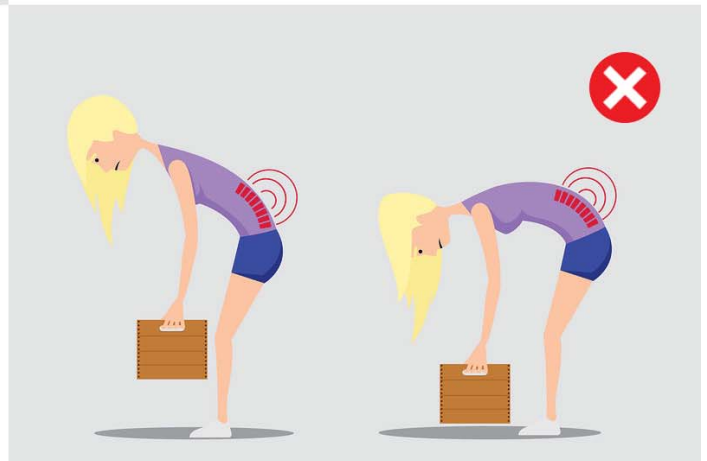
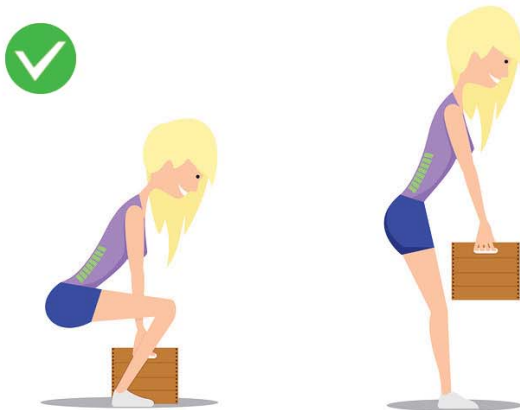
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HOW TO LIFT HEAVY OBJECTS?

Lifting heavy objects correctly is the best way to avoid injuring the muscles in your back and/or doing any structural damage.



1. STAND

Stand near the object with your feet shoulder width apart, your dominant foot (such as your right) slightly ahead of the other.

2. SQUAT

Squat down next to the object, bending at the hips and knees only, keeping the spine straight. One knee can touch the floor and the other should remain at a ninety-degree angle.

3. STAY STRAIGHT

The back should be straight, chest out, shoulders back, not hunched. The head should be up, looking straight ahead.

4. STRAIGHTEN YOUR LEGS

Straighten your hips and knees so you are propelling the weight off the floor via their muscles and movement, not the muscles of your back.

5. NO SIDE TO SIDE

As you raise up off the ground using your legs, keep your back straight. Don't twist from side to side, as this can injure the muscles in your lower back or compress a nerve.

6. KEEP IT SNUG AND SECURE

Hold the load as close to your body as possible. Don't hunch over it. Lift it up until it is about the level of your waist and hips. NEVER try to lift it higher than the shoulders.

7. TAKE SMALL STEPS

Take small steps forward with your load. Don't try to walk normally, as it can jostle the hips and back and perhaps even make you lose your grip and drop the item.

8-SWITCH DIRECTIONS CAREFULLY

Lead with your hips as you change direction when you are walking with a heavy load, not the feet or the knees.

9-STAY ALIGNED

Keep your shoulders in line with your hips as you move

10-SET DOWN SMOOTHLY

If you have to set down your load on a table or shelf, don't stretch out your arms. Walk as closely as possible to the resting place and slide the load on top of it. If you are going to set it down on the floor once more, reverse the lifting process. Squatting with the knees and hips only, keeping the back straight and not twisted, until the item is safely on the ground once more.



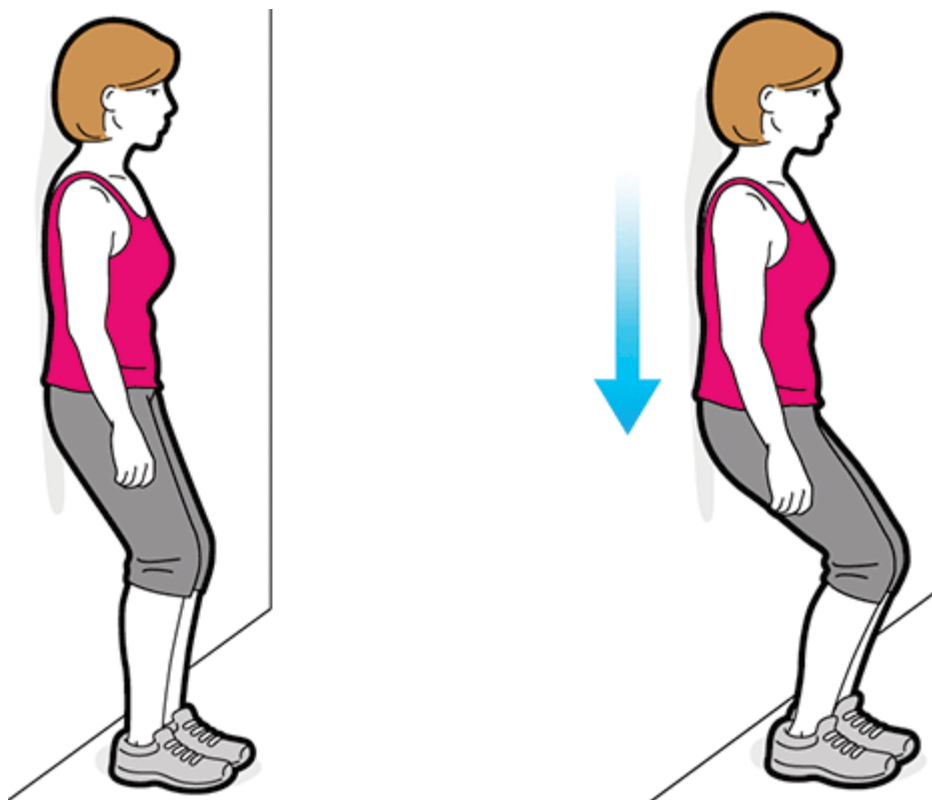
Practice this sequence of moves with a small, light-weight box until it feels comfortable and natural, so you will be much less likely to pick up heavy boxes the wrong way because you are not thinking when the time comes.

EXERCISES TO PREVENT BACK PAIN

These exercises will enhance the muscles in your thighs, back, as well as your stomach. The reason for that is these muscle groups are the ones that help in stabilizing the core of your body. In other words, if these muscles are weak, you will eventually feel back pain especially if you gain weight.

WALL SLIDE ROUTINE

This type of exercise will enhance your back, leg, and thigh muscles, in order to better support your body. This is actually very simple to do, all you got to do is to start by positioning yourself in a way that your back would be leaning against a wall. When you do this, make sure that your feet would be apart and they are parallel from each other. After making sure that you are positioned well, slowly slide down your back until your knees would reach a 45 degree angle. Hold your position at this point for a few seconds then slide back up. You should repeat this for about 10 to 16 times to develop your muscles well



LEG RAISE

The leg raise exercise routine will help in enhancing your leg and abdominal muscles. To do it, you need to be lying down on your back. While your legs are extended, you need to lift one leg off the ground to a certain degree. Raise it as high as you can, and once you attain the maximum height hold it on that position for about 10 to 12 seconds, before bringing it back down and lifting the other leg. Repetition for this routine should be similar to the wall slide.



SWIMMING

Swimming is considered a beneficial activity in alleviating pain. It is also great in developing most of your body's muscles. It is great for your back, thighs, as well as your shoulders. By doing it a number of times per week, you will attain a more balanced body figure, which will contribute in being free from back pains.



These are some of the exercises that you can do to prevent back pain. Include them on your daily schedule, so that you no longer have to deal with the excruciating pain in your back, and attain better health.

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Practice good self-care, use natural remedies over time, and work with your doctor to find a range of effective solutions to help heal your back, and strengthen it for better back health.

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Acute and chronic back pain can impact all aspects of your life negatively, from your relationships with your children, and your partner, to personal finances, to your job and career prospects. Back pain can affect your sleep patterns, mood and enjoyment of life. Fortunately, a good deal of this can be prevented if you take care of your back so it takes care of you.

Back pain is a fact of life for many, but it doesn't have to ruin your life. Practice good self-care, use natural remedies over time, and work with your doctor to find a range of effective solutions to help heal your back, and strengthen it for better back health. To your best back!

This E-Guide complements:
SPARTHOS Lumbar Back Brace.

Exclusively available on [Amazon.com](https://www.amazon.com).

Model :SSBBR02
Composition : 90% Polyester, 10% Nylon.

For more information visit :
www.sparthos.com
or contact us at:
info@sparthos.com