
Brushing Away the Decay: A Guide to Movement and Working Pain Free

— Dr. Andrew Schneider DC, ATC —

Little Bit About Me

- Kuhn Sport and Spine - Cornelius, NC
- North Carolina native
- UNC Charlotte - Athletic Training
- Parker University - Chiropractic
- UNCC Football team and the New Orleans Saints



Myth Busting Posture

- “Sitting with bad posture will cause back and neck pain”
- “Sit up straight! Don’t slouch, it’s bad for you!”
- “Bad posture will cause a hunchback”
- “Sitting is bad for you”
- “You need to lift with perfect posture or else you’ll hurt you back”

Myth Busting Posture

- Damasceno GM, Ferreira AS, Nogueira LAC, Reis FJJ, Andrade ICS, Meziat-Filho N. Text neck and neck pain in 18-21-year-old young adults. *Eur Spine J.* 2018 Jun;27(6):1249-1254. doi: 10.1007/s00586-017-5444-5. Epub 2018 Jan 6. PMID: 29306972.
 - “This study did not show an association between text neck and neck pain in 18-21-year-old young adults.”
- Slater D, Korakakis V, O'Sullivan P, Nolan D, O'Sullivan K. "Sit Up Straight": Time to Re-evaluate. *J Orthop Sports Phys Ther.* 2019 Aug;49(8):562-564. doi: 10.2519/jospt.2019.0610. PMID: 31366294.
 - “There is no strong evidence that avoiding incorrect posture prevents low back pain”

Myth Busting Posture

- There is no one “correct” or “perfect” posture
- Sitting is not “bad” for you
- You and your spine are not fragile!
- It’s okay to get in to a “bad posture”
- Posture reflects emotion

“The best posture is the next posture”

“The Best Posture is the Next Posture”

- Don't stress about posture and focus more on movement
- Explore different postures and keep changing postures
- Don't be afraid of certain postures if they are comfortable to you
- Take breaks
- Life takes place in different postures

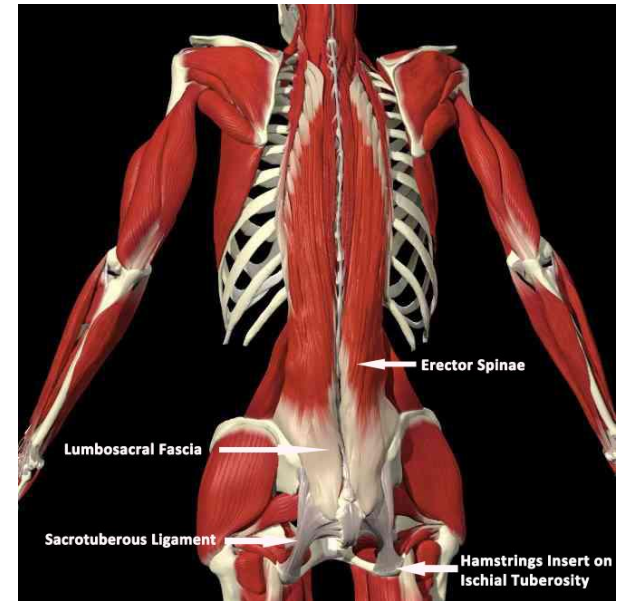
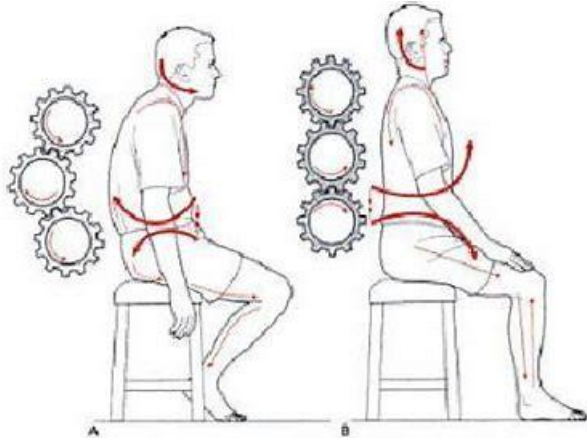
Posture in Acute Pain

- Modify to avoid painful triggers
- Continue to change postures/positions
- Use spine sparing techniques
- 1-2 weeks



Sitting Posture in Acute Pain

- Cogwheel Method
- Knees below hips - relaxes hip flexors
- Closer to the edge of your chair
- Pelvic tilt till lumbar erectors relax
- Shoulders down and back

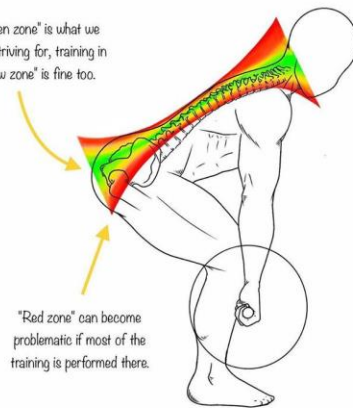


Lifting/Picking Things Up in Acute Pain

- 2 ways
 - Hinge/RDL
 - Split squat
- Staying in a more neutral, spine sparing position
- This is for acute pain only

"NEUTRAL" IS A RANGE AND NOT A FIXED POSITION

While "green zone" is what we should be striving for, training in the "yellow zone" is fine too.



"Red zone" can become problematic if most of the training is performed there.

The Hinge

- “Back pockets to the back wall”
- Lifting like a powerlifter
- Spares the low back and loads the hips more
- Object close to you
- Neutral lumbar spine
- Head neutral
- Shins perpendicular to floor
- Drills: Broomstick, Kettlebell, Couch



Kettlebell Hinge Drill

- “Push the kettlebell away from you with your butt”



Broomstick Drill

- Contact with head, mid back, and sacrum
- Push pockets to the wall behind you
- “Close the car door”



Couch/Chair Drill

- Knees up against couch/chair
- Feet underneath
- Don't let your knees touch the couch during the movement!



Split Squat

- Split squat/lunge position
- Object directly underneath you
- Hinge away from down knee
- Keep neutral spine



Split Squat Continued



Other Factors Affecting Pain

- SNAPS
- Smoking
- Nutrition
- Alcohol
- Physical Activity
- Stress, Sleep, and Social Participation

Setting Yourself Up For Success

- “ Failure to plan is planning to fail”
 - Louis Simmons
- Prepare for the game!
 - We are all athletes
 - The game = work/life
- Life is chaotic, we need to be prepared

Basic Neck Resilience Program

- Cervical CAR's
- Chin retractions/tucks
- Thoracic Mobility - extensions and rotation
- Wall Slides
- Torsional Buttress/Shoulder Taps



Cervical CAR's

- Controlled Articular Rotations
- Go slow!



Chin Retractions/Tucks

- Seated, supine, and supine with lateral flexion
- “Separate the dots”
- “Push the button”
- “Smelly socks”
- Strengthen the deep neck flexors



Chin Tucks Continued

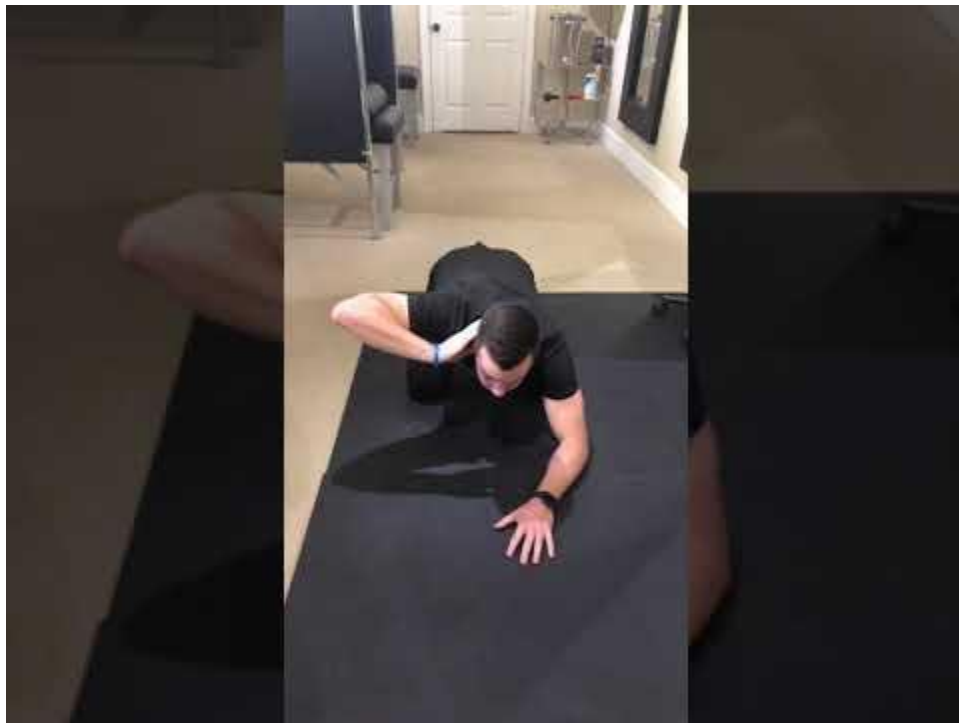


Thoracic Mobility

- Sphinx (happy cat/angry cat)
- Kneeling rotations



Thoracic Mobility Continued

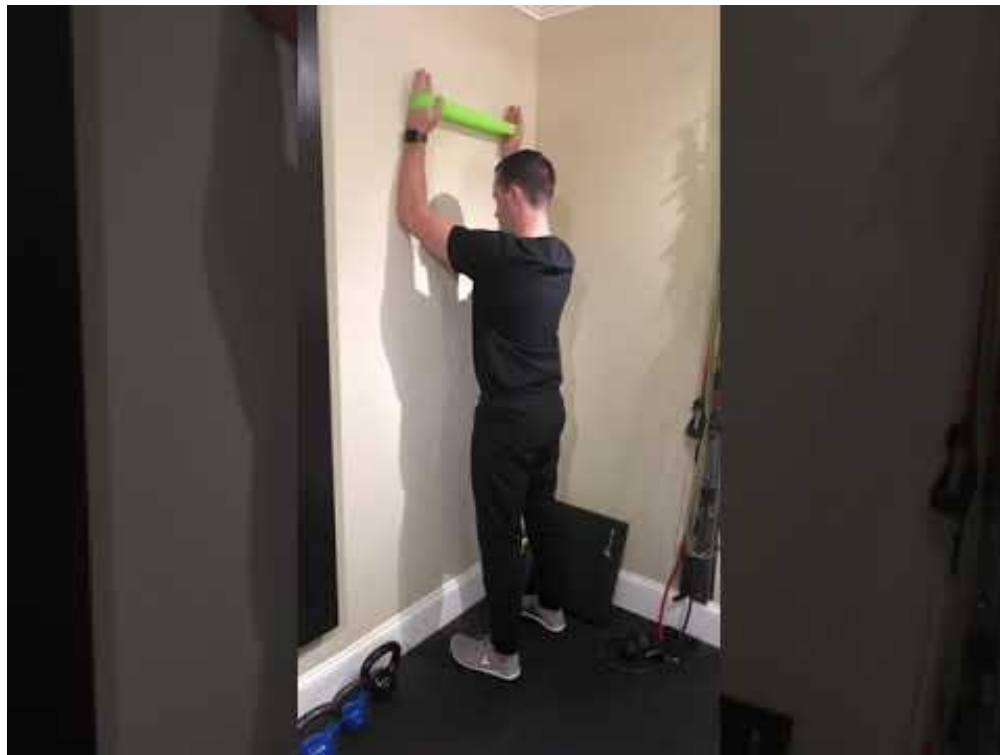


Forearm Wall Slides

- Facing wall
- Back to wall
- Keep the “smelly socks”



Forearm Wall Slides Continued



Torsional Buttress

- Incline, all fours, or high plank/push-up position
- Keep the “smelly socks”
- Go slow!



Basic Shoulder Resilience Program

- Thoracic Mobility
- Rows
- Overhead Press
- Torsional Buttress



Rows

- “Row to your pocket”
- “Squeeze the grape”



Overhead Press

- “Pressing in a phone booth”



Basic Low Back Resilience Program

- Bird Dogs
- Beast Crawls
- Romanian Deadlifts
- Partner/Door handle squats
- Planks

Bird Dogs

- Put something on your back to keep yourself honest
- Squeeze fist
- Reach heel to the wall



Beast Crawls

- Place something on your back
- Go slow!
- Side to side
- Forward and back



Romanian Deadlifts

- “Back pockets to the wall”
- Barbell, kettlebell, or dumbbells



Partner/Door Handle Squats

- Give resistance/tension
- Partner - 1 or 2 hands
- Sit back
- Progress to weighted squats

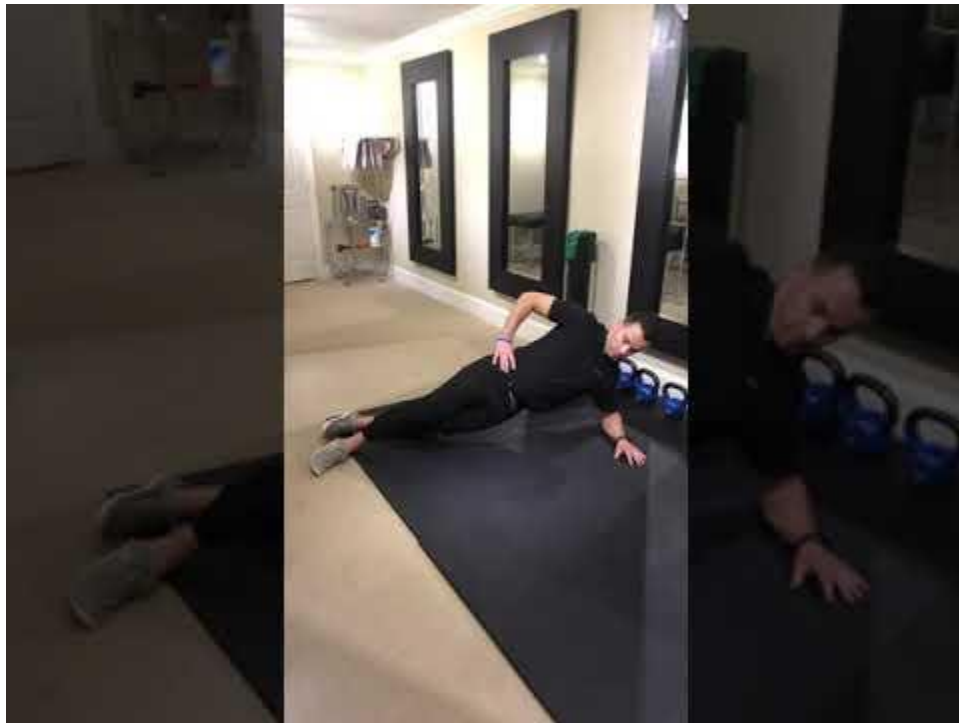


Planks

- Front or side planks
- Push hands into ground



Planks Continued



What Chiropractic Can Do For You?

- Detailed evaluation and movement screen
- Adjustments to improve mobility and pain relief
- Specific and tailored rehab program

How to Reach Me

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Questions?