

Welcome to *The Back Saver System*.

You have chosen to attend the single most effective back injury prevention program in the nation. This program will produce real, measurable results! The techniques presented in *The Back Saver System* can dramatically reduce or eliminate your back pain and can prevent the majority of all back injuries. Additionally, *The Back Saver System* can show you how *you yourself* can learn to put your back “into position” if you have been unfortunate enough to have your back “go out” of position. Best of all, *The Back Saver System* will accomplish all of this with no-cost and easy-to-implement techniques. You really can prevent your own back pain.

***The Back Saver System* is different!**

We have developed a unique method of combining proven techniques with a presentation that has been shown to be effective. *The Back Saver System* is not “an exercise program” in the traditional sense. *The Back Saver System* is different from the usual exercises which tend to focus on strengthening. Although strengthening is important in the lower back, it is even more important to first concentrate on actually improving the structure and metabolism of the soft tissues of the spine including the intervertebral discs. *The Back Saver System* focuses on exactly this priority. The program is based on the latest advances in scientific research concerning the causes of most back pain and injuries. The program is continually updated. You will be taught how to perform only a few simple, but very powerfully effective exercises. The latest and most advanced preventative techniques as well as avoidance of improper and dangerous body mechanics are also emphasized.

The class will be taught by a licensed physical therapist with extensive clinical experience. Additionally, our licensed physical therapist instructors are experienced presenters. They have the ability to deliver the message in an interesting and engaging manner. This is essential if true learning is to occur! *The Back Saver System* is also intended to be enjoyable. Get ready! You are about to receive the most important information of your life concerning the health of your back.

Knees to Chest

This exercise should not be performed if you have recently hurt your back. This exercise is for the treatment of stiffness in the lower back. This stiffness often develops weeks after an injury or after a period of pain. Be cautious with this exercise. Start with only 5 repetitions per set and gradually work up to 10 repetitions. Perform 3 sets per day.

Gradually try to pull your knees to your chest. Do not lift your head up and do not straighten the legs while performing this exercise. Always perform a set of exercise #1 after you perform this exercise. Always perform this exercise for at least one week before advancing to exercise #5.

When you can pull your knees to your chest easily and without any stretch or pain, you can then discontinue this exercise and advance to exercise #5.

Bending Forward in Sitting

Like the previous exercise, this exercise should not be performed if you have recently hurt your back. This exercise is also for the treatment of stiffness in the lower back. Do not perform this exercise unless you have performed exercise #4 for at least one week. Start with only 5 repetitions per set and gradually work up to 10 repetitions. Perform 3 sets per day. Sit with your knees wide apart. Bend forward and gradually try to pull your upper body further down. Always

perform a set of exercise #1 after you perform this exercise. Do not perform this exercise in the first three hours of the morning.