

## Total Fitness' 12-Step Back & Neck Pain Recovery Checklist

Check ✓	Action Step To Check	Why You Need To Do It
1.	Are you drinking half of your body weight (in pounds) in ounces of spring or mineral water?	To properly hydrate the spine and muscles.
2.	Are you adding a pinch of unprocessed sea salt to each bottle of your water? Are you getting your water from glass bottles and not plastic?	To increase absorption of the water and avoid consumption of xenoestrogens.
3.	Have you stopped eating hydrogenated fats, margarine and fried foods?	To reduce inflammation inside the body and reduce free-radical production.
4.	Are you eating a mixture of fresh organic raw and cooked vegetables daily? Are you eating fruit daily?	To introduce vitamins, minerals and antioxidants into the body to encourage healing. Fiber supports bowel regularity.
5.	Are you eating balanced meals of real organic food with healthy fat, protein and carbohydrates? Are you eating regularly, every 3 hours?	Provides cellular energy to heal inflammation and grow new tissues.
6.	Are you taking supplements such as 1] Joint regeneration supplements? 2] <a href="#">Omega 3 fish oils such as Omega Plus?</a> 3] <a href="#">Natural anti-inflammatories such as Bio Detox</a> , and proteolytic enzymes? 4] Natural anti-inflammatories?	These are the building blocks for new joint tissue and help to reduce inflammation and clean up the site of inflammation for new tissue generation. Natural anti-inflammatories can help to reduce feelings of pain
7.	Do you sleep at least 8 hours, and switch the lights out at 10PM. Do you get up no earlier than 6AM?	Physical repair to your body happens between 10PM-2AM when you are asleep.
8.	Have you had your posture assessed and do you do an individually-designed corrective stretching and strengthening program to correct your specific posture? This is an important part of what we do here at Total Fitness.	Most exercise programs do not address individual postural imbalances. An individualized program stabilizes the spine + prevents future recurrences.

9.	If you are in constant pain, or if your walking or movement patterns have changed after experiencing back pain or neck, are you visiting a movement reeducation therapist? This is part of what we do at Total Fitness.	The body moves away from pain. This creates muscle imbalances that reprogram the way you walk, stand and/or move. Movement reeducation will help you to move efficiently again without tension or pain.
10.	Do you visit a non-force chiropractor or osteopath to get your spine adjusted? We at Total Fitness only refer to non-force practitioners who do not crack the back or spine, which may cause serious damage.	While your postural exercise program takes effect, your joints may continue to move out of alignment. A chiropractor / osteopath may help.
11.	Do you notice that your muscles hurt when you feel stressed? Are you able to tune into and sense the pent up emotions that are stored in your muscles? Do you have a well-trained kinesiologist who can determine whether your back pain is physical, energetic, emotional, mental or spiritual in origin and help you release the blocks to healing? This is part of what we do at Total Fitness.	The cause of back pain may be physical, energetic, emotional, intellectual or spiritual. A good kinesiologist will help to track down subconscious patterns that need to be released. This will help to alleviate pain and prevent its recurrence.
12.	Do you have adhesions, trigger points or tender muscles? Are you visiting a NeuroMuscular Therapist (not gentle) or Craniosacral Therapist (gentle) or Myofascial Release practitioner to work on the tension in your fascia and muscles?	Releases the stored energy from your muscles and fascia to enable them to be flexible and hold joints in good, pain free alignment.