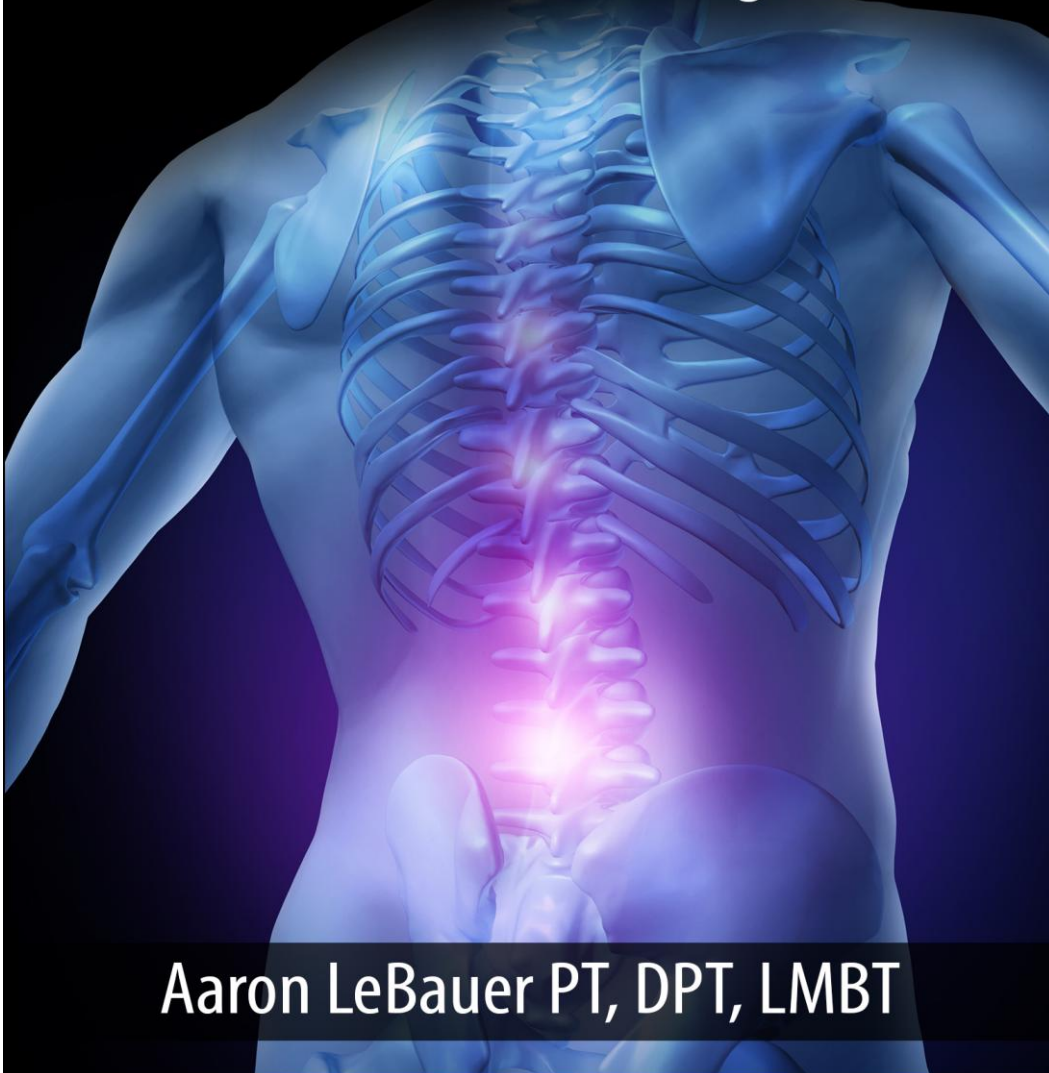


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# The Hidden Cause of Back Pain

and The Secret To Lasting Relief



Aaron LeBauer PT, DPT, LMBT

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## About The Author



Aaron LeBauer PT, DPT, LMBT is a Doctor of Physical Therapy & Licensed Massage and Bodywork Therapist. He owns LeBauer Physical Therapy, which is a 100% Cash Based Physical Therapy Practice in Greensboro, NC.

While a student at Elon University, he was an invited co-presenter at the 2007 APTA PPS annual meeting in San Diego on the topic of “Alternative Niche Markets: Future Practice Opportunities For PTs.” He has most recently been a featured speaker at the 2013 Florida Physical Therapists in Private Practice Annual Conference where he presented his practice model, marketing strategies and cash based practice opportunities.

Dr. LeBauer enjoys sharing his experiences in private practice and helping other physical therapists, occupational therapists, massage therapists and speech-language pathologists start, grow and market successful cash based therapy practices.

Follow him on Twitter @LeBauerPT

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## Introduction

Dear Back Pain Sufferer,

Here at LeBauer Physical Therapy we have spent the last 15 years researching and treating pain, including back pain and sciatica and have personally helped hundreds of back pain sufferers...

We've tested nearly every treatment, technique and product available and what we've found is most treatments provide only temporary relief, if at all. Except for Myofascial Release!

And the reason is, the other treatments only address the symptom, which is the pain and they don't address the actual cause of the pain (fascial restrictions) or condition that is causing the pain.

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## Chapter 1: The “Hidden Cause” of Back Pain...

There's a hidden cause of back pain... it's something very few medical or healthcare professionals are even aware of... If they were, they wouldn't be treating conditions.

Instead, they'd be identifying and addressing what brought about the condition in the first place.

For example, if you were diagnosed with a herniated disc, instead of just treating the symptoms, they should be finding out what caused the disc to herniate to begin with.

Back pain does not happen overnight...

While the pain may appear suddenly, the fact is the problem has been developing for months or more likely, years.

The reason you have back pain is because your body and spine have been pulled out of their normal position and into what we call dysfunctions, by the “straitjacket” like effect of myofascial restrictions, distorting the internal tension dynamics within the body.

If you are like most people, you move around and live your life without ever being aware that you are forcing your body to work against these restrictions, and sooner or later your body breaks down.

An example of a dysfunction can be seen in the illustration below and as you can see, there is an excessive curve in the lower spine.

Notes and questions:

please call us at 336 271-6677 or

email: [info@LeBauerPT.com](mailto:info@LeBauerPT.com)

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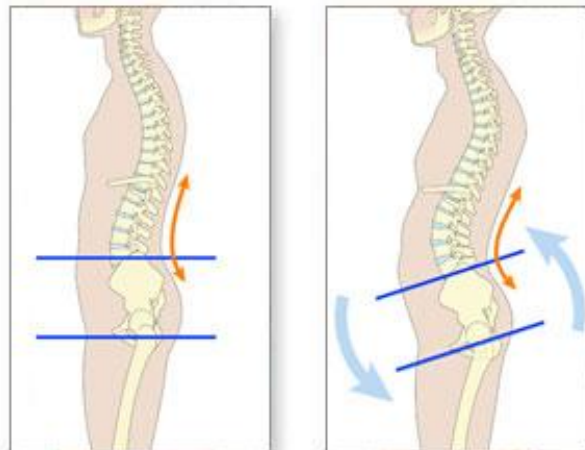
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As you can imagine, it doesn't take long before this results in pain. It's very important to understand though, that these dysfunctions don't just appear out of nowhere - we create them!

Physical dysfunctions develop over time and are the direct result of imbalances between various muscle groups, what we call "*muscle imbalances*".



Normal

Dysfunctional

Did you know that while you may feel pain in your back, the actual cause of the pain could be the front of your spine (iliopsoas) or front of your thighs (rectus femoris / quads)?

For example, an imbalance between the muscles of the thighs can pull your pelvis and spine out of position and this dysfunction can quickly cause all sorts of problems

As you can see in the illustration below, back pain begins with muscle imbalances that over time create a dysfunction. Your body is then forced to work each day with this dysfunction and eventually this creates a condition, like a herniated disc for example.

The pelvis is the foundation of the body, and if it is not level, there is strain in the body; much like there would be if the foundation of a building is imbalanced. It is fascial restrictions that pull the pelvis out of balance.

Then the condition causes pain and as you know, pain is your body's way of alerting you to a problem that needs to be fixed... just as a light on the dashboard of a car alerts the driver to a problem.

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## Chapter 2: What Are MusculoFascial Imbalances

### MusculoFascial Imbalances Are The “Hidden Cause” of Nearly Every Case of Back Pain and Sciatica....

What the heck is a MusculoFascial imbalance you ask? When fascial tissue or a muscle or group of muscles overpowers the opposing muscle(s), you have a muscle imbalance.

Think of it as a Tug-of-War.

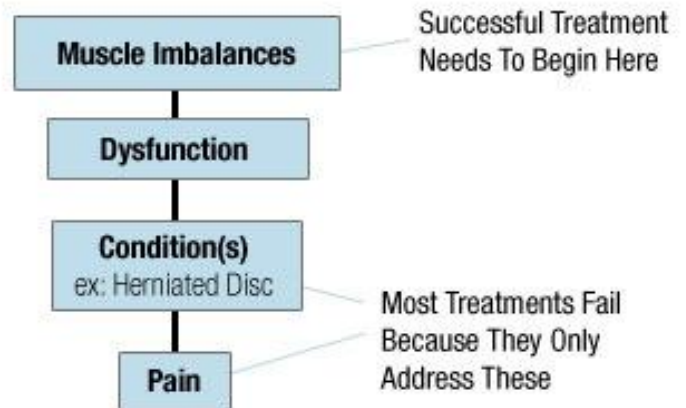
When your fascia and muscles are out of balance they pull your bones and joints out of their normal position and this places them under constant and uneven stress.

For example, the position and curvature of your spine is determined by the amount of balance in numerous muscle groups like the thighs, hips and torso.

When muscle imbalances pull your spine and body out of alignment, the level of stress on certain muscles, bones and joints increases.

And even the smallest muscle imbalance can over time pull you out of balance and place tremendous amounts of uneven pressure and wear and tear on your body...especially the vertebrae, discs, spine and its supporting muscles.

#### How Back Pain Develops





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## Chapter 3: Why Do I Have MusculoFascial Imbalances?

There are several things that contribute to and create musculofascial imbalances such as:

1. Inflammation
2. Poor postures over time
3. Surgery and scar tissue
4. Repetitive strain, stress or injury

The full extent of the restriction depends how active you are, what activities you do frequently, if you exercise, the exercises you perform, how you sit, stand and walk, if you work, what you do for work, etc.

Also, it's very important to note that everyone has musculofascial imbalances and as you may have already realized, musculofascial imbalances are responsible for more than just back pain and sciatica. But just to make sure you understand and grasp this concept, here's a quick analogy to help drive home the point.

What happens when you drive your car with unbalanced tires or with your steering out of alignment? Your tires will wear down unevenly and quicker than normal and eventually you'll have a blowout... the same is true for your body!

Think about this for a minute...

Even if you injured your back while lifting something or gardening, we are certain that it isn't the underlying cause. What caused it was the months and years of uneven pressure and wear and tear on your body caused by muscle imbalances.

The event simply was your body finally breaking down.

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## Chapter 4: The Secret to Getting Lasting Relief Is...

In order to get long-term relief from pain and back pain, you have to start at the beginning. This means you have to identify what you have and then work towards correcting and improving your balance.

While this may sound complicated, the good news is it isn't! Just by reading this advisory you should now have an understanding of how back pain develops and because of this your recovery will be much easier and faster than most other back pain sufferers.

So how do you find out which musculofascial imbalances you have?

### Use This Simple 3 Step Formula To Eliminate Your Back Pain...

#### **1** Identify the Cause

The first thing you need to do is identify the restrictions and dysfunctions you have and the musculofascial imbalances that have created it. Assessing whether your pelvis is level, or not, is KEY. We show you how to do this yourself for self-treatment, so that eventually you can do this yourself by performing a series of what we call "self assessments".

We have found that there are four primary dysfunctions that are either directly responsible for, or contribute to, nearly every single case of back pain or sciatica. And you will be able to easily identify them using the simple tests we teach you in this system.

Once you've identified your dysfunctions and imbalances, then it's time for step two.

#### **2** Treat and reduce the Symptoms

You can't correct the problem if your pain is so severe you can't move. So in this phase, we will help you implement various strategies to reduce and manage your pain so you can focus on correcting the dysfunction(s) that are responsible for your pain.

Then you're on to step three, which is...

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### **3** Treat the Cause and Condition

Remember, pain is just a warning signal from your body telling you that you need to fix a problem. So in this step you work on treating the cause, which is the dysfunctions and the musculofascial imbalances that created it and also implementing additional treatments and strategies that are specific to the condition you may have been diagnosed with.

Hopefully at this point you are saying to yourself, this makes so much sense...

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## Chapter 5: Why Didn't My Physician Teach Me About Any of This?



Did Your Physician Ever Talk To You About MusculoFascial Imbalances?

There are several reasons why you likely haven't heard of or been taught about this approach and these concepts before...

The first reason is, unfortunately, most healthcare professionals just aren't aware of Myofascial Release or how musculofascial imbalances affect the body. While this approach is based on an understanding of basic human anatomy and biomechanics, it just isn't taught in the various medical schools. This is because of its energetic healing aspects.

It's so unknown to most healthcare professionals that if you asked them about musculofascial imbalances they may not have a clue about what you are saying and even look at you as if you're crazy!

And while you may have had an evaluation or assessment performed by your physician, it's highly unlikely that they looked for muscle imbalances or fascial restrictions.

Another likely reason is the poor set up and design of the medical systems in most countries. For example, in the United States most patients are rushed through their appointments as the physicians have to and want to see as many patients as they can in a given day.

In Canada, many people are forced to wait months or even years just to get an appointment to be seen!

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## Chapter 6: “Failed” Treatments & Generic Exercises?

### Which Of These Traditional Back Pain Treatments Have Failed To Give You Lasting Relief?

- Physical Therapy
  - Chiropractic Care
  - Orthopedic Therapy
  - Massage Therapy
  - Surgery
- Physical Therapy
  - Chiropractic Care
  - Orthopedic Therapy
  - Massage Therapy
  - Surgery

While some of these treatments may offer some benefit, they almost always fail to deliver lasting relief because they don't address the underlying cause of the problem. If these options really worked so well, you wouldn't be reading this AND your back would be feeling great, right?

### What About Those Generic Back Pain Exercises They Gave You?

You know the stretches I'm talking about, they look something like this...

They are on that sheet of paper you get when you go see a physician, chiropractor or physical therapist.

It's the same sheet they give every single patient who comes into their office with back pain or sciatic pain...

### It's NO Surprise These Exercises Don't Work...

Let me ask you this, how can those generic exercise and stretches be right for everyone? More importantly, how can they be right for you and your specific situation?

While the solution to back pain does involve exercise, the generic back pain exercises and stretches that nearly every healthcare professional gives out, won't work most of the time because the exercises and stretches may or may not be the ones that YOU need to be doing!

In order for exercises and stretches to be effective, and deliver long-term pain relief, they must be targeted and specific to your imbalances, dysfunction and condition...

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Also, you have to understand and acknowledge that money is a factor and both surgery and prescription medications are very big business. For example, how does an orthopedic specialist make money? Surgery. So don't be surprised if surgery is on their list of treatment options for you.

Now, we are not saying that all physicians are bad and out to take advantage of you... not at all... in fact, we think most are genuine, caring and honest people...

But the fact is, most just aren't using this approach so it's up to you to ensure you take the information you've learned here and put it to work for you so you can benefit.

No one cares about your back and health as much as you do and therefore, you need to take charge.

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## Chapter 7: The Secret To Lasting Relief?

### Are You Fed Up With Temporary, Quick Fixes? Are You Ready To Get Long-Term, Lasting Pain Relief?

Well, you can and we are going to help you make it happen...

Tens of thousands of people from all over the world have now been treated by Myofascial Release (MFR), safely, effectively and with excellent results. Many of these people had suffered for years and had tried every possible treatment available before finally using this system.

Maybe your situation has been similar... if so, you need to take control of your health and get started using this system right away... Here's a brief description of what the system is and how you will use it to get rid of your pain...

This full body system of evaluation and treatment was developed by John Barnes, PT and his nationwide team of leading health, fitness and medical professionals, including Dr. Aaron LeBauer, owner of LeBauer Physical Therapy. Myofascial Release has proven to be far more effective than any other treatment approach being used today, manual therapy or otherwise.

Don't just take it from me, see for yourself how others have benefited from Myofascial Release and our 1-on-1 approach to patient care by reading some of our [testimonials](#) and [reviews](#).

If you are ready to take control of your pain, your personal health and return to the activities you love call our office today at 336-271-6677 to schedule your evaluation and 1<sup>st</sup> treatment session with Dr. Aaron LeBauer.

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Personal Message from: Dr. Aaron LeBauer

Thank you for visiting my website, signing up to follow my blog and for downloading your free eBook. I hope you find this eBook useful and that it helps you learn more about the cause of back pain and any other pain or movement problem.

Feel free to tell anyone who might be interested about my blog and that they can sign up on my website to receive their Free eBook.

For more information and to learn how we can help you become pain free and return to the activities you love, please contact me at 336-271-6677 or [info@LeBauerPT.com](mailto:info@LeBauerPT.com)

Sincerely,

Aaron LeBauer PT, DPT, LMBT

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