

LEARN TO TREAT YOUR OWN BACK!



Dr. Ben Jelinek, DC
Strength and Conditioning
Specialist

If you are a human, chances are you have had back pain. It is our weak point, especially in today's world. It can take away from enjoying the great things in life, achieving your goals, and getting a good night's sleep.

Many medical providers offer passive therapies for pain relief, like electronic muscle stimulation, ultrasound, vibration therapy, or laser therapy. These can feel great, and are useful when you are in pain, but they do nothing to make you stronger and more resilient. Hooking you up to a machine is not True Healthcare. True Healthcare is teaching you to solve your pain concerns yourself.

I am an active care provider. There will be homework consisting of daily exercises and short articles to read. We will be active at the appointments. No matter how much pain you are in, we will find a way to move around that does not make the pain worse. This is easier than it may seem, and you will be taught along the way how to apply the principles for the next time you get a flare up.

Of course, I will be here for care during flare-ups, injuries, or if you have a vacation coming up and would like to feel your best before you leave!



Schedule online at
COSMovement.com
4224 N Nevada Ave STE 200
drben@cosmovement.com
719-359-9169

1 INITIAL EXAM AND TREATMENT

A comprehensive neurological and physical examination including a movement screen to identify ways that you can improve your movement to help take stress off your back. In addition to treatment, main focus is on relieving exercises you can do to keep you moving when you are in pain.

2 RANGE OF MOTION DEVELOPMENT

Specific exercises and stretches to help you appreciate how much your body can move. Identify ranges that your body is not comfortable with and show you how to become strong in those positions

3 CORE TRAINING PRINCIPLES

Many of the exercises that you are doing in the gym may be aggravating your back pain. We will show you the best way to reduce aggravation while building strength and resiliency with specific exercises to get you started, and principles you can apply to any exercise.

4 BASIC STRENGTH TRAINING

Most people go into the gym to feel a burn, or to feel really sore the next day. Strength Training is not measured by how bad your limp is after your set of squats. Using basic principles of mobility and stability, you will be taught which exercises are more beneficial, and which are mainly detrimental. You are already busy! Stop wasting your time in the gym and start using it wisely.

5 PAIN EDUCATION

Pain can be scary, but learning more about it can make it easier to understand, and studies have shown that this can literally lower pain levels. For example, being diagnosed with "degenerative disc disease" can feel like you need to order a wheel chair. Would you believe that most people with this do not feel pain? We will stop the fear-mongering and give you the facts.