SPECIAL REPORT FOR BACK PAIN AND SCIATICA SUFFERERS. . .

Exposed: The 5 Secretes To Avoid Back Surgery

- The "Gateway drug" that leads to surgery
- The mistake most back pain and sciatica sufferers make with xrays and MRI's
- How one man with 25 years of back pain completely avoided surgery after 2 surgeons told him he needed it…
- What the heathiest people do when the surgeons say. "If you don't get surgery…you might not be able to wait in a year…"

Did you have x-rays or MRI's that showed a herniated disc, stenosis or arthritis?

Have you had back pain or sciatica in the last 30 days?

Were you told by a surgeon, "You might not be able to walk in a year if you don't have surgery?"

If this sounds like you, then I'm sharing with you the 5 Secrets that we have found in our research of back pain and sciatica sufferers who heal naturally and avoid surgery…

1 They Don't Like Taking Medications

Medications alter the body.
In the end, medications don't correct the problem. They simply change how we sense it.
For example, if you have a stone in your shoe which can cause pain, inflammation or even an infection, you could take advice, aleve or an antibiotic…which, in turn could cause other problems which you might end up taking medications for as well.
In the end, you still have a stone in your shoe and the cause of pain and inflammation .
The general story of back pain and sciatica sufferers who resort to surgery is this: Number 1, medication. Number 2, Injections. Number 3, Surgery.

Medications are the gateway to surgery.
People who avoid surgery first realize this and then aim to get off medications ASAP.

SPECIAL REPORT FOR BACK PAIN AND SCIATICA SUFFERERS. . .

2 THEY REALIZE THE SHORTFALLS OF X-RAYS AND MRI'S

X-rays and MRI's are used to help see what is causing pain, numbness or tingling.
They are limited though.
If you are 50 years of age or older and America, what is the likelihood of stenosis, arthritis, or degenerative disc disease showing up on your x-ray or MRI? It Is 95%.
Now 95% of Americans over the age of 50 do not have back pain or sciatica.
So what's the Story?
Well, xrays and MRI's are a picture of what is going on in the back…usually taken while we are lying down on our back.
When does your back pain or sciatica bother you the most?
When you are standing, walking, sitting, driving- not lying on your back like the MRI or x-ray, right?
It would be great if we could do MRI's and x-rays in the position people are in when they have pain. But we can't.
Most people have a problem on an MRI or x-ray even if they don't have pain.
People who avoid surgery and heal naturally realize the limitations of x-rays and MRI's and they don't rush into surgery based on what their x-ray or MRI shows.

3 THEY FIND THE BEST SPECIALIST FOR HEALING WITHOUT MEDICATIONS, INJECTIONS OR SURGERY.

Quick confession, I'm a physical therapist.
Second part of confession, having worked for local surgeons in the past, I have seen how the system works.
Third I have gone through the system as a back pain patient getting every treatment you can possibly imagine with no permanent solution.
I want to give you a glimpse here.
A good friend and surgeon and I were talking about physical therapy and surgery. I was stressing the importance of physical therapy after surgery to help people recover best and showing new research how people were actually getting better without surgery.
His response was "Look I'm a surgeon and surgeons think like this: If I have a hammer, then everything is a nail."
Surgeons know surgery (it is highly specialized.)
That Knowledge does NOT include the best ways to treatments to avoid surgery.

Certainly some people need surgery. But people who avoid surgery recognize this. There are
Physical therapists Chiropractors Massage Therapists Nature-pathic
Who have more knowledge and better knowledge on how to avoid surgery.

Here at Superior Physical Therapy, our back pain and sciatica specialists have a track record of helping even the toughest cases (I'll share more on how people have traveled from all over the US to our clinic here in Traverse City, MI for this reason)
People who avoid surgery seek out the best experts in non-surgical care.

SPECIAL REPORT FOR BACK PAIN AND SCIATICA SUFFERERS. . .

4 THEY TAKE CARE OF THEIR BODY.

People who avoid surgery make the time to take care of their body. It is a top priority
Work, housework, business, yard work, family activities and even television can make us busy. It is up to us to take care of the most important things. Most people rate their own health as a top priority, yet as a country we have more sickness, obesity and chronic illness than ever before…
And more television and smartphone usage (thank you, facebook) than ever before.
People who avoid surgery, focus on their health and do these 4 things: Number 1, they get plenty of rest (at least 7 ½ hours a day). Number 2, they minimize stress. Number 3, they eat health. Number 4, they get regular exercise (and avoid long periods of sitting).

5 THEY DON'T WAIT.

People who avoid surgery search for answers. If several surgeons tell them they need surgery, they keep looking for answers.

They read.
They watch videos.
They find others who have avoided surgery and do what they did.
They don't wait and blindly listen to the surgeon like the rest of the world…like blind cattle.
They act now.

Since 2009 I have had the priviledge to help thousands of back pain and sciatica sufferers and many are memorable (like the women with 7 spinal fusions that had no relief until she met us, the person many people who have been told by surgeons they will never walk again without surgery and they still are and pain free because of physical therapy).
Here is one of my favorite stories. It was my story. I was given pain medications, injections, traditional physical therapy only focusing on the symptom of back pain and then convinced that surgery was the only thing that was going to fix me. Well I had surgery and then 2 weeks later the disc herniation was back. So I'm living proof that you can get better without surgery. I did it but it was with physical therapy that was specifically designed to find the actual cause which I is not the lower back but the areas in your body above or below the lower back.

So If you can adopt these 5 traits you too can avoid having back surgery. Remember Statistically speaking lower back surgeries are only 50% successful. What we do at Superior Physical Therapy has been proven to be 85% successful. Make the right choice.

P.S. If you would like more information about lower back pain and what successful treatment looks like we are hosting a [FREE] Lower Back Pain and Sciatica Workshop and you can learn more by either clicking here www.thesuperiortherapy.com/lowbackworkshop or by calling 231.944.6541