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Get **A physiotherapist's**
secrets to pain relief
and optimal health

Yoursel
BACK IN
MOTION



JASON T SMITH

REVIEWS

“Jason Smith. Rarely do you get an opportunity to meet such a driven person with a holistic approach to health. This book is a powerful tool for anyone looking to function at their optimal and not get lost in the hype. You will own this book if you have a desire for the facts on health care and the courage to live a full and active life. This is a book and author with credibility.”

Don Elgin

Triple Paralympic medalist (Atlanta, Sydney, Beijing)

Manager for Paralympics Track (London)

“This book is a masterful compilation of self-help strategies by someone who knows what he is doing. It promises better health, longer living and more enjoyment of your physical world. The longer you wait to read and apply these insights...the more you’ll regret not having done it sooner. Every individual should own a copy as it’s an essential resource for hospitals, medical surgeries, schools, sporting clubs and homes. You should be congratulated Jason.”

Darren Stephens

No. 1 Bestselling Author of Natural Cures

“I am constantly on the road training and competing and at times it’s difficult to manage and look after my body. I love this book - it’s a pocket physio!”

Lydia Lassila

Triple Olympic Gold Medalist (Salt Lake City, Turin, Vancouver)

Awarded The Don Award in 2010 by the Australian Sporting Hall of Fame

“These days, most of us struggle to find the right ‘health’ answers in the quantum of literature available in the media and online, as it overwhelms us with volume and contradicts itself. This is where Jason manages to take a step above the rest and provide the essential answers to long sought after questions that no one has dared to publish before. It is a book for the young and old, the educated and the uneducated and will definitely get you moving better than ever!”

Cameron McEvoy

London 2012 Olympic Swim Team - 4 x 100m and 4 x 200m Freestyle Relay

Currently holds the Australian record in the 50m and 100m Freestyle Short Course, which makes him the fastest 17 year old in history to have claimed these records.

“This book empowers you to achieve greater health and long term well-being. A simply fantastic guide that makes it easy for you to get moving and go the distance in life’s marathon.”

Tammy Van Wisse

Marathon Swimmer

Has swam 1.5 times around the world (over 65,000km) and broken 6 world records (5 are still current).

“The idea is to never get injured. But if you live life to the full, it is bound to happen. The secret is to be proactive in your treatment and recovery, have the knowledge to ask the right questions to take the best advice. This is the suite of tools that Jason offers here.”

Mark Inglis

First and only double amputee to summit Mount Everest (May 2006)

Officer of the NZ Order of Merit

Adventure Plus Ambassador for Scouts NZ

“Jason Smith is passionate about wellness and this book is another step in his quest to produce simple, accessible information, which will help people improve their wellbeing and enhance their lives. Well done.”

Anna-Louise Bouvier

Physiotherapist and Bestselling author/creator of ABC’s The Happy Body series

“Physiotherapy is the science of teaching you how to improve your own physical health, and Jason’s book effectively allows you to take a physio home with you. The depth of health knowledge Jason and his dedicated team have collected is now accessible to all. Here is a passionate communicator, with a clear message for our time – keep moving and you will stay young.”

Dr Henry Wajswelner FACP

Specialist Sports Physiotherapist,

Senior Lecturer in Sports Physiotherapy

Former AIS and Australian Olympic Team Physiotherapist

“Jason has been gifted with many talents, and one of these is his holistic approach to a patient’s condition. Jason’s desire to help many people through his practice, charity work and now this book, Get Yourself Back In Motion, will enable even more people to be reached. He has become something like a “Physio Google” with this book, to assist readers in their life and recovery.”

Dr Peter Selvaratnam

Associate Clinical Professor, The University of Melbourne, Australia

Specialist Musculoskeletal Physiotherapist, The Melbourne Spinal and Sport Physiotherapy Clinic

Author of *Sports Physiotherapy* and Author and Editor of *Headache Orofacial Pain and Bruxism*

“Understanding your body and how it performs is the key to getting the most out of life. Having Jason’s book as a guide to help you achieve this is a great resource.”

Linley Frame

FINA Swimming World Championships Gold and double Silver Medalist 1991

Australian Institute of Sport (AIS) Athlete of the Year 1991

Olympian in 1992

Poolside commentator for 1996 and 2000 Olympics.

“I have always believed that fitness is motion, and motion is life. Jason’s new book has captured the power of being able to move and be active for life. This is not only a good book for the regular person who wants a simple guide to living a more active life, but it also serves as a handbook for the health professional that spends every day trying to guide and motivate clients. Add this book to your library and make sure you get a copy for your friends too.”

Thomas Plummer

Author, Fitness Business Consultant and Founder of the National Fitness Business Alliance

“Over the past 30 years I have watched Olympic athletes in the relentless pursuit of high performance. Jason is passionately urging us to do the same with our own health. It is a goal worth chasing...So much in health, as in life, is easy to understand but hard to implement. Jason is providing us with the roadmap that helps us to be purposeful and disciplined and achieve our own paradigm shift as we chase a better physical life.”

Peter Eckhardt

1992 Barcelona Olympian - slalom canoeing

Coach and Team Physiotherapist for the Australian canoeing team in the Olympic Games of 2000, 2004 and 2008

Head Physiotherapist for the Australian Team in the Beijing Olympics

“After watching Jason build one of Australia’s largest and most successful physiotherapy groups, I’m impressed that he has moved on to offer people this concise guide to looking after your health. It should become a reference book for anyone that wants to stay healthy.”

Damian Mitsch, MBA, GDip ASM, FAICD

Past Executive, Australian Physiotherapy Association

Contributing Author *Contexts of Physiotherapy*

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and optimal health

Yourself

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JASON T SMITH

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All the information, techniques, skills and concepts contained within this publication are of the nature of general comment only and are not in any way recommended as individual advice. The intent is to offer a broad range of information to provide choice now and in the future, recognizing that we all have widely diverse circumstance and viewpoints. Should any reader choose to make use of the information contained herein, this is their decision, and the contributors (and their companies), authors and publishers do not assume any responsibilities whatsoever under any condition or circumstances. It is recommended that the reader obtain their own independent advice.

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If you think you may be suffering from a medical condition that needs to be addressed immediately, then you should seek urgent medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this book.

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DEDICATION

This book is dedicated to the hundreds of physiotherapists who have invested themselves, throughout their careers, into the Back In Motion Health Group. Their expertise, loyalty and commitment to ensuring our clients achieve optimal life-long physical health cannot be overstated. It's also their collective knowledge and experience that fills the pages of this book, and has helped create the unique health service Back In Motion is so highly regarded for. Thank you for being the most *loved* and *trusted* providers of physiotherapy and related services Australia-wide.

Jason T Smith

ACKNOWLEDGEMENTS

Writing a book is not a light undertaking. From concept through to completion, it is a deceptively large and complex process. However, it certainly has its rewards. Those rewards must be shared amongst a team of people who contributed to making this book happen.

Foremost, I want to acknowledge my closest friend and beautiful wife Paulina. And further to this, our three adorable sons Lachlan, Sebastian and Morgan, to whom we are totally devoted.

A special thank you to Ann and Terry (my parents), Raul and Nellie (my parents-in-law) and our close-knit extended family for their constant support, love and encouragement.

On a commercial note, I'd like to formally acknowledge Darren Stephens and the people at Global Publishing Group who together make up a professional team of proof readers, editors, typesetters, copywriters and publishers. Their expertise and insight opened my eyes to what was achievable and helped ensure this book was an instant success. Thanks for giving me this incredible opportunity.

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Thank you Raul Echeverria for selflessly illustrating all of the unique diagrams that populate these pages and doing so with a speed and talent that exceeded my expectations.

My own personal development is hugely indebted to the hours of mentorship, guidance and wisdom provided me by Michael Magyar, John Dwight and David McCracken.

Professionally, the Back In Motion Health Group has become the great icon of physiotherapy excellence only through the dedication and expertise of our people. In particular I'd like to thank my senior management team for their enduring efforts. It's also the vision, energy and passion of every Practice Director (Franchisee) that has enabled us to realise our success. And behind them is the loyal army of employed physiotherapists and support staff across the country. Collectively, their work ethic and passion for our brand have inspired the framework and writing for this book.

Ultimately, as in everything I do, I write to honour God and acknowledge Him as the source of life. I want to hear His call clearly, and obey boldly.

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FOREWORD

It gives me great pleasure in presenting you Jason's most recent work captured here in *Get Yourself Back in Motion*.

As the CEO of the Australian Physiotherapy Association (APA), I see our members challenged everyday with the changing health and wellbeing landscape. Our physiotherapists share a commitment to enabling Australians to improve their health and standard of living through access to quality physiotherapy services and products to empower them to deal with all their aches and pains, sprains and strains of everyday life.

With scientific foundations, physiotherapists are the experts in exercise and movement.

This book is such a positive way to address and highlight health and wellbeing issues affecting all Australians.

Jason is an innovative and passionate member of the APA and the physiotherapy community at large, and I commend his efforts in bringing these important social issues to the mainstream.

My message to all consumers of healthcare is that strong and meaningful relationship with your health practitioner should be an integral part of your overall health and wellbeing lifestyle. A suitably qualified and experienced physiotherapist will help you achieve and maintain optimal performance throughout your entire lifespan.

Enjoy the read, but more importantly, act on your health and wellbeing today to lead the way for our children and future Australians.

Yours sincerely



Cris Massis
Chief Executive Officer
Australian Physiotherapy Association



The APA is the peak body representing the physiotherapy profession in Australia. They advocate for equitable access to quality physiotherapy and optimal health care for all Australians. They believe that all Australians should have access to quality physiotherapy, when and where required, to optimise health and wellbeing.

A MOVING EXPERIENCE

Introduction

Chapter 1 A MOVING EXPERIENCE

Introduction

Moving is important. Moving *well* is even more essential given its direct impact on our physical health, sense of well-being and practical enjoyment of life.

However, we've become a sedentary culture so we simply are not moving as much or as well today. The increasing incidence of obesity, heart disease and diabetes are fatal testaments to this being true.

We also tend to accept, dismiss or ignore aches, pains and medical conditions as if they will either go away on their own, or are just routine reminders that we're not getting any younger. In any sense, many of us live as though we are slowly conceding defeat for a healthy active life.

The message I echo throughout this book is that it's time to *get back in motion!*

The good news is that it's much easier than you think. You don't need to be at the gym five nights a week, running marathons on weekends or squeezing into unsightly lycra to be healthy. With some lesser known secrets revealed throughout this book, and some common sense, you will move better than you ever have before. This book puts movement right back up there high on your priority list, without you even having to break a sweat.

If you aren't moving well, it's likely you won't make next season's Grand Final or exceed in your preferred sport. You'll struggle to endure a full day of work without fatigue and discomfort – whether you are 'white collar' or work out in the sun. Weekends will feel less like an adventure

and more like 'recovery camp', because you'll tend to favour long sleeps and armchair activities to soothe your tired body. Even building the train-set with your 3-year-old on the toy room floor or playing hide and seek under the bed is going to start to hurt more than you anticipate.

It might be common, but it's definitely not *normal* to feel pain with everyday movement. Therefore don't accept it. Your health and wellness are precious and you should seek to enjoy your life without feeling physically compromised. Don't let a cramp, twinge or ache grow into something worse. And don't limit your enjoyment by living with pain that prevents you from doing the things you love.

The dilemma for most people is finding the right person to help them on this journey. In a world gone crazy - with fitness advice, lifestyle TV shows, celebrity chefs and extreme makeovers – we could be fooled into thinking *everyone's* an expert. Who do you follow to make the right choices for your health? What happens when you get well-meaning but conflicting advice? And with the plethora of literature available in the media and online, how do you apply it to your unique situation? As a health professional, I'll admit we have made it tough for you.

The persistent question I've asked myself throughout my career is, "*Why do some clients get better results than others?*" Is it genetic predisposition, the skill of their therapist, the quality or type of treatment they receive or simply the individual's *want* factor that has most influence? Or is it that some people are just *luckier in health* than others?

After well over a decade of experience intentionally pursuing the answer to this question, I am excited to share my insights in the pages that follow.

What is clear from the beginning is that ultimately good health depends on YOU to a large extent. It makes sense. You are the only one who can

fundamentally change the way you move and feel. Empowering individuals to ask questions, be objective and make well informed decisions about their own health is essential. Many professionals may like you to think this is too hard for you to do. They are wrong. But who coaches you through this journey to true health? *Hopefully, this is where you let me come into it.*

The Physiotherapy Solution

A physiotherapist is a great partner to have on your journey to better health. If you don't happen to know or have access to one, don't worry.

“The only one who can fundamentally change the way you move and feel is *you*.”

I've written this book to empower you in the physiotherapy secrets and knowledge that will help you overcome pain and put you back in charge of your own health.

I've treated clients from a diverse demographic cross section —men, women and children of all ages – for a variety of reasons. The common thread is that they all want to *feel* better...and *stay* better. In many cases, they make an appointment with me because they can't tolerate the discomfort or inconvenience of their injuries or condition any longer. Nor should they. However, many times they would arrive in agony despite the fact their pain wasn't sudden. It often had built up over an extended period of time for them. Even the traumatic 'sudden' injuries typically had predisposing factors and tell-tale signs leading up to the event, but for whatever reason were ignored or undetected. I kept thinking that if only people knew what to look for, and what immediate actions to take, much of their discomfort could have been prevented.

Because others have followed the advice compiled in this book, my reward is that I now have countless heartfelt messages from clients who

have learned to manage their own health with outstanding results. You don't need a university degree and it won't take months to learn. If you start *now*, you will begin to enjoy the benefits *immediately*. It's that straightforward.

Look Who's Talking!

Most people are relatively unaware about the possible role or benefits of physiotherapy. I've been mistaken at times for a masseur, personal trainer, doctor and scientist...amongst other more bizarre variations of the same. The truth is physiotherapists are university-trained experts in the prevention, assessment and treatment of human movement disorders. We spend a minimum of four or five years intensely studying the anatomy and physiology of the human body in intricate detail to become world-class practitioners in optimising physical health and peak performance.

In my career to date I have, amongst other things, worked in public outpatient departments, intensive care units, rural hospitals, private practices and even remote medical camps throughout parts of the developing world (including India and Cambodia). I have overseen the delivery of more than 3 million physiotherapy consultations through nearly 300 qualified practitioners across 60 different locations Australia-wide. I lead Australia's largest and fastest growing physiotherapy practice, the Back In Motion Health Group, which has become the industry leader for contemporary and innovative allied health care. What my colleagues and I have experienced in our practices has shaped our progressive philosophy of clinical care. The collective experience of our team has been captured in this

“Our collective experience...after 3 million physiotherapy consultations...will help you break your traditional cycles of pain...and get you the same results that we have achieved with so many of our clients.”

book to help you break the traditional cycle of pain and ineffective treatment and to get you the same results that we have achieved with so many of our clients.

I recognise that you can't possibly absorb the full knowledge of a physiotherapy degree, nor the career experience that follows, from one book. However, what I want to give you are the insights no one else is sharing to help seed a new generation of empowered, well-informed, pro-active, health-savvy *movers*. Together, we can save you time, money and unnecessary pain by equipping you to manage your own wellness with confidence and assurance.

Take Your Therapist Home With You

Typically, when you visit any doctor or therapist, you'll have a consultation to discuss your symptoms, discover the trigger for your pain, trace your medical history and outline other relevant matters to help you effectively. But, during the short 20-60 minute session, the professional can't possibly impart or transfer to you all of the (sometimes, tens of) years of wisdom and experience they've gathered. Nor can you remember all of the details that are worth sharing. What's more, you likely don't realise the questions you need to ask until long after you get home. So what do you do?

Take your physio home with you.

This book is an attempt to allow you to do just that. I'm giving you all the information you need at your fingertips to answer those critical questions that only emerge *after* you leave the therapist's practice...and for those questions you don't even know to ask. This book is designed to be read as the continuation of your last consultation, advising you of the things a practitioner would love to say, but invariably runs out of time to do so. Chapter by chapter, you'll find answers to common — and some not-so-common — questions and situations that will make all the difference in your health journey.

I'll explore with you what true health really looks like, the cause behind many of your symptoms, the mysteries of pain management that seem to have been overlooked in the 'rush' of medical advice and how to avoid further injuries. You'll learn what to immediately do in case of an accident before you can get to a physiotherapist—and *whether or not you even need to see one*. I'll share insights into our use of new technologies that are having incredible breakthroughs in everyday lives — like whole body vibration therapy — along with some ancient, yet timeless, techniques that you can effectively learn including acupressure and soft tissue therapy. I will advise you on how to choose the right practitioner for you and also give seldom-heard insights for keeping fit, without the sensationalised 'gym hype', so you can increase your vitality and defy old age as it approaches.

More than anything, I will reveal to you how you can get healthier quicker and with more lasting results. And where I feel you may need a therapist to assist you in this, I will educate you about why practitioners do what they do. I am embarrassed when I hear people being fed so-called "expert" medical and health advice...that just simply doesn't work. Contained here are keys which you can turn to unlock greater health and recovery that are long overdue being taught to you. Why it's taken anyone this long to write them down is a mystery to me.

"I will show you why some clients get better and others don't... and how to avoid advice that simply doesn't work."

In It Together...

This book is a resource to inform and empower you in 'self-health', and to better understand how physiotherapy can support you in the journey. It's not necessarily designed to be read from cover to cover,

although you will find a natural rhythm and intuitive sequence of topics throughout it. Keep it handy for when it's most needed and cherry pick the headlines that speak directly to you.

In some cases the subject matter warrants further detail that I have placed in separate publications. You can reference my other books or recommended resources when you want to learn more. However, don't feel overwhelmed with information. If you only have time to read and apply *a fraction of* the advice captured throughout these pages, then be assured the investment will pay off. If you are like any one of the millions of clients my team and I have helped over the last many years, you will discover relevant secrets to keep you active longer and, therefore, loving life more.

Like I said at the beginning, though, *you* will play an important part in the outcome. The recommendations listed at the end of each chapter will guide you through some practical steps to follow. It's not what you hear or read that changes you...it's what you do! I hope this book will encourage you to *do something*.

Health Secrets

1. Moving well is under-rated and needs greater emphasis in your lifestyle.
2. It's not normal for you to feel pain with everyday movement or suffer recurring injuries.
3. Don't be frustrated with conflicting health advice. You need access to somebody you can trust.
4. It's essential that you ask hard questions, be objective and make well informed decisions about your health.
5. A physiotherapist is a great partner to have on your life journey.
6. Great health is not difficult for you to achieve, despite many not knowing this.

HEALTH IS A JOURNEY, NOT A DESTINATION

The Wellness Paradigm

Actions for Optimal Health

- Review the health secrets of this chapter.
- Reflect on what concessions you have made in life due to pain or injury, temporary or otherwise. Make a list of the physical limitations, pain, conditions or injuries that are holding you back today from moving well. Keep this list nearby as you continue to read the book. The list will become your immediate context to which the principles I teach you can be applied.
- Write down the names of 2-3 people you trust with your health. They could be a professional, family member or injury 'veteran'. Why do you trust them? Has their advice proven reliable and beneficial? Share this book with them.
- Make a commitment today to take some action as a result of what you read in each chapter of this book. You don't have to do everything, but be cautious about just digesting information. Do something, however small, with what you learn.

Jason Smith
"As Seen" on
TV and radio.

"I love this book - it's a pocket physio"
Lydia Lassila, Triple Olympic Gold Medalist

SAVE TIME AND MONEY BY TAKING CHARGE OF YOUR HEALTH!

Having treated thousands of clients over more than a decade and supervised hundreds of trained physiotherapists in one of Australia's leading health care groups, few people are better positioned to give advice on physical health and wellness than International Author and Speaker Jason Smith. Written in plain English, this unique book will change your life by combining time-proven and medically sound principles with an innovative philosophy of self-empowerment.

YOU'LL DISCOVER:

- The secret to wellness is a lot more than being "uninjured" or pain-free.
- Crucial health advice that doctors and therapists rarely have time to share with you
- The importance of physical movement to living longer and enjoying life
- Innovative strategies to reduce pain immediately and make a fast recovery
- How to assess which treatment options are best for you
- Proven approaches to achieving lasting results from each physiotherapy session, and not 'lose the benefits' over time
- How to save time and money by not becoming dependent on your practitioner



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**Every individual should own a copy
of this book. An essential resource for
hospitals, medical practices, schools,
sporting clubs and homes.**

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