

# **3 Big Reasons Your Back Hurts**

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## Three Big Reasons Your Back Hurts Part 1 – Weakness and Stiffness

One of the main reasons your back may hurt is that the underlying structures which support your spine are weak, unengaged, dormant, and stiff, from not being used or stretched.

**The 3 main causes of back pain are:**

- 1. Not stretching and not doing core exercises.**
- 2. Sitting too much.**
- 3. Lifting improperly and / or with poor posture.**

Doing 20 minutes of stretching and core exercises every day or every other day will eliminate 90% of all back pain.

I released a popular and simple e-book: [20 Minutes to a Better Back & a Stronger Core](#), which you can purchase on my website. One of the key exercises in the e-book is the bracing exercise. This exercise is simple:



Kneel, sit down, or sit in a chair with good posture.

- Contract the abdominal wall to the extent where you can feel tension.

- Pretend someone is going to punch you in the stomach by creating a “hard” feel in your midsection.
- Hold 3 seconds. Repeat 10 times.

It's that simple. Abdominal muscles get weak over time and lose nerve function. Bracing helps prevent this and it also teaches you to stabilize the spine, both consciously and (crucially) unconsciously, making it stronger in the process. Practice bracing while driving, sitting at a desk, while walking, or anytime for that matter.

## Three Big Reasons Your Back Hurts Part 2 - Sitting Too Much

One of the main reasons your back may hurt is sitting too much. Just getting up and moving can often help your spine. Walking is great therapy, for back pain but also for stress relief and for your heart.

Getting up and moving around every 30 minutes at work, or when otherwise sitting for long periods, will alleviate and prevent back pain in most cases.

["20 Minutes to a Better Back and a Stronger Core"](#) has many corrective exercises can be used to create a strong core and eliminate most pain. But getting up and walking or standing is excellent as well.

One of the best books on the destruction caused by sitting is: *Deskbound, Standing up to a Seated World*, by *Kelley Starrett*. Starrett makes many excellent recommendations in the book, one of which is that we should perform a few minutes of stretching exercises every day to counteract the detrimental effects of sitting. To keep it simple:

- 1) Get up and move around every half hour**
- 2) Stretch a few minutes every day to counteract the effects of sitting.**

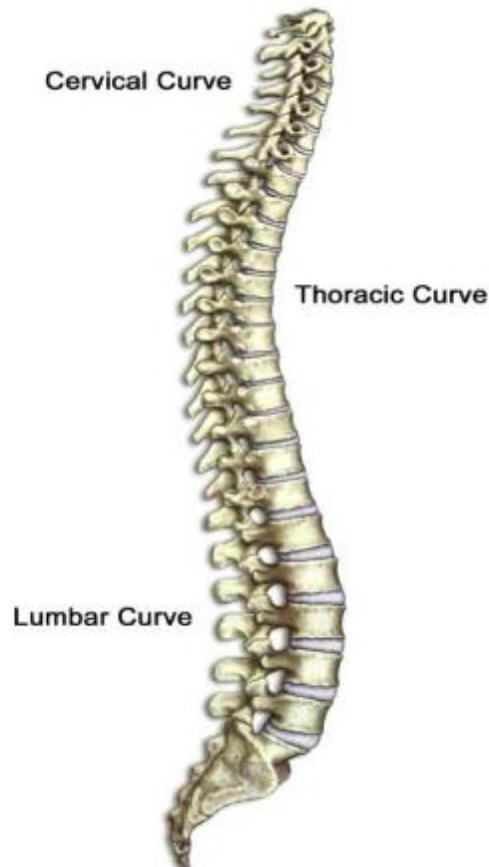
One of my favorite stretches to counteract sitting is the 90-degree Hip Stretch, which can also be performed on a tabletop, 30-90 seconds 1-3 times daily:



### Three Big Reasons Your Back Hurts Part 3 – Poor Posture & Lifting Form

The final reason your back may hurt is that you've never learned how to properly lift anything. You bend with your back, instead of with your hips and knees, and so you're pivoting and twisting off the vulnerable lumbar region, resulting in shearing forces, strained lower back muscles, and in some cases nerve impingement and disk bulging or herniation.

We covered the negative effects of not stretching, and not doing core exercises, as well as introducing the detrimental effects of sitting too much. Just as importantly, when you lift something off the floor, you should maintain good alignment in the spine. The spine should always have this "S" Shape when lifting:



Your axis of rotation should be at the hips, not at the lumbar spine.

The following pictures illustrate the 2 different ways you can healthily pick something up:  
Your axis of rotation for lifting should ALWAYS be at the hips, not at the lumbar spine.

The following pictures illustrate the 2 different ways you can healthily pick something up:

- 1) **The Hinge**- This photo illustrates a deadlift, or hip strategy "hinge" movement to pull something off the ground. Notice how the alignment of the spine never changes. It is always the same whether you hinge, or you bend at the knees. The back should always remain "flat" and in perfect alignment.



- 2) **The Squat**- this photo illustrates how straight the back should be when lifting something off the ground, though obviously in this picture the weight is on the shoulders, and not in the hands.



I hate to tell you but if your back hurts, it's probably your fault. The good news is that by:

- A) sitting less
- B) doing stretching and core exercises  
and
- C) lifting properly with good posture

you can decrease the frequency and intensity of back pain. Give these 3 tips a try, and remember that carrying around extra weight can cause back pain as well. Here's to a healthy and pain-free back!

To purchase ["20 Minutes to a Better Back & a Stronger Core" click HERE.](#)

If you like my products please leave a review on Amazon or send it to me directly.  
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