

# What Really Causes Back Pain?

Find out what's really causing your back pain and an effective, lasting method to treat it.



# Introduction

**“Low back pain is a major global burden”  
- The Lancet 2018**

This was written in the official physiotherapy journal in August 2018. The same article goes on to state that back pain is worsening as the population increases and ages.

Further articles have identified a need to address this by changing the way we think about back pain and treatment approaches. The overarching message is: when it comes to back pain, it's time for a change.



# Symptoms of Back Pain

Low back pain can be excruciating and debilitating. It can also present as a one-off incident (which is called acute) or can be one episode in a long history of problems. No matter how back pain presents it can be very distressing, impacting and affecting your ability to work, sleep, and participate in an active social life. The last thing you want is for a treatable condition to be affecting the time you spend with family and friends.

Symptoms of back pain can include:

- Dull ache in the lower back
- Stiffness of the lower back
- Tingling or numbness of the leg(s)
- Tingling or pain in the buttocks
- Pain in the hip
- Muscle spasms or seizing up of the back muscles
- Sharp pain
- Difficulty walking or standing up straight
- Weakness of the leg or foot

This pain can feel deep and throbbing, or sharp and intense. It can immobilise you and restrict movements, particularly forward and backward movements. It can also affect how you walk.

If your back pain has been around for a long time you may have also developed a radiating pain down into your buttocks or legs that can progress to become pins and needles or numbness – a sign that the nerve is now also affected.

It is important to understand the difference between the symptom and the cause of a pain. All of the pain areas above are symptoms of what is actually causing the pain. This is where you feel the pain or discomfort, but this is not where the problem originates.

Traditional therapies treat only the symptoms of back pain (where you feel your pain). They do this by focusing on the area where the pain exists, in this case, the back. However, this often leads to the pain returning, and with each subsequent episode it is usually worse than the time before, with the symptoms spreading or increasing in intensity.

Treating the cause of the pain, rather than the symptoms, is the way to resolve these problems ongoing.



# What Do Most People Think Causes Our Back Pain?

NO-ONE CAN TRULY TELL YOU WHAT CAUSES BACK PAIN

No-one can truly tell you what causes back pain. They simply don't know. What people can tell you is what makes pain worse, such as sitting, bending, or lifting. But therapists don't know.

Most therapists study methods of treating back pain and then advise you about what to do to avoid pain. Exercises to strengthen the core muscles to help prevent pack pain may also be shown by your therapist, as well as general advice such as wearing a lumbar brace if back pain is debilitating.

However, these methods are again only treating symptoms that can then resurface at a later time, and the initial back pain starts up again. They are not treating the cause of back pain only the symptom: the pain.

# What Really Causes Low Back Pain

Way back when we are babies we learn to sit. We then go to school and sit. Then we go to work and sit. In our leisure time we sit, when watching TV or playing games we sit, and when socialising with friends we often sit. Even people who are manual labourers spend a lot of time in a bent over position, which is actually the same body alignment as when you're sitting.

The point is, over our whole life we spend the majority of our time sitting, and this sitting places a lot of pressure onto our spine discs and nerves which is created by the muscles that sit directly over our lumbar spine.

These muscles are the Psoas major muscles that attach directly to the lumbar spine. This makes them the prime contenders for distorting and compressing the low spine (the back) and causing pain and damage in this area.

These are the muscles that are under huge compression and shearing forces over our lumbar spine and discs. From the time we first begin to sit these muscles are compressing and tightening and distorting the spine, pelvis, and hips.

The biomechanical research on these muscles was done here in Adelaide at Flinders University. This research focuses on the compression loads produced over the low spine, which showed loads of about 350kg over our low spine (as we sit). This huge force results in damage to our discs, nerves, and ligaments that support our lower back. The research on these muscles has never been looked at seriously as the structure causing low back pain





# Types of Low Back Pain

Back pain is categorised into several different types:

- Facet joint
- Discogenic
- Spondylolisthesis (genetic)
- Non-specific low back pain
- Mechanical pain
- Radiating nerve pain

Traditional training teaches us that these types of low back pain should be treated with a variety of techniques and modalities that purely treat where the pain is felt – the back.

Some of these methods include:

- Mobilisation of the lumbar vertebra
- Manipulation
- Traction of the lumbar spine
- Electrotherapeutic modalities
- Interferential therapy
- Ultra sound
- Laser therapy
- Magnetic currents
- Heat
- Cold
- Neural interventions glides, etc
- Massage
- Acupuncture
- Dry needling

You can see how many different methods there are, and how varied they can be. Not everyone is the same, and not every treatment is correct for everyone. But with this many treatment methods available (and more!) the treatment process can often be treated like trying to bake a cake. You try different ingredients in different amounts, and bake it a little differently each time, until one recipe proves itself to be the best. Unfortunately, the patient often ends up being treated with one treatment type and then another and undergoes several different treatments with little result.

This is why people continue to get low back pain time and time again with little resolution of their original pain or problem.

# How To Treat Back Pain

As the Psoas muscles are put under such immense strain, and have such a close connection with our spine and the alignment of our whole body, then treating these muscles goes right to the source of back pain.

This method is based solely on treating these muscles and how the force from these muscles changes and tilts the pelvis and therefore the vertebra that sits on the pelvis.

This method is like the perfect cake recipe.

The biodynamics of these muscles change the biomechanics in the spine, and therefore all the joints in the body.

Our body starts to compromise and adapt a little at a time over our life creating distortions and adaptations throughout our whole body. The alignment starts to change creating changes in our leg lengths and how we walk.

So, to use an analogy of our body: it is like a car driving along with bad alignment. The tyres start to wear out causing friction and damage to other areas of the car. The Soaz method starts with the alignment in the body. Get the alignment right first then there is no friction on joints and muscles can work efficiently, eliminating pain.

[VIEW SOAZ EXPLAINER VIDEO](#)

# How Posturepro Treats Back Pain

At Posturepro Physiotherapy the first thing to check with everyone is the posture and alignment in their body. It is counterproductive to just treat where the back pain is felt and disregard body alignment: doing that will only achieve short term results.

In what I regard as my privileged time as a physiotherapist, I have loved the fact that I can help people truly get rid of pain, rather than temporarily treating symptoms.

One of my first physio positions when I graduated was working in work injuries in Salisbury in Adelaide. We used to see a lot of workers from Holden with mainly low back pain injuries, so I was mostly exposed to low back injuries for several years. I treated them with the same modalities and methods that we are still training current physiotherapy students to do today. I had various successes but I could not understand why the patients were not staying better when I got rid of their pain.

I thought I was a failure and so I began to look outside of physiotherapy in the hope of finding something else that would give me the edge to be able to get a better result for these back problems. I started doing weekend courses through the college of natural healing (as it was called then).

I studied more on muscles, like energy techniques and trigger pointing tight muscles. I then did aromatherapy where we studied how different pure essences have healing benefits for different pathologies like headaches or stress.



# How Posturepro Treats Back Pain

I went overseas and studied acupuncture where I learnt about the body channels and chakras and how to look at the body holistically.

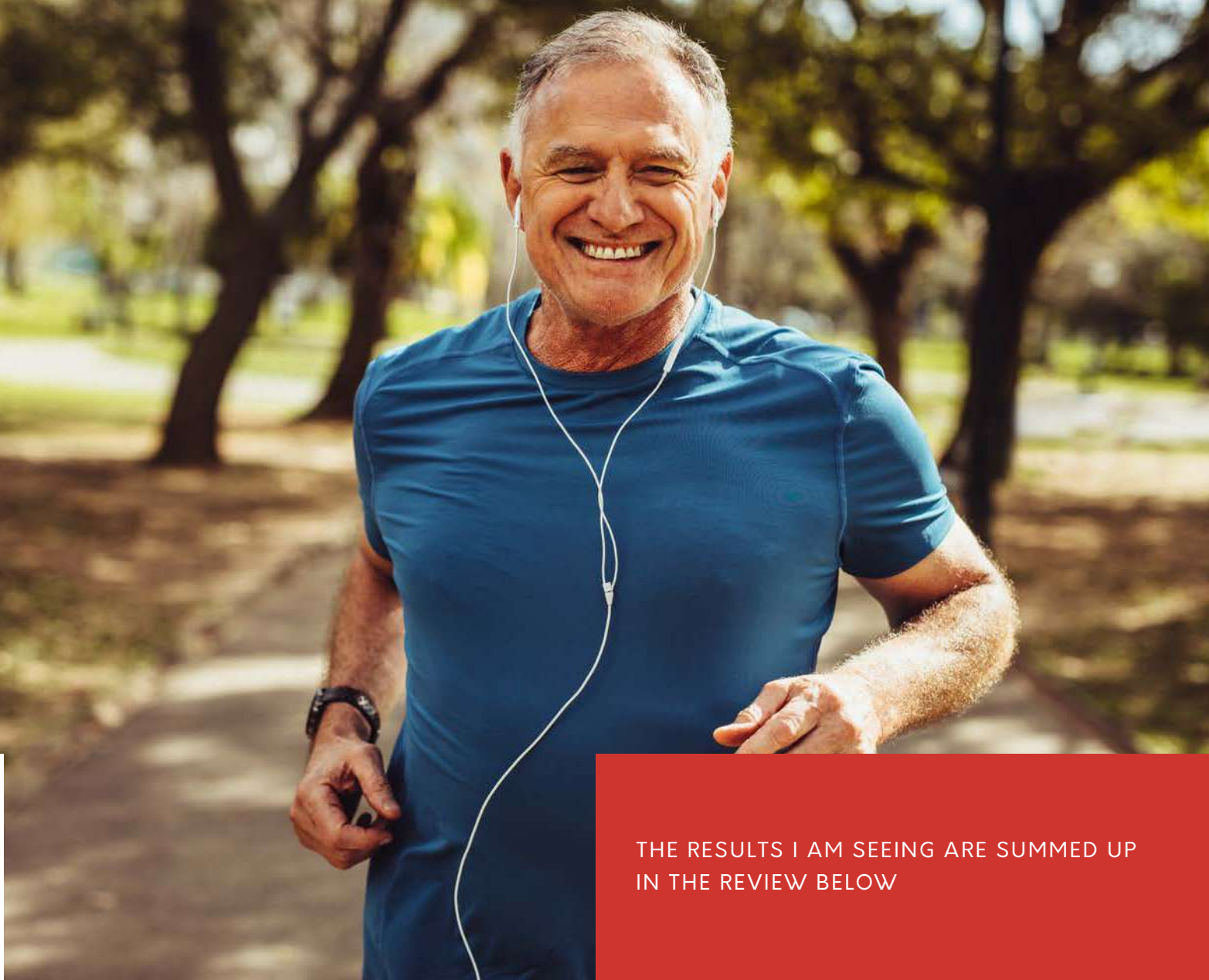
It was not until many years and lots of treatments later that I realised that returning back pain was what was happening with all other therapists. Then I 'got it' this is how it works. We as therapists rely on our clients returning with the same back, hip, sciatic pain neck pain because it's how we keep our businesses going. I also noted that no other therapist seemed to be concerned with this: only me.

So it was in my formative years in physiotherapy that I embraced looking at the body in a different way. Thankfully I still do

During this time, I became aware of the Psoas Major muscles. At that time I was taught to treat them by sticking elbows into them which meant people were coming back bruised and did not want it done again.

I stopped treating these muscles for a long time and went back to my traditional methods, but I instinctively felt these muscles were important and significant so I gradually started bringing them back into my treatments when I came back from living and working in the USA in early 2000 and started my own clinic here at Greenacres.

As I was seeing the results for back pain from treating the Psoas muscles, I started to treat these muscles more than the traditional methods. The results were undeniable and so I could not (in all conscience) keep treating with the traditional methods I was trained in. I took the decision to treat these muscles as my prime choice of treatment going forward.



THE RESULTS I AM SEEING ARE SUMMED UP  
IN THE REVIEW BELOW

## Our Happy Clients

I can personally testify to the incredible & immediate benefits of this 1 of a kind Soaz treatment, which instantly changed decades of various spinal + body problems of walking with 1 leg shorter than the other. My leg length difference corrected in minutes, & my body realigned itself completely, balancing not only my spine directly, but easing pains & distortions all over! Incredible! I highly recommend this intelligent, incredible treatment invention that speaks for itself! :)

- M Pearce

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# About Posturepro Physiotherapy

Julie Williams, Physiotherapist and Teacher in Health Studies, is the founder and developer of the Soaz Method and is the Principal Physiotherapist at Posturepro clinic.

Julie is passionate about preventative health and helping her clients to get the best out of their bodies and live pain free. Julie has discovered an evolutionary method that assists with preventing damage and strain caused by the psoas muscle. This innovation has proven to deliver not only resolution of pain but the best movement and alignment in the body. The ground-breaking Soaz Method is exclusive to Posturepro Physiotherapy Adelaide.

Julie's passion for preventive health was ignited during her teaching degree, where she realised that many current health problems, such as obesity, heart disease, and poor diet can be resolved with education and more positive lifestyle choices, which are best started early in life.

By applying this philosophy to her physiotherapy treatments she has been able to deliver resolution of pain and improved body movement and posture to her clients ongoing.

From her early years in physiotherapy she started to look into other methods to get better results: this has proven to be the best thing that happened to her.

Thankfully it lead her to the methodology she use s today to enable her clients to be able to live the life they want to live: pain free and with great movement and posture.



OUR UNIQUE AND REVOLUTIONARY  
APPROACH TO PHYSIOTHERAPY WILL HAVE  
YOU ENJOYING LIFE PAIN FREE AGAIN



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pro

Thank You!

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