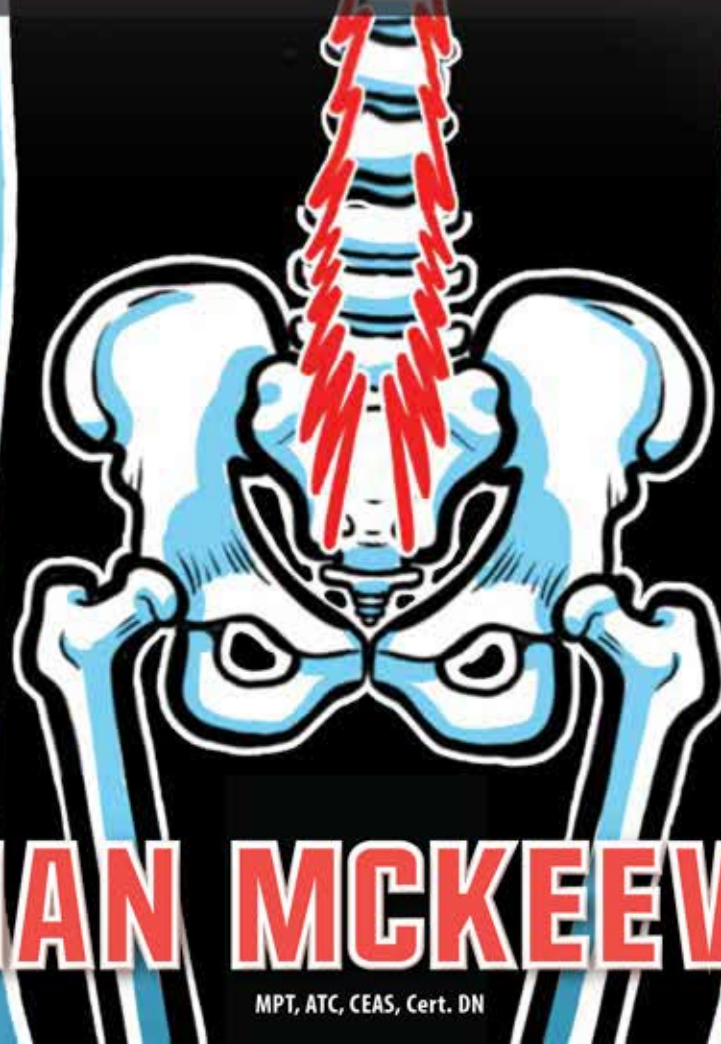


# THE BIGGEST MYTHS ABOUT TRADITIONAL SPINE CARE EXPOSED

The Most Effective (and Affordable) Way to  
Eliminate your Spinal Pain, Maintain Optimal  
Spinal Health, and Strengthen Your TRUE Core



## BRIAN MCKEEVER

MPT, ATC, CEAS, Cert. DN



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Written by Brian McKeever, MPT, ATC, CEAS, Cert. DN

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**TotalSpinalFitness.com**  
Relieve      Rebuild      Restore

# Introduction:

## Who This Book Is For

You are reading this book because you or someone you know is suffering with back or neck pain, a bulging, herniated, or degenerative disc or are experiencing sciatica, pain down your arm or leg, or numbness and tingling.

You may have tried numerous drugs, chiropractic, physical or massage therapy, spinal injections, or maybe even spinal surgery just to discover it didn't work.







The problem with many of those treatments is that they are not facilitating **long-term spinal health** they are simply treating the symptoms.

**A symptom is something that indicates the existence of something else.**

It's like the dashboard of your car. If the check engine light comes on, it means that there is something wrong with your engine. There is no problem with the light itself. It's just telling you that there is a problem that needs to be fixed.

Spinal pain is just the symptom of an underlying spinal dysfunction.

Many of the current and widely accepted treatments, treat the symptom by temporarily relieving the pain and not addressing the dysfunction.

### **It's that simple.**

This book was written to expose the myths and misconceptions about many of the current treatment strategies for alleviating back pain and show you that there is better way. That better way is to treat the cause, not the symptom.

## **What You Should Know About Spinal Health**

Without question, the number one goal for any treatment strategy for resolving back pain and restoring spinal health should be to facilitate and maintain spinal disc health. Healthy spinal discs are at the center of optimizing spinal health and achieving pain-free spinal movement.

## Here's how it works:

The healthy spinal disc is 86% water and needs water, oxygen, and nutrients to survive. A unique feature of the spinal disc is that it is avascular, which is a fancy word that means it does not have a direct blood supply.

The only way it gets the water, oxygen and nutrients that it needs is via a very specific mechanism called **the pump mechanism of disc nutrition.**



This pump mechanism only works if you have segmental spinal movement. Poor posture, poor flexibility, and poor core strength can significantly limit this motion, leading to a bad pump mechanism and poor fluid exchange.

This can lead to bulging, herniated, and degenerative discs and possibly spinal stenosis.



Now let's say we have a water pump providing water, AKA circulation and nutrient exchange, to a plant.

If one day that pump fails it will cause a decrease in circulation to that plant. Well what happens to any type of tissue, whether it be



plant, animal, or human tissue, if it loses circulation. It will cause the tissue to become weak and eventually die.

This is exactly what is happening in your spinal discs.

The pain caused by bulging, herniated or degenerative discs is simply a symptom of a failure of what's called the pump mechanism of disc nutrition.

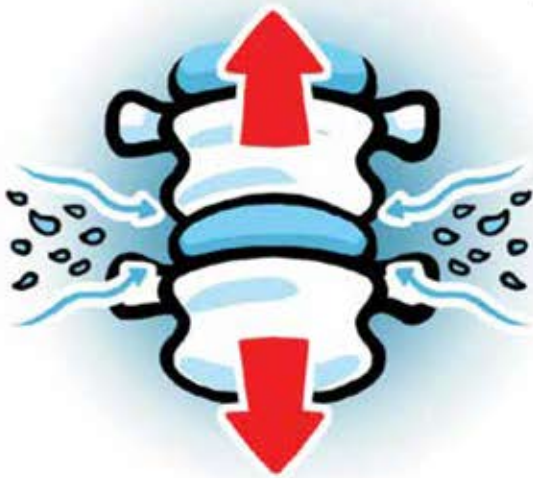
### It's simple:

the discs need circulation to supply the nutrients to enable the discs to heal. The treatment that we provide in our office focuses on restoring the pump mechanism, which is vital to providing the circulation needed to repair damaged discs.





The description of a plant or any other living tissue dying without getting essential nutrient exchange should help you to understand the importance of the pump mechanism. But what you really need to understand is the how the disc pump mechanism works.

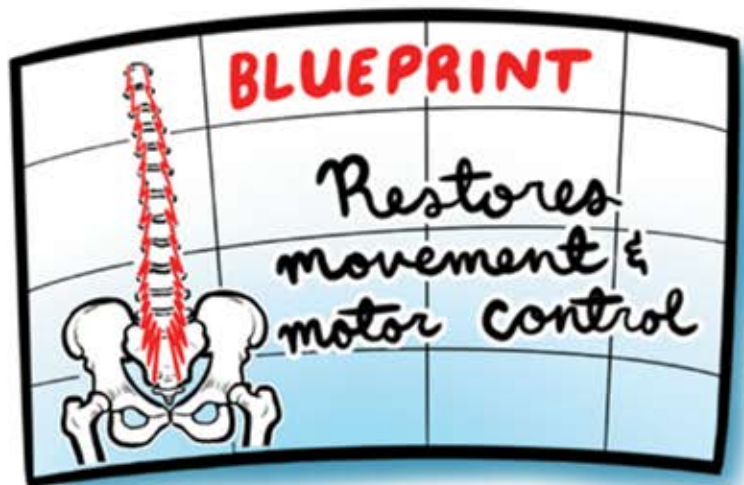


Think of your spinal discs as a sponge surrounded by water. If your discs (or sponge) remain compressed and immobile for prolonged periods of time the fluid is pushed out. It is through the motion of the hand, or releasing the sponge, that the fluids are drawn into the sponge.

If you continually push and then release the sponge the fluid will continually be pumped into the sponge. Our spinal discs work in a similar manner. Through continual segmental movement of the vertebrae, the discs remain hydrated. And it's not just the discs that rely on motion for their nutrition, the joints of the spine are also dependent upon motion to remain healthy.

## The bottom-line:

through motion, our spine is designed to take care of itself. With our techniques we work with that. We simply teach you how to use the body's natural blueprint for this pump mechanism.



Most people don't understand how the pump mechanism really works, and that has led to some myths about how to treat the pain you are experiencing.

## Myth 1: Your Discs Can Heal Through Passive Treatments

It's tempting to believe that simply using a fancy device in a provider's office such as spinal traction, decompression, or lying on a moving table will help you achieve and optimize spinal health. But sitting or lying on a machine that performs all the movements without any active component by the patient simply will not work in the long term. This even applies to home devices that hang you upside down.

While these may temporarily improve fluid movement and temporarily take pressure off the discs, the problem is these treatments do very little to facilitate your body's natural active spinal movement patterns. Without restoring this active spinal movement and, more importantly, without an active continuum of care to maintain this movement, these treatment strategies become nothing more than a temporary relief of the symptoms and do not treat the underlying dysfunction causing the disc injury and back pain.

## **Myth 2: Optimal Alignment Is Achieved by Someone Repositioning Your Vertebrae**

Alignment is not simply about the position or repositioning of the vertebrae. To eliminate your pain, you must eliminate your spinal dysfunction. To correct your spinal dysfunction, you must optimize the dynamic movement of the spinal vertebrae.

Some health care practitioners have the philosophy that the structure and alignment of our bones dictates our posture, alignment, and even, as some believe, our overall health. Posture and alignment are extremely important for optimal function, but



it is the same muscle system that is responsible for maintaining the disc pump that is also responsible for our posture and alignment.

If you were to attempt to reconstruct the human skeleton by stacking the bones from the feet to the head the bones would fall to the floor.



If you were to add tendons, ligaments, and fascia, the skeletal structure would still fail.

Once the active component of the muscle system is added the structure has support.

You won't achieve optimal alignment until active muscle control is achieved because...





It's not just about the spine's ability to maintain static alignment.

You see, second to protecting our spinal cord, the main function of our spine is to provide us with a centralized supporting structure.



It is like the center pole of a large circus tent or the mast of a ship. But this is a static model and checking your alignment in a static standing position gives very little information regarding the spine's ability to function while your body is in motion.

Although the spine's ability to statically support our body is impressive, the most important attribute and function of our spine is that it can maintain our structural support while in motion.

Proper alignment without the ability of the spine to stabilize the trunk and body during dynamic movements can still lead to further spinal dysfunctions.

So, without optimizing segmental spinal core muscle control, you won't have the proper dynamic stability to provide support during life's most common and functional movements, such as walking, bending, lifting, and reaching. And you will not have movement of the spine that is essential to maintaining a functioning pump mechanism.



There was a process that brought you out of alignment, and there is a process to get you back into proper spinal alignment.

A big part of that is achieving that active muscle control in your core.

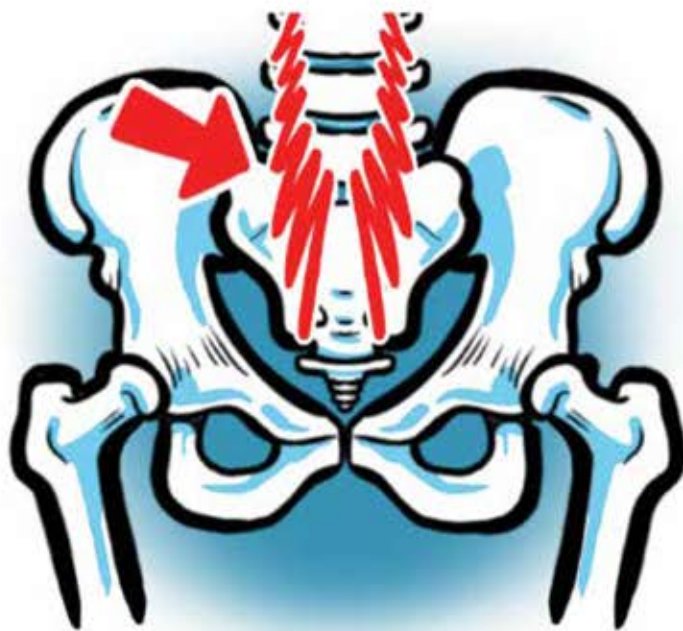
That leads us to the next myth:

### Myth 3: Your Abs Are Your Most Important Core Muscle



What is your **true core**? It's not the abs and glutes. No, your true core is actually made up of the smaller deep core muscles.

When properly strengthened, your true core will restore proper muscle balance and help you eliminate the pain caused by bulging, herniated or degenerative discs.





## Why are the smaller deep core muscles most important?

### Number 1:

No muscle works alone. Although the stronger outer core muscles are important movement muscles of the trunk.

The deeper core muscles have four to five times as many mechanoreceptors as these larger outer muscles. It's the mechanoreceptors that communicate with the brain to ensure proper recruitment of helper muscles, therefore these muscles have much more control over the stability of the spine than their larger counterparts.



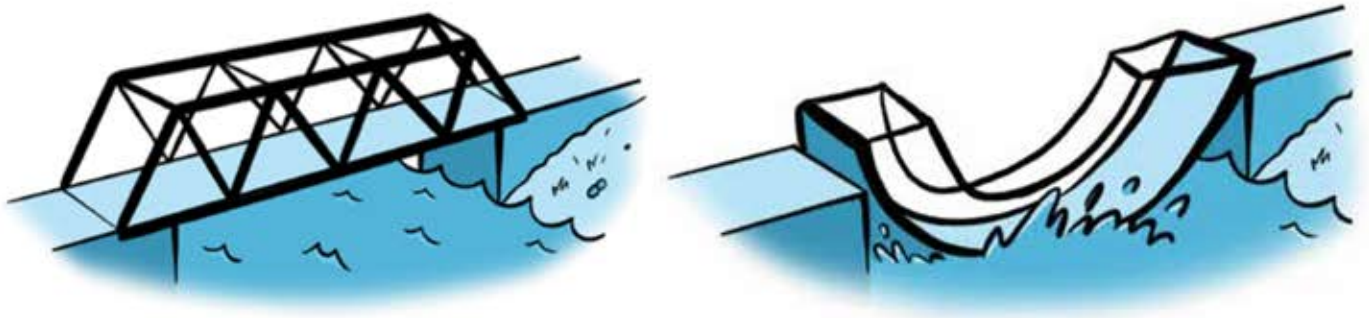
### Number 2:

The deeper core muscles stabilize the segments of the spine in a crossing pattern.





Imagine a steel constructed bridge. Without the added strength of the cross struts, it would collapse even if not placed under significant load.

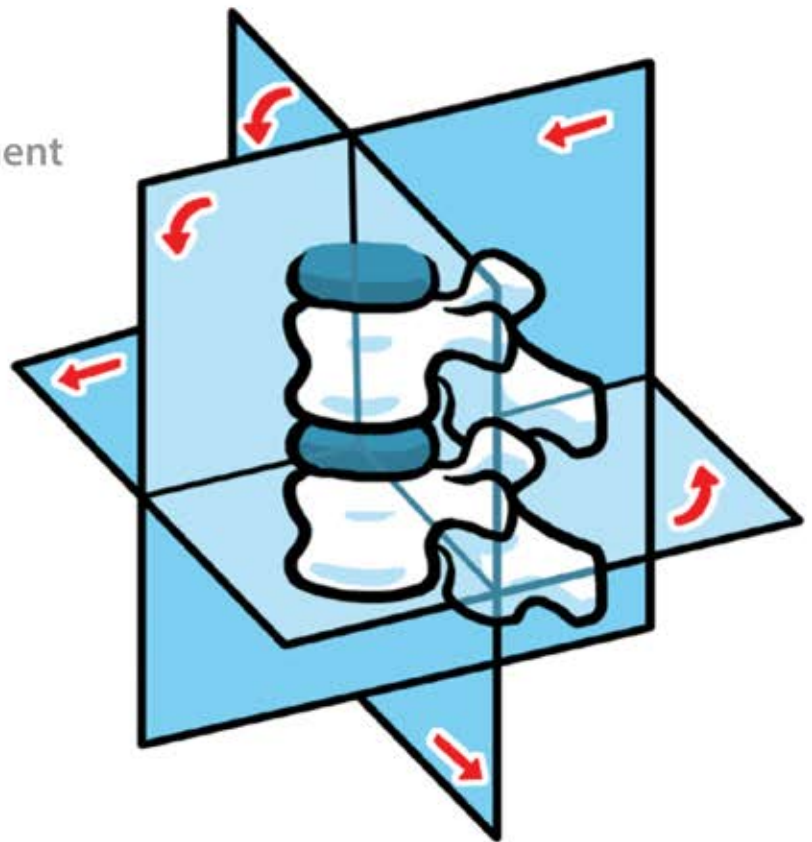


### Number 3:

The deeper core muscles act to control the segmental movement of the spinal segments.

It is this segmental movement that stimulates the pump mechanism to maintain hydration and nutrition to the spinal discs and joints.

If you want to optimize spinal health, you must



understand that by focusing on restoring the motor control of the deeper core muscles first, you are:

- Facilitating proper motor control of all the trunk muscles, which will maintain proper alignment, as well as optimizing spinal movement and biomechanics.
- Maximizing spinal stability.
- Maximizing nutrition and hydration to the spinal discs and joints.

## Myth 4: Your Healthcare Practitioner Can Fix Your Back

There are many high-level and clinically relevant treatment approaches that can be performed by skillful practitioners, including spinal mobilizations, spinal manipulations, myofascial release techniques, dry needling, cupping, laser treatments, or any other passive approach to facilitate improved bio-mechanics.



However, without a specific and active continuum of care to be performed by you at home, all of these high-level manual therapy approaches become nothing more than temporary fixes.

**Only you** can fix your back, and utilizing clinically sound principles, our hands-on treatments followed by our proprietary core strengthening system will facilitate the process.



If you are trying to fix your golf swing, it's not the golf professional that fixes it. It's your active involvement after following their expert advice. It's the same process for you to fix your back.

## Myth 5: No Pain No Gain

The "No Pain No Gain" philosophy is a huge myth, and here is why. Pain signals disrupt the natural firing pattern of muscles. So if we are treating our patients through pain, we are not doing them any favors.

The **Total Spinal Fitness** System will unload the spine, not only counteracting the daily compression forces of prolonged sitting, bending, and lifting, but will immediately relieve pain allowing for optimal functional strength gains.



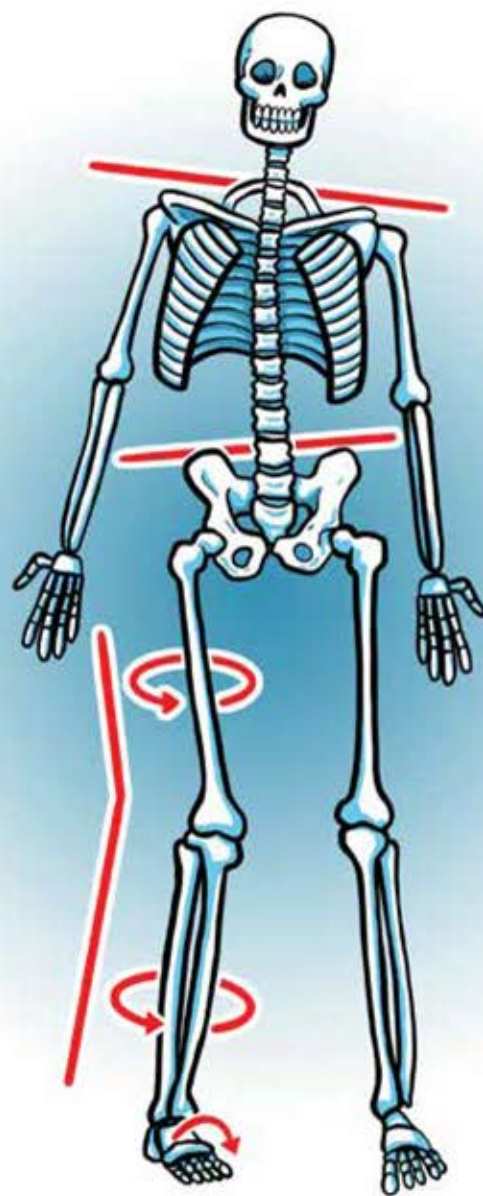
# It's a 3-step process: Rebalance, Rebuild, Restore

## Rebalance

Our goal is to restore optimal spinal motor control, and in order to do so we must understand regional interdependence. Which means we must address the other regions of the body that have a direct impact on the spine. If we do not do our best to eliminate these postural and biomechanical triggers, the symptoms will return.

To restore optimal regional interdependence, you will learn to address the shoulders, neck, hips, and feet. All of which can contribute to a dysfunctional spine.

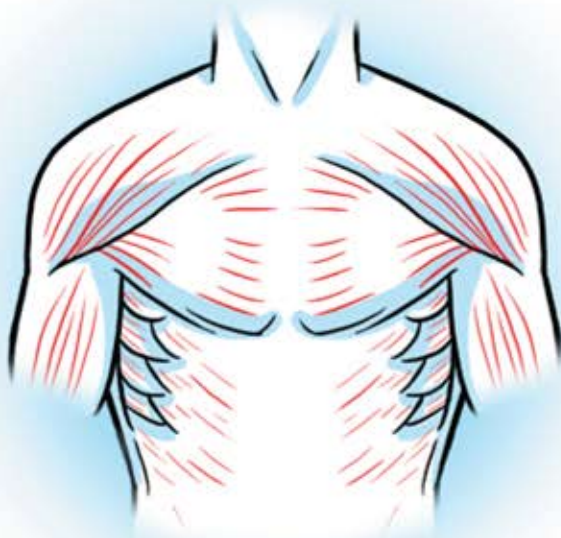
Initiating a strength program without rebalancing posture would be like building a house on an uneven foundation.





## Rebuild

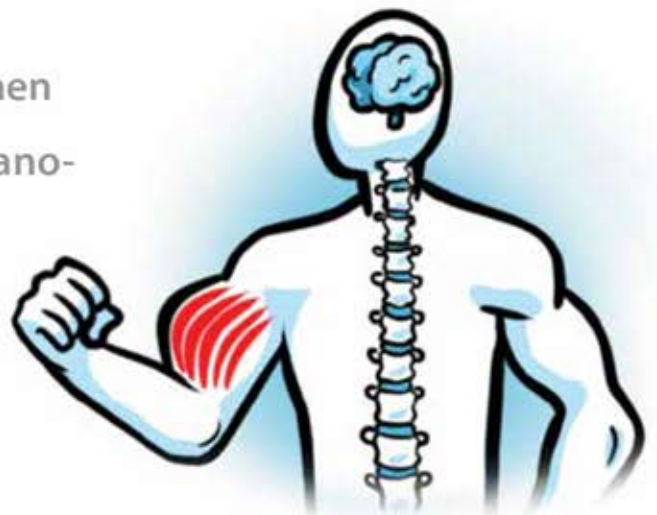
**It's not just about strength!** We follow a very important and forgotten principle: Optimizing spinal motor control demands that all muscles fire in proper sequence and proper degree so that spinal biomechanics and movement are executed accurately.



All muscular movements are dictated by the central nervous system (CNS). For optimal movement, the CNS must get proper feedback and input from

tiny mechanoreceptors within the muscles. These mechanoreceptors can become re-set due to many factors such as injury, poor posture, and poor body mechanics.

Just like pushing someone to strengthen through pain, once re-set these mechanoreceptors will continually send improper signals to the CNS causing dysfunctional muscle firing patterns leading to further spinal dysfunction.



So, we don't just strengthen. Our proprietary system facilitates **Muscle Pattern Reorganization** which is a philosophy and technique that properly influences the mechanoreceptors during both hands-on treatments, as well as during our corrective exercise approach to provide optimal muscle control of the spine.

Basically, by "hacking" the neurological system, we can clear hidden networks of dysfunctional muscle patterns. Thus, changing the underlying cause that re-set the nervous system and created the dysfunctional muscle patterns leading to back pain.

The result is generally a dramatic reduction in both the experience of pain and the likelihood that it will return. It's another example of how we dig beyond the external symptoms to root out spinal dysfunction at its source.

Our unique Muscle Pattern Re-Organization technique incorporates sequential proprioceptive specific exercise strategies with a focus on rebuilding proper muscle patterns, not just outward strength. Once locked in, these correct firing patterns of the core musculature are what gives you the functional stability you need to restore and maintain a healthy happy spine.

**And that is why we are so successful!**

## Restore

Our system puts you in control and will restore your active lifestyle so you can enjoy the activities you love for years to come.

We do not just want our patients leaving our office feeling better, **we want them to feel better for a lifetime**



## How You Can Get Started to Eliminate Your Pain

One of the major distinctions of **Total Spinal Fitness** is that we don't treat symptoms nor do we treat conditions.

We've developed a unique and proprietary protocol, and our treatment plan for you will address the underlying problem that is causing your pain and symptoms.

Your body was designed to take care of itself. We help you restore that

Best of all, our system is the **ONLY** system that goes home with you and provides the resources to continue to maintain spinal health for years to come – eliminating the need for continued expensive follow-up visits.



Our system is the **ONLY** system that isolates the deeper core muscles and provides resistive training to these muscles in a safe manner.

Our system is the **ONLY** system that restores the movement and motor control of the spinal segments following the body's natural blueprint for facilitating and maintaining disc and joint health.



So you have a decision to make here. You can either continue to treat the symptoms of your serious spinal discs, which has not worked up to this point, or you



can finally do something to fix the underlying cause of your back problem.

And best of all, we accept insurance and the majority of your care **will be covered.**

To learn more or to schedule an appointment for your comprehensive evaluation and specialized treatment plan contact us below. **Contact us HERE**



**<https://TotalSpinalFitness.com/Contact-Us>**



Total pinalFitness.com

Relieve

Rebuild

Restore