



# Is your **LOW BACK PROBLEM** ruining your life?

Muscle spasms at the base of spine.

Tightness in hips and glutes. Sciatica.

Pain shooting from lower back down into leg.

Numbness/tingling & foot falling asleep.

Pain waking you at night & still there in morning.

Stiffness that irritates when walk, bend & lift.

Ache that has you lying down by end of day.

## Degrees of Interference

Low back problems are at the very least annoying but can be crippling. Perhaps the biggest issue is how a low back problem interferes with your life, which it can in two major ways:

### 1 EFFECTS DAILY COMFORT & EFFICIENCY

Your low back problem prevents you from comfortably and efficiently getting through your day. Low back pain affects your ability to do your job OR necessary day to day activities such as caring for your kids or spouse. What if your low back progresses and disables you from doing these necessary day to day activities?

### 2 PREVENTS YOU FROM DOING WHAT YOU LOVE

Your low back problem prevents you from doing the things you love. What excites you? Gets you up in the morning? Playing golf? Being able to pick up your kids or grandkids? Maybe you love going to the gym, or crossfit or running. Perhaps it's a hobby like video gaming, sewing or gardening. Low back pain can be a major enemy in your pursuit of an enjoyable life.

**Perhaps you've tried medications and therapy and are still suffering. If your low back problem gets worse... THEN WHAT???**

**There's an answer  
to your problem!**

## Meet the Doctor!

**Hi there, I'm  
Dr. Pete Angerilli.**



I've had low back pain that interfered with my life so I know what you are going through. I've experienced low back pain from doing squats and deadlifts at the gym which forced me to miss out many times on the workouts I loved so much. I also used to get tight and achey hips from almost any amount of standing. Chiropractic helped solve my low back problems and live a healthier life without pain. I was so amazed with what chiropractic did for me that I left my former career as a Police Officer and became a Doctor of Chiropractic. My mission now is to help people like you find solutions to your health problems so you can feel well, be pain free and get back to living life as you choose!

# Low Back Pain is a **BIG PROBLEM**

EXPERIENCED BY  
**84%**  
OF THE POPULATION

IN **23%**  
PAIN BECOMES **CHRONIC**



**There's also a good chance you've been told one or more of the following:**

*“There's nothing seriously wrong with your back, your problem should go away in time.”*

*Or*

*“You have arthritis in your spine, it's just part of getting old.”*

*Or even*

*“There's nothing that can be done for you, you'll have to learn to live with it.”*

Many people struggle with low back problems for years never really understanding what is causing their problem.

## SO WHAT EXACTLY CAUSES LOW BACK PAIN?

To understand this we need to look a bit at how the body, and in particular your spine works. **First thing to realize is**

A HEALTHY SPINE = A PAIN FREE SPINE

**So what is a healthy spine? A healthy spine has two characteristics: Good alignment, and good mobility.** Alignment is a spine that is essentially straight (24 vertebrae stacked on top of each other) from the front and three healthy normal curves from the side.

From a mobility standpoint all 24 vertebrae including their attachments to the skull, shoulders and pelvis/hips should be able to move normally (i.e. not stuck or locked up). Remember your spine has many muscles that attach to it and many nerves that run through it (which control the muscles) as well as joints that allow the vertebrae to link and move together. So you have to realize that a healthy spine from a functional standpoint means that the nerves, muscles and joints are all working properly.

As we go through life at some point we ALL experience things that impact our spinal alignment. These can be macro (big) traumas or micro (small repetitive) traumas.





# Micro & Macro TRAUMAS



**Macrotraumas** are things like car accidents, slips and falls, collisions in sports.

**Microtraumas** are repetitive activity injuries. Swinging a golf club or hockey stick twists your spine in one direction, thousands of times. Often, sitting at your desk at work in front of a computer all day effects your neck and back, due to inadequate set-up and seating. As well, much of our leisure time today is spent on smartphones, watching TV or playing video games that put your spine into unhealthy postures.



Macro and microtraumas often cause injury to the muscles, ligaments and joints surrounding our spine. As these traumas go uncorrected these tissues become inflamed, tense, degenerated and infiltrated with adhesions (scar tissue) [2]. Combine that with the fact that many people become progressively less active as they get older and we have the perfect storm for a back problem: misalignment combined with areas of the spine that have lost their mobility. This is why back problems are so common today!

I hope you are starting to see why so many people end up with problems like low back pain and sciatica. You can struggle for years with back problems because by not knowing what is causing them (misalignment and loss of spinal movement) they can never be properly solved. Medications won't correct alignment or spinal mobility problems. They simply mask symptoms while the real causes of your back problem go uncorrected and get worse.

## What about disc problems and arthritis?

When problems with spinal alignment and mobility go uncorrected over YEARS (and remember you may have these problems developing for a long time without symptoms) changes happen to spinal bones, discs, joints, ligaments, nerves and muscles.

### A TIMELINE

Abnormal stress on areas of the spine can lead to disc bulging and herniation.

Deterioration of the spine (degenerative disc and joint disease AKA arthritis/bone spurs) can also occur due to abnormal spinal movement and alignment.

As areas of the spine degenerate they have an even harder time staying aligned and moving well leading to cycles of worsening pain and stiffness.

It really is best to identify back and spine problems in the early stages before they become advanced and much more difficult to correct. But just because you have disc herniations and degenerative changes to your spine doesn't mean there is no hope for you!

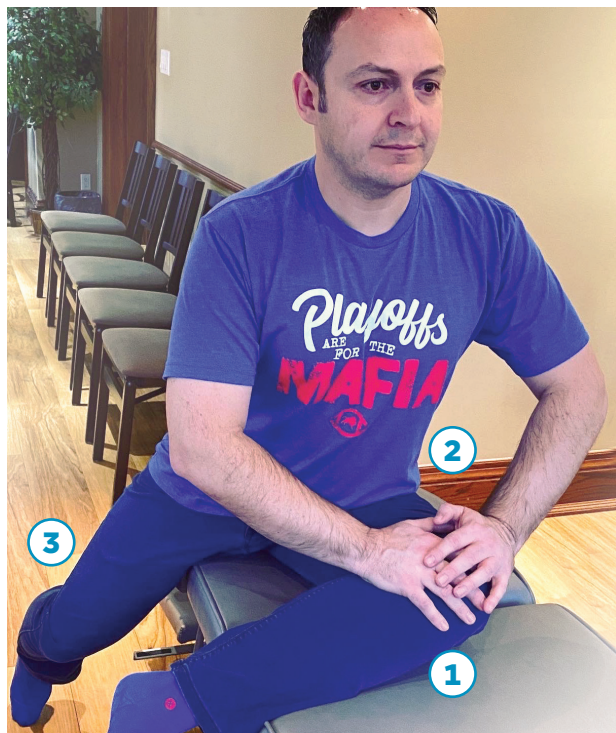
# What can YOU do to help with your lower back pain?

There are a couple of things you can try on your own to help alleviate your lower back pain.

**Disclaimer Note:** For low back pain or any other symptoms please consult a licensed health care provider (i.e. chiropractor) before self-diagnosing! Having said that the recommendations below should be safe for most people.

## 1 THE MIRACLE STRETCH!

There is a muscle that research has shown can be a big contributor to low back pain: the gluteus medius [3]. Tight spots in this muscle can affect the function of the hips and lower back leading to low back pain. One stretch I often give my patients, which they have nicknamed the *miracle stretch*, can be very effective.



- 1 Bring your leg onto a bed with knee at 90 degrees.
- 2 Hinge forward at the waist trying not to flex your spine forward until you feel a good stretch in your lower back and back of hip and glutes.
- 3 In this stretch your back leg can extend backwards which also gives a stretch to the psoas muscle, which when tight can also cause back and hip problems. You can do this stretch daily on both sides for 30-60 seconds or longer if it feels good. A great time to do this stretch is when you are warmed up such as after a walk.

## 2 RELAX YOUR STRESSED SYSTEM!

Your brain and nerves (nerve system) control and co-ordinate all parts of your body including your muscles. Our nerve system has two divisions: sympathetic (fight-flight) and parasympathetic (rest-relax). For many of us our sympathetic system is active too much of the time due to the day to day stresses we live with (traffic, too busy, work stress, financial stress, relationship stress etc.). An overactive sympathetic nerve system can be causing your muscles to be super tight which can then irritate spinal joints and nerves causing low back pain and other problems. Many treatments and therapies that help low back pain (chiropractic adjustments, stretches, foam rolling) actually work by relaxing tight tissue via the nerve system [4,5].

One of the easiest ways to deactivate your sympathetic nerve system is to practice slow deep breathing for 10-15 minutes a day [6].



I find it best to practice this at a time or day when I am alert (not too sleepy such as before bed) but also have 10-20 minutes where I will not be disturbed. Get into a comfortable seated or lying position, close your eyes and breathe very deeply in expanding your belly to it's limit and then breathe out until as much of the air as possible is expelled from your lungs. Repeat this for 10-15 minutes and you should definitely feel a relaxation response in your muscles alleviating some of the tightness in your neck, shoulders and back. Aim for about six breaths for minute as this appears to be an ideal number to activate the relaxing part of your nerve system [6]. I've had patients who've simply included 15 minutes a day of deep breathing into their routine and have noticed a significant improvement in their back pain as well as just feeling overall healthier and more comfortable in their bodies.

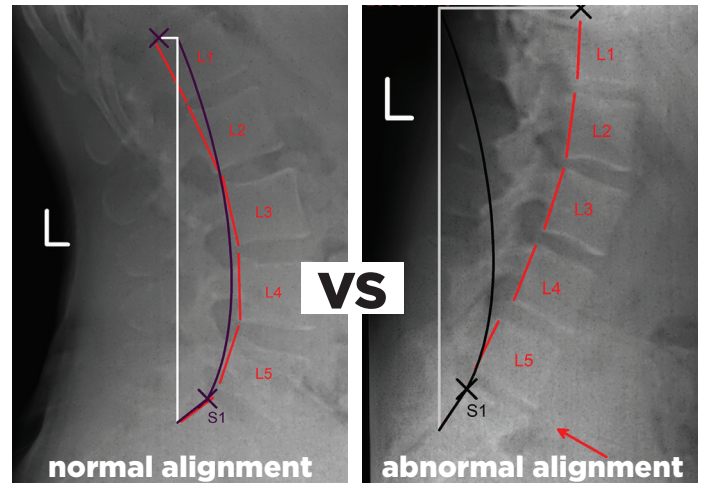
Give these two approaches a try for a few weeks & see how you do!

If you are **STILL** having low back pain **Or** if you suspect that your lower back pain may be due to problems with the alignment and mobility of your spine then you may want to consult a chiropractor for a professional opinion.

# The Process of **DISCOVERY**

When a patient comes to see me we go through a detailed consultation to try and discover what things in the individual's present and past lifestyle may be contributing to their low back pain. I also take my patients through a detailed examination that can identify the areas of the spine and specific misalignments that need to be corrected in order to help them find relief from low back pain.

In some cases when warranted we take spinal x-rays so we can see in detail an individual's spinal problems. In my office we take x-ray our patients **STANDING** so we can see how gravity and posture may be distorting their spine. X-rays and MRI's taken at most medical facilities are done with the patient lying down which doesn't allow this perspective. The great thing about x-rays is that they can tell us a lot about how long a patient's problems have been growing. In many cases abnormal spinal alignment and mobility may be present for months or years before the symptoms of low back pain and sciatica show up. If spinal x-rays indicate this then we know that correction may take longer than in cases where x-rays and results of tests are not as abnormal. In any case I really make an effort to help my patients understand exactly what is going on in their bodies and what they can do about it to get the relief they are looking for.



For many of my patients chiropractic care, specifically spinal adjustments have made a huge difference in solving the problem of low back pain. Many research studies have proven chiropractic safe and effective for low back pain [1]s. Chiropractic care has none of the side effects associated with common drugs taken for low back pain including possible stomach, liver and kidney damage [7].

**Once my patients learn that spinal alignment and mobility are the prerequisites to a feeling good back and body they often (but not always) choose to include chiropractic on a regular basis to support their lifestyle.**



Here's a video of how chiropractic is helping one of my patients with his back problems: [youtube.com/watch?v=o3PUFRoxvvk](https://www.youtube.com/watch?v=o3PUFRoxvvk)

If you are needing more help or would like to learn more about your spinal problems and how to correct them please call my office at **905-634-9494**, or email me at [drpeterangerilli@gmail.com](mailto:drpeterangerilli@gmail.com)

Please feel free to share this report with others who may benefit! Wishing you relief from your low back problem AND freedom to get back to life as you choose!

**Dr. Pete**

## **SOLVE your low back problems NOW!**

### **Your next steps**

- 1 Call my office at 905-634-9494** to schedule a time to meet with me and review your situation.
- 2 Email me anytime at [drpeterangerilli@gmail.com](mailto:drpeterangerilli@gmail.com)** to discuss your low back problems and see how I can help you.
- 3 Visit my office at [2012 Victoria Ave, Burlington, Ontario](#)**, just South of the QEW, a short drive from Mississauga, Oakville, Hamilton and Niagara.

Mention this report and get your initial chiropractic exam **(regular \$85)**  
and xrays if necessary **(regular \$100) at no charge!**

Don't spend a cent with me until you are satisfied that chiropractic care and my office is right for you.

You can also find more information on my [YouTube Channel](#) , [Facebook](#) and [Instagram](#).



# “TESTIMONIALS”

I met Dr. Pete in 2016 and me and my family have been under chiropractic care with him since then. I have a lifestyle that requires me to perform at a high level every day and Dr. Pete's care has helped keep me at 100% in my business and my workouts. One really amazing thing I noticed when I started getting adjusted was that my workout performance improved especially my running! Dr. Pete has also helped my wife and kids get through injuries from soccer, dance etc. Regular chiropractic care with Dr. Pete is an integral part of our plan to live a long and healthy life!

**Tom Karadza, Co-Founder, Rock Star Real Estate, Oakville, ON**

I was referred to Dr. Pete after developing headaches from doing heavy lifting at Crossfit. Dr. Pete was able to discover the cause in my neck and correct it which allowed my headaches to resolve. I continue to see Dr. Pete every few weeks so he can help keep my spine and body functioning to avoid injury and stay feeling and functioning well.

**Tim Hong, Real Estate Investor, Mississauga ON**

I first met Dr. Pete way back when I was in High School and was suffering with headaches and other health issues. I have been getting adjusted since that time and chiropractic care has helped me stay healthy and recently carry and deliver a very healthy baby boy with ease. Although I have moved out of the area I still make the 1.5 plus hour drive every two weeks to see Dr. Pete for my chiropractic check up and adjustment so I can stay feeling and functioning great. I recommend that everyone check out what chiropractic can do for their health and wellbeing.

**Alexis Ruppert, Mom, Counsellor and Fashion Advisor, Elmira ON**

I met Dr. Pete about four years ago. I was so sick of suffering with 10+ years of chronic back pain, stiffness and other health issues. I started getting adjusted and over time my pains have subsided and I wake up most mornings feeling great, which was never the case before I started chiropractic care. I appreciate Dr. Pete's caring and comforting bedside manner. I have referred pretty much all of my friends and family to Dr. Pete because I know that his care can make a big difference in their health and quality of life.

**Ashleigh Clark, Small Business Owner, Hamilton, ON**

I used to suffer from daily headaches, was always tired and felt like my head was in a haze. Since starting chiropractic care with Dr. Pete over four years ago my headaches have cleared up and I feel great! I love going to get adjusted and seeing Dr. Pete and his staff who are always welcoming and friendly! Chiropractic care helps me be the best mom and nurse I can be!

**Kristen Landers, Nurse and new Mom, Burlington, ON**

Last year my back got into really rough shape where I could barely stand and walk. I came to see Dr. Pete and he got me onto a plan to get me back to living normally and keep me that way. He has not only provided chiropractic care but also tips and stretches to help my recovery. I am glad to be living pain free thanks to chiropractic and Dr. Pete!

**Casey McMullen, Engineer, Hamilton, ON**

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