Breaking the Pain Cycle

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My Special Interest in Pain 1/3
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What is pain

- Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage.
  - International Association for the Study of Pain
Chronic Pain

• Chronic Pain affects more Americans than diabetes, heart disease and cancer combined. Low back pain alone is the leading cause of disability in Americans under the age of 45.

• 297-336 Billion dollars per year are lost due to pain. (Days of missed work and productivity included)
Group Warm up!

- Skipping
- Side Stepping
- Karaoke Step
- Kick Backs
- Knee Pulls
- Inch Worms
- Spiderman Crawls
- Side Scoots
Most Common Injuries

- Foot and Ankle Injuries
- Knee Injuries
- Low Back Pain
- Shoulder Injuries
Low Back Pain

• One of the major forms of musculoskeletal degeneration seen in adults
• Affects nearly 80% or all adults
• Annual costs attributable to LBP are greater than $26 Billion.
• 6-15% of athletes during a season will experience an episode of LBP
Lumbar Disc Anatomy

- Insert lumbar disc photo and text here
Causes of Low Back Pain

- Genetics - Inherited increased number of nociceptive fibers
- Smoking - research suggests smokers are nearly 1/3 more likely to have LBP
- Posture - Sitting, Standing, Lifting
- Low back, Abdominal, Glute Weakness
- Lack of hip mobility
Low Back Pain Exercises

- Lunging Hip Flexor Stretch
- Groin Stretch
- Neutral Spine Crunch
- Bird Dog
- Supine Bridges
- Dying Bug
- Plank (saws, side steps, leg lifts, chops)
- Banana Rolls
- Wall Sits
NASM Corrective Exercise Strategies

• Precursor to heart problems is high blood pressure
• Precursor to poor hygiene and cavities through dental exams
• Physical movement assessments as a screen for musculoskeletal pain
NASM CES

Inhibit
Inhibitory Techniques
Self-Myofascial Release

Lengthen
Lengthening Techniques
Static Stretching
Neuromuscular Stretching

Activate
Activation Techniques
Isolated Strengthening
Positional Isometrics

Integrate
Integration Techniques
Integrated Dynamic Movement

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- Medical Doctors
- Physical Therapists
- Certified Athletic Trainers
- Chiropractors
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Thank You!

For Your
Commitment to Excellence