

***Ready ...***

***Aim ...***

***Fire!***

***The Simple 3-Step-Plan For  
Long Term Back and Neck  
Pain Relief***

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# The First VITAL Step In Back Pain Relief ...

## Are you READY?

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This is a brief guide will outline the simple techniques to detect which imbalance you have that is causing your pain, whether you have back or neck pain.

Use these to find the distortion patterns and please...

If you find these hard to assess, don't worry – inside the *X-Pain Method* are the **secondary and tertiary assessment methods** which will help clarify these techniques.

Failing that you can always email me with the muscle tests results and a photo and I will determine the imbalance for you.

And remember...

I will email you tomorrow with a couple of symptom relief techniques. They will help to ease pain quickly and are just some of the 16 proven techniques we teach you to literally turn off the pain signals, along with the Trigger Point techniques.

If you don't want to wait until tomorrow and want the full program to not only ease your pain but banish it completely, then simply **click here!**

**But first ...**

## Let's Find Those Imbalances

Stretching the Hamstrings and the Hip Flexors will indicate the distortion patterns. Stretch each side and note which muscles are tight.

The stretches are:

### The Hip Flexor

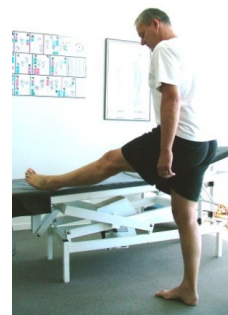
Kneel on the ground then bring one leg forward so the knee is bent and the foot flat on the floor. Rest your hands on the bent knee keeping your back straight.

Then move your pelvis forward, keeping back straight until you feel a pulling sensation in the rear legs hip area.

Note how far you can stretch and then repeat for the opposite leg.



### The Hamstrings



Stand keeping back straight, place one leg on a chair making sure both feet face forward.

Bend at the hip, keeping back straight and run your hand down your leg as far as you can until you feeling a pulling or tightness in the hamstring.

Note how far you can travel down the leg and then repeat for the opposite leg.

And what does this tell you?



## Which Pattern Do You Have...

**Please Note:** If you can't see any difference from the muscles when comparing side to side, then you need to use the secondary and tertiary assessment methods.

Having just one muscle out of balance is enough though to indicate a distortion pattern. The PRIMARY assessment is the easiest and quickest way to assess these patterns.

The patterns are as follows:

**ATP:** you will find both **Hip Flexors are tight** and the hamstrings balanced and have good flexibility.

**PTP:** opposite to the ATP with the **Hamstrings being tight** on both side but the Hip Flexors have good flexibility.

**LFP:** You will notice the **left Hip Flexor tight** and the **right Hamstring**. If both occur then this is a primary

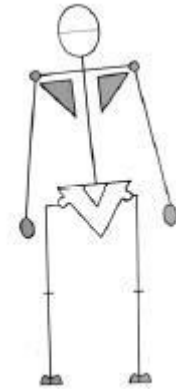


pattern. If only one of the muscles is tight, then this still is indicative.

The secondary and tertiary assessments can be used to reinforce the detection. However the primary assessment is still the main indicator.

**RFP:** Noticed by having a **tight right Hip Flexor** and **tight left Hamstring**.

Finding these patterns allows you to target the muscles (each pattern has a group of muscles that need to be rebalance), realign the spine and remove every area of pain.



Using muscle tests is the Primary Assessment method, postural clues and the secondary muscles can be used to detect these imbalances when the primary test are inconclusive.

When you purchase the *X-Pain Method*, you can also send me a photo of you and I can detect these imbalances for you, at no charge. After all, this first step is vital and it helps you to understand exactly what and where to target to get long lasting relief.

The next step is easing pain using proven pain relief techniques. Tomorrow I'll email you a couple of these which should ease your pain quickly, but if not there are 16 proven techniques we teach you inside the *X-Pain Method*.

If you don't want to wait until tomorrow or want to read more about the revolutionary *X-Pain Method*, simply click the link below.

**>> Click Here To Discover The X-Pain Method <<**

**The Only COMPLETE Back Pain Relief System ...**