

BETTER POSTURE: BETTER YOU

The **"NO BRAINER"** solution to a perfect posture & rejuvenate the spine in the best optimal position possible!

We believe in fusing the mind, body, and spirit with **Science** to empower & excel healing!



Table Of Contents

Introduction: Why Curves matter?	3
Facts vs Fiction	4
Innovative ways to Align with Solex!	10
Bonus Tips	19
Conclusion	20
About the Author	21



THE WHY?

Did you know 60-80% of people are likely to experience back pain at least once in their lifetime? A combination of flexibility, muscle strength, and healthy blood flow is the key ingredients for a healthy back. (1) Back pain is the number one reason why patients seek help. Now a days there is so much information and devices available everywhere, due to which anyone can become easily confused before they even find the right solution. However, I believe when an individual aligns themselves with their own motivation to recover and remain active, anything is possible.

As a physical therapist, I treat patients that suffer from back pain on daily basis. Patients report feeling so vulnerable and their life heavily impacted due to the debilitating condition. However, once we finally stop and listen to our body, we realize that pain has a purpose.

During rehabilitation, clinicians track mechanical bodily pain all the way back to the spine, where lies the deep root cause. Based on my experience, when the spine feels vulnerable, threatened, and stressed out due to being out of natural shape or "alignment" with repetitive task or poor posture, it creates awareness ("check engine light" or "alarm" signal) through pain. And, when the pain signal is neglected, overtime it starts intensifying itself, until an action is taken. However, the good news is that when the spine is restored and realigned to its normal curvature, it "lets go" of the symptoms and has the ability to function optimally.

With a lot of passion and joy, I created "Solex", a "no brainer" device, to help bring the spine back to its natural alignment with ease. I did all the long hours/days of research, and testing for everyone, so this could be made possible. We have found in our practice, that it definitely eases the unnecessary stress on the spinal structures, and most results are felt within few minutes of use, and benefits may carry on life long with daily practice.

I am so excited to share this knowledge with you and I hope you take time every day to love your spine. Remember, they are simple steps in life that necessitate a moment of mindfulness. If one or all steps are applied to your self care routine, the results will be pleasant.





Fiction. Pain comes in all shapes and forms.

Mechanical pain (tight tissue/inflammation/nerve) vs non mechanical pain or Central Nervous system pain (organ/fear avoidance/repressed emotion).

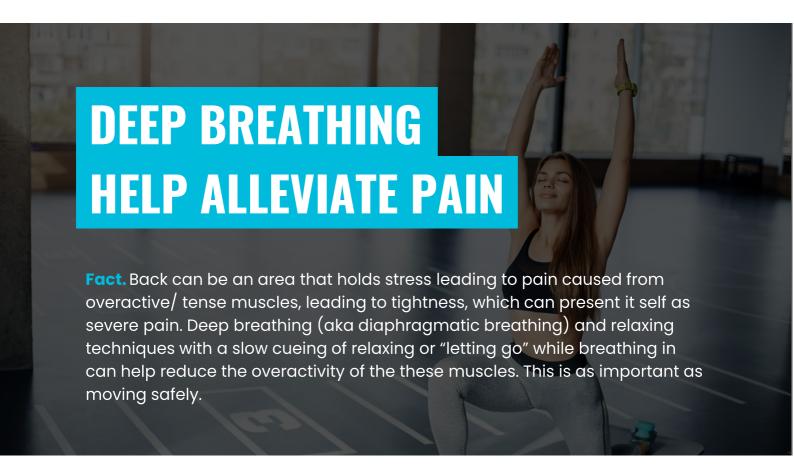
We all experience it, but yet we all experience it in different ways. Pain is proportional to the real or perceived threat. Pain is like the check engine light of your body. The longer we experience pain, the more sensitized we are to it and the earlier our body feels pain to a stimulus or threat.

In general, the best thing to do is to use and move your body. If you have pain, it is ok to exercise. Take notice if your pain increases with your activity or if you have any sharp or shooting pain. Many times, your pain will decrease or go away with movement and exercise.

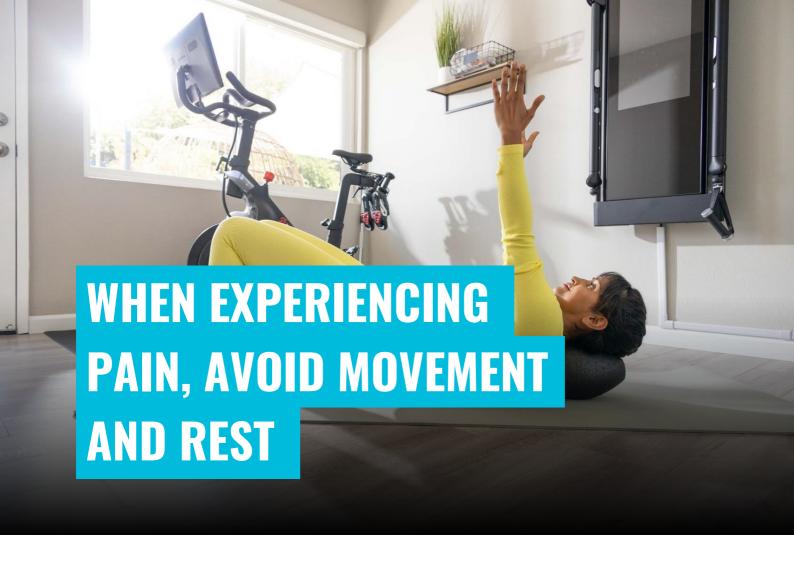


If you have increased pain with exercise, back off or stop, especially if it is greater than 6 out of 10. (0=no pain & 10 = take me to the emergency room now!) If you have sharp or shooting pain with a repetitive movement, pause and check in. If you can correct your form and it goes away, keep going. If you check in and correct your form and it's still there, decrease your resistance or distance, if the sharp/shooting pain persists, stop that activity for the day, try something else and come back to it in a few days.

The central nervous system is constantly monitoring your body. When it detects an imbalance, in any of hundreds of sensors, above a certain threshold the pain alarm is triggered. This is your body's message that you should change your behavior, correct your form, stop your activity or just pause and check in. Individuals prone to depression and anxiety appear to have a greater risk of back pain. Smokers have increased rates of back pain. This may occur because smoking prompts more coughing, which can lead to herniated disks. Smoking can also decrease blood flow to the spine and increase the risk of osteoporosis.(5) Sometimes, especially when we've had pain for a while and our nervous system is "sensitized," and even workout soreness can register as pain. Your pain will change; it just needs time, some self treatment, exercise, pacing and your awareness.

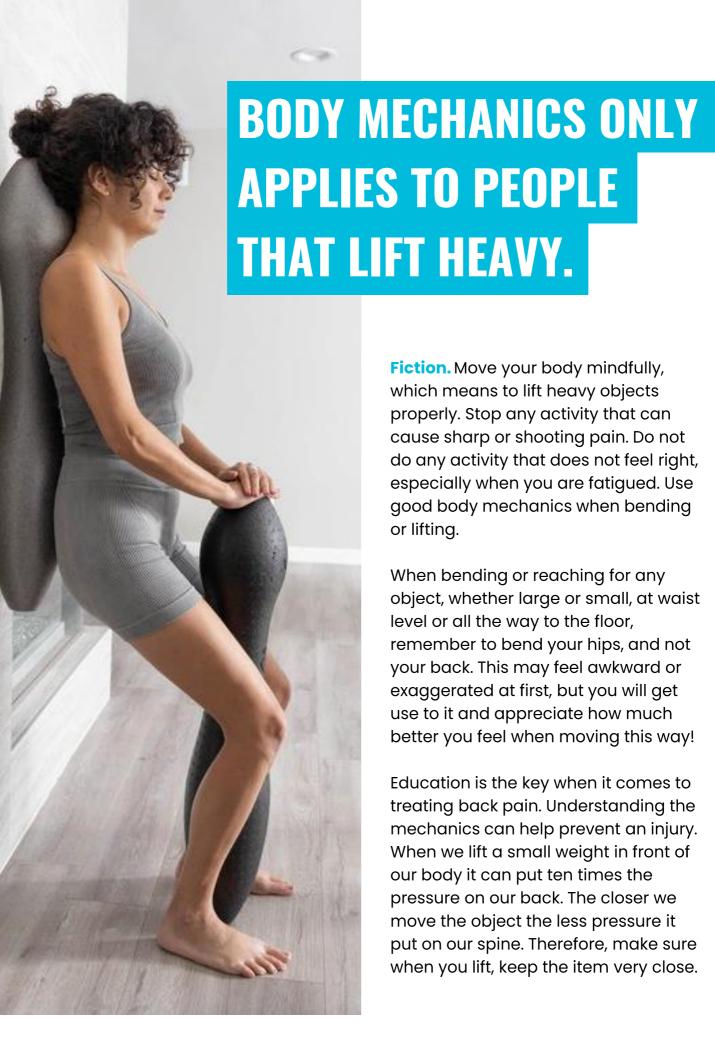






Fiction. The most important thing to do if you have back pain is to resume your normal daily activities and exercise as soon as possible. Over 80% of Americans experience low back pain at some point in their life. Rest can make the condition worse, since muscle atrophy starts within few hours of resting. Regular exercise (low impact - walking or swimming) can be very beneficial in conditioning the spinal muscles. Move every 30 minutes to help inactive muscles become active. Change positions when you feel fatigued by the position. The ligaments, discs, and connective tissues in your spine need to be stretched daily for optimal functioning. It is crucial to listen to your body and change position, or better yet get up and walk around, especially if sitting or lying in one position causes you pain, aching, burning, numbness, or tingling in your back, legs, etc. Today, exercise is recognized for its importance to healthy lifestyles, longevity, quality of life, mental health, and the management of many chronic diseases, including low back pain. Exercise is the only meaningful way to increase functional capacity. (3) Systematic reviews for the management of acute, subacute, and chronic back pain have provided recommendations for more, rather than less, activity in recovery. (3)





Fiction. Move your body mindfully, which means to lift heavy objects properly. Stop any activity that can cause sharp or shooting pain. Do not do any activity that does not feel right, especially when you are fatigued. Use good body mechanics when bending or lifting.

When bending or reaching for any object, whether large or small, at waist level or all the way to the floor, remember to bend your hips, and not your back. This may feel awkward or exaggerated at first, but you will get use to it and appreciate how much better you feel when moving this way!

Education is the key when it comes to treating back pain. Understanding the mechanics can help prevent an injury. When we lift a small weight in front of our body it can put ten times the pressure on our back. The closer we move the object the less pressure it put on our spine. Therefore, make sure when you lift, keep the item very close.



Standing, sitting, and moving in different environment also matters. Stand with equal weight on both feet when standing in one place for a while such as in line at the grocery store. This is especially important when holding any load. Common scenarios when this comes up are when cooking, talking on the phone, standing in line at the grocery store, or even just pumping gas.

At these times, take a moment to check in with your body. Are your hips aligned over your feet, or is one hip jutting out to the side? This will tell you whether your weight is unevenly distributed, which places uneven strain on your pelvic joints, and can cause low back or pelvic pain. Start slowly with any new program of light jog or walking.





SITTING IS THE NEW SMOKING.

Fact. Sitting more than 30 minutes is proven to be unhealthy and creates a weaker muscular system. Sitting can also be necessary for some activities so be sure to maintain a neutral position in your lower back – not too flattened (tailbone tucked under you) and not too arched (tailbone untucked). A small towel roll can help align the spine in neutral when needed.

When sitting, arrange your chair so that it supports your spine and pelvis in this neutral position when you are relaxed against the back of the chair and your feet are flat on the floor. Keep this neutral spine alignment in mind when you will be in a position for any length of time, such as when reading, sleeping, cooking, folding laundry, working at the computer, driving. Lean forward when sitting on a toilet and use a step to raise knees

above hips to help increase relaxation of pelvic floor muscles. This will help enhance proper emptying of bladder or bowels, Also focus on your breathing pattern and decrease straining while using the toilet.

While Lifting, avoid bending and twisting at the same time.

We are often in a rush to lift or grab something, and we forget to get our own bodies set up for the task. Take the extra few seconds to be mindful about good body mechanics, and turn your body to face the object that you are lifting. This way, you will not be placing extra load on your spine and pelvis while in a compromised position. Your body can take a lot more when you are in a position to get prepared for the load. Which leads to our next point. Exhale as you lift, especially with something heavy or when coming up from a deep squat.

This will help your core muscles to engage the way they should to protect your pelvis and lower back from the increase in pressure that occurs during such a task.



A STRONG CORE CAN HELP IMPROVE POSTURE.

Fact. Core exercises are important, but not traditional sit-ups which only shorten your hip flexor muscles. Your core works to stabilize your back and trunk, so exercises to strengthen it should also train you to be stable. These types of exercises are done for 30 seconds to 3 minutes and challenge you to use your core or deep stomach to keep your body still. You can begin activating your core with a modified "Bird Dog" or stabilization exercise. Start on your hands and knees and extend your arm out in front of you, then switch arms. Place a water bottle on your lower back for additional feedback and engagement. Next, extend your leg behind you, then switch. 5-10 reps, breathe out and draw in your stomach when you extend your arm/leg. Core stability exercise was more effective than general exercise for decreasing pain and increasing back-specific functional status in patients with LBP. (4)







MEET SOLEX

We believe in Science and we believe in our bodies ability to heal it self. Solex gives us the platform to feel "safe" in a "neutral zone" and create awareness. In clinical practice, I have learned that Solex has the ability to improve body/spine awareness (with accurate pressure feedback), blood flow, and engage balance receptors for optimal results in spine restoration. Enhance injury prevention strategies and create a safe environment for spine health/function.

Studies have shown that addressing muscle groups that augment stabilization of the "neutral zone" can yield effective response in back pain, within 2 weeks, and results can last up to 3 years. (2)



BENEFITS

- ✓ Improve sleep
- Aide digestion
- Reduce discomfort
- Restore natural spinal curves
- Restore natural spinal curves

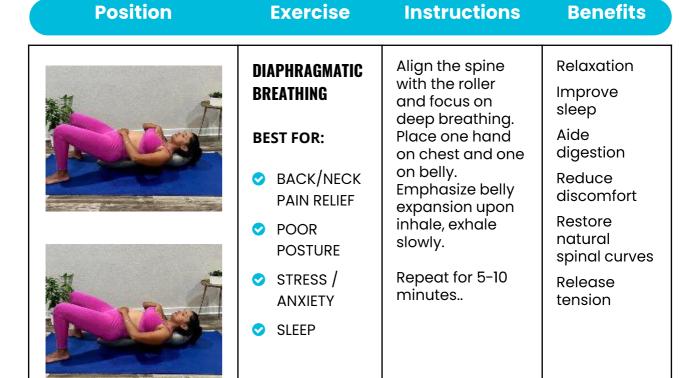
- Release tension
- Spine self mobilization
- Improve spinal disc hydration
- Reduce discomfort
- Improve flexibility
- Release tension

*Consult with a Healthcare provider if any concerns, before starting this exercise program. This program is not designed to treat, diagnose, or cure any medical conditions.



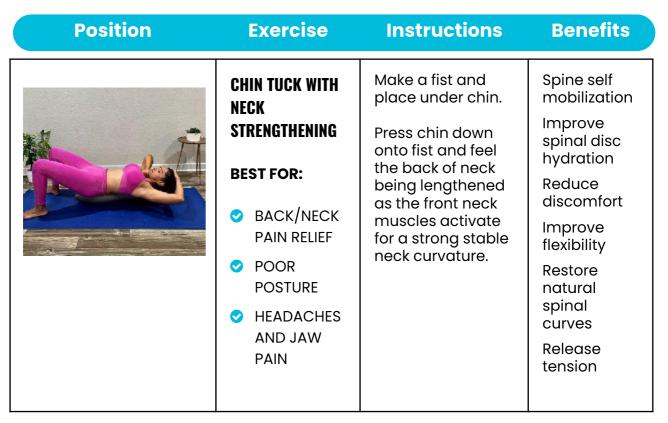


Position Exercise Instructions **Benefits** Lay down on the Aligning the **SPINE ALIGN** spine with roller and align the neck and Solex daily **BEST FOR:** lower back with may help improve & the curves on the BACK/NECK roller (see gently image) and feel restore the PAIN RELIEF the pressure natural POOR feedback. curves of spine and POSTURE Start at 2 relieves STRESS/ minutes and tension from **ANXIETY** increase time daily stress on roller to 10 on neck/back SLEEP from poor minutes. posture, body Recommende mechanics, d for daily etc. practice.



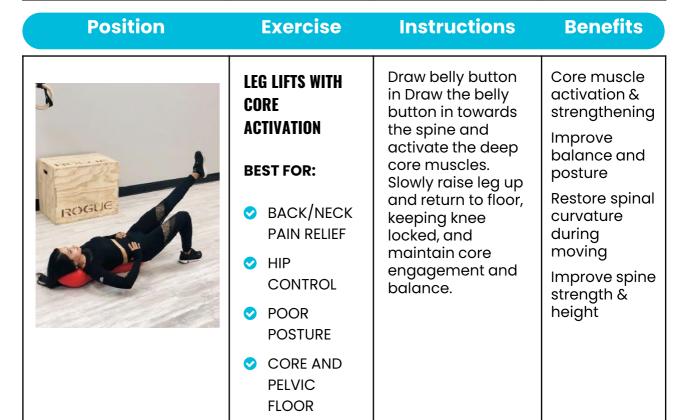


Position	Exercise	Instructions	Benefits
	PELVIC TILTS BEST FOR: BACK/NECK PAIN RELIEF POOR POSTURE CORE AND PELVIC FLOOR	Align spine with roller. Arch your back, pause for 2 seconds, followed by "tucking in" the tailbone, pause for 2 seconds, or create a slow "rocking" motion. Initiate movement from pelvis to ribs and activate lower abdominal muscles.	Spine self mobilization Improve spinal disc hydration Reduce discomfort Improve flexibility Restore natural spinal curves Release tension



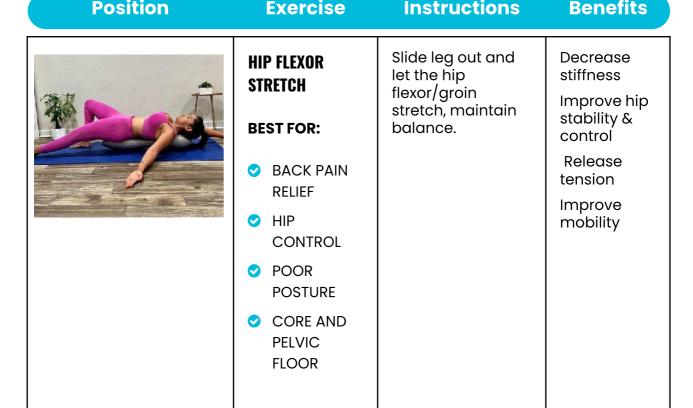


Position Benefits Exercise Instructions Draw belly button Core muscle MARCHING WITH in towards the activation & CORE spine as you stabilization **STABILIZATION** exhale (pull ribs to strength hips) and activate Restore the deep core **BEST FOR:** natural spinal muscles. curves BACK/NECK **Improve** Challenge deep **PAIN RELIEF** spinal core muscles strength & ability to stabilize POOR the spine & pelvis stability **POSTURE** with slow Release marching motion, tension CORE AND alternating legs. **PELVIC Improve FLOOR** balance *Add resistance by pressing the opposite hand on the knee to activate core muscles and strengthen the spine.





Position	Exercise	Instructions	Benefits
	OPPOSITE ARM AND LEG LEFT BEST FOR: BACK/NECK PAIN RELIEF HIP CONTROL POOR POSTURE CORE AND PELVIC FLOOR	Start with one arm and opposite leg straight on the floor. Activate core before slowly lifting leg and arm up at the same time, while maintaining balance and posture	Core muscle activation & strengthening Improve balance and posture Restore spinal curvature during moving Improve spine strength & height
Position	Evoroico	Instructions	Popofits



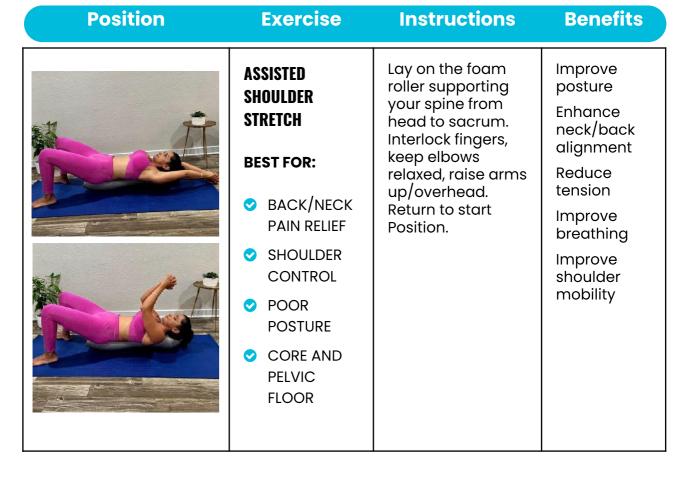


Instructions **Position Benefits Exercise** Use exercise band Improve **HIP BAND** around knees to posture **STRENGTHENING** push out while Enhance keeping body neck/ stable on the roller **BEST FOR:** back/hip and core engage. alignment Hold for 5 seconds ♥ BACK/NECK Reduce and repeat. **PAIN RELIEF** tension HIP Improve balance **CONTROL** Improve POOR mobility **POSTURE** CORE AND **PELVIC FLOOR**

Position	Exercise	Instructions	Benefits
	CHEST AND SHOULDER "Y" Stretch BEST FOR: BACK/NECK PAIN RELIEF UPPER BACK ALIGNMENT POOR POSTURE CORE	Lay on your back with the foam roller vertical along your spine with the head supported. Place arms out to the sides to make a "W" and slide up to form a "Y" with palms facing up. Hold this position for 30 seconds or more, to allow for a gentle stretch across chest and shoulders.	Improve posture Enhance neck/back alignment Rehydrate spine Reduce tension Improve breathing Restore spinal curve and height Improve balance Improve shoulder mobility

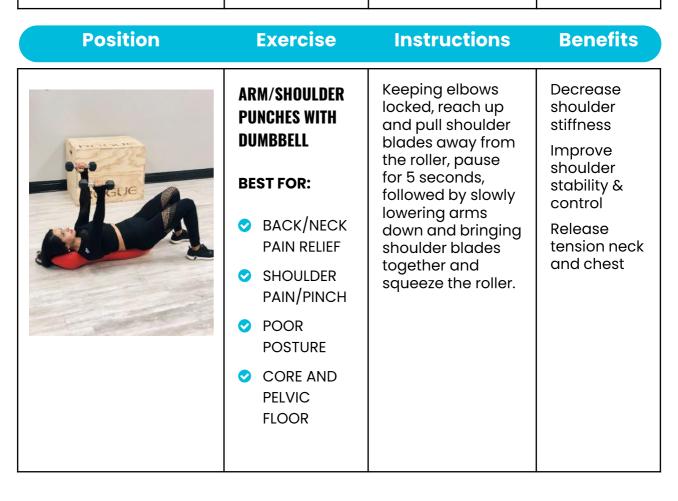


Position	Exercise	Instructions	Benefits
	CHEST "W" STRETCH BEST FOR: BACK/NECK PAIN RELIEF SHOULDER CONTROL POOR POSTURE CORE	Lay on your back with the foam roller vertical along your spine with the head supported. Place arms out to the sides to make a "W" with palms facing up. Hold this position to allow for a gentle stretch.	Improve posture Enhance neck/back alignment Rehydrate spine Reduce tension Improve breathing Restore spinal curve and height Improve shoulder mobility



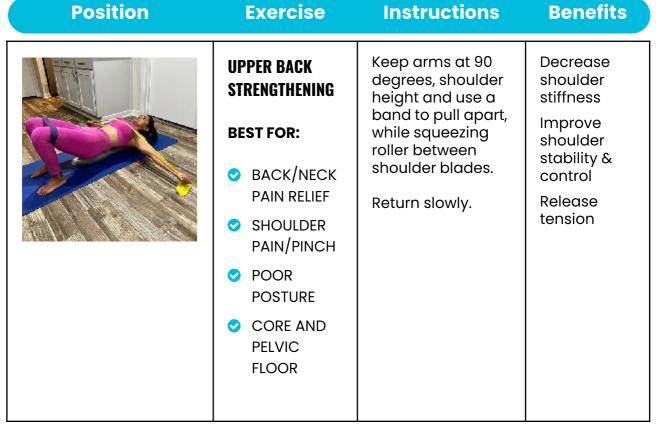


Position Benefits Exercise Instructions Align with roller Improve **WALL "W" CHEST** against wall and posture **STRETCH** draw in belly Enhance button to activate neck/back **BEST FOR:** core muscles. alignment Move arms into a Rehydrate "w" position with BACK/NECK spine thumbs reaching **PAIN RELIEF** for the wall. Reduce tension *Alternate position PAIN/PINCH **Improve** is "T" or "I". breathing POOR Restore **POSTURE** spinal curve CORE AND and height **PELVIC Improve FLOOR** shoulder mobility





Position Exercise Benefits Instructions Keep arms close Decrease **ROTATOR CUFF** to body and bend shoulder **STRENGTHENING** stiffness at 90 degrees. Improve **BEST FOR:** Use band to rotate shoulder arms out and stability & squeeze roller BACK/NECK control between shoulder **PAIN RELIEF** Release blades. tension Return slowly. PAIN/PINCH POOR **POSTURE** CORE AND **PELVIC FLOOR**





Position	Exercise	Instructions	Benefits
	FULL BODY STRETCH BEST FOR: BACK/NECK PAIN RELIEF SHOULDER PAIN/PINCH POOR POSTURE CORE AND PELVIC FLOOR	Straighten arms and legs, and focus on breathing. Spend 2-5 minutes, to allow spine to settle and the nervous system to shift into rest/digest mode.	Spine self mobilization Improve spinal disc hydration Reduce discomfort Improve flexibility Restore natural spinal curves Release tension

BONUS TIP:

Best self care is to prioritize improving the quality of sleep, as best you can. At the same time, there are always small tweaks that you can make that can help you get a bit more, or a bit better sleep. For example, going to bed a bit earlier after your little one does, rather than using that time idly browsing social media or starting a project of deep cleaning the kitchen at this hour. Even making sure that your bedroom is clean, cool, and dark, can improve the quality of your sleep even though you may not be getting as many hours of sleep as you'd like.

In the imperfect world, improvements in self-care are more feasible and valuable than a goal of perfection.



CONCLUSION

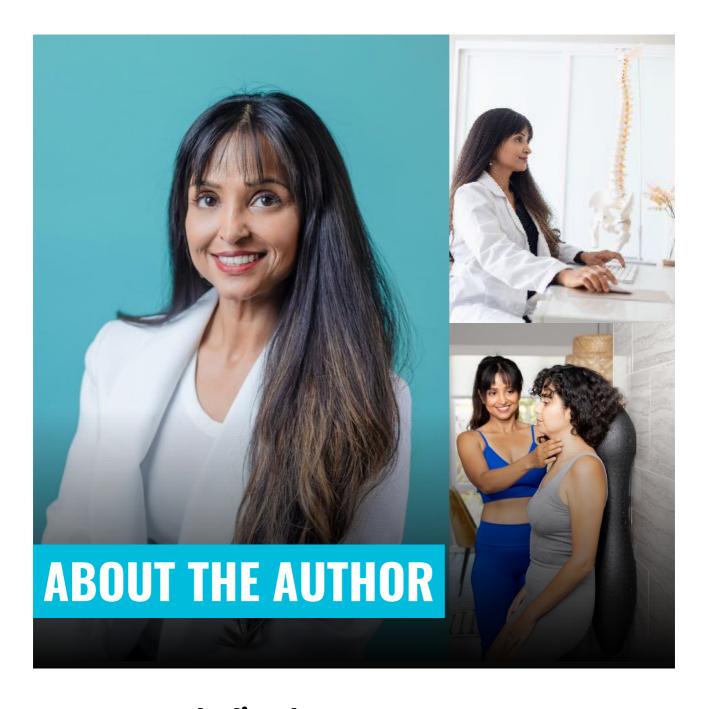
You now have in your hands great strategies (and bonus tips!) that you can put into effect starting right now, to start feeling better and enjoying an improved quality of life in this especially challenging and rewarding time of life. If you do truly put all of these tips into diligent and consistent practice, I promise you that you will experience significant physical benefits within a short period of time.

Of course, we have just scratched the surface with this information, and what is contained in this guide is not a substitute for a complete physical examination with a qualified and experienced physical therapist.

If you have any lingering concerns, or want to take your physical function to the next level, I am available as a resource to you, hailing from the office of Solex. I truly hope that your decision to access this guide marks the beginning of a beautiful long-term relationship between myself, you, and your best, healthiest version of yourself!

To your health!!

Aman Dhaliwal, PT, DPT



Dr. Aman Dhaliwal, PT, DPT

For over a decade, Aman Dhaliwal has been practicing physical therapy and helping people just like you discover ways to end pain and dysfunction without medication, injection, and surgery.

She has helped people end the suffering and frustration related to pain and become active again so they can enjoy activities with friends and family. She is the founder of Solex posture roller. She is on a mission to help patients overcome pain and dysfunction.



Health Advice Disclaimer

Please note that any information in this e-book is provided for educational and informational purposes only and is not a substitute for professional advice. We have made every effort to correctly portray the injury advice given in this e-book. The content of this e-book is not intended as a substitute for care from a physical therapist or other health care professional. If you experience signs or symptoms of injury, disease or illness you should seek the advice of a health care professional. No guarantees of specific results are expressly made or implied in this report.

- 1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/
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