



SOLEX

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“Realize deeply that the present moment is all you ever have. Make the **NOW** the primary focus of your life.”

Eckhart Tolle

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!



**Empower yourself
with the most simple
steps to pain relief!**

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BETTER POSTURE: BETTER YOU

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.



FACTS VS FICTION

PAIN IS ONLY CAUSED DUE TO AN INJURY.

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.



DEEP BREATHING HELP ALLEVIATE PAIN

Fact. Back can be an area that holds stress leading to pain caused from overactive/ tense muscles, leading to tightness, which can present it self as severe pain. Deep breathing (aka diaphragmatic breathing) and relaxing techniques with a slow cueing of relaxing or "letting go" while breathing in can help reduce the overactivity of the these muscles. This is as important as moving safely.



WHEN EXPERIENCING PAIN, AVOID MOVEMENT AND REST

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)



BODY MECHANICS ONLY APPLIES TO PEOPLE THAT LIFT HEAVY.

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


- ✓ Relaxation
- ✓ 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
	SPINE ALIGN BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ POOR POSTURE ✓ STRESS/ ANXIETY ✓ SLEEP 	<p>Lay down on the roller and align the neck and lower back with the curves on the roller (see image) and feel the pressure feedback.</p> <ul style="list-style-type: none"> ✓ Start at 2 minutes and increase time on roller to 10 minutes. ✓ Recommended for daily practice. 	<p>Aligning the spine with Solex daily may help improve & gently restore the natural curves of spine and relieves tension from daily stress on neck/back from poor posture, body mechanics, etc.</p>



Position	Exercise	Instructions	Benefits
 	DIAPHRAGMATIC BREATHING BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ POOR POSTURE ✓ STRESS / ANXIETY ✓ SLEEP 	<p>Align the spine with the roller and focus on deep breathing. Place one hand on chest and one on belly. Emphasize belly expansion upon inhale, exhale slowly.</p> <p>Repeat for 5-10 minutes..</p>	<p>Relaxation Improve sleep Aide digestion Reduce discomfort Restore natural spinal curves Release tension</p>


Position	Exercise	Instructions	Benefits
	PELVIC TILTS BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>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.</p> <p>Initiate movement from pelvis to ribs and activate lower abdominal muscles.</p>	<p>Spine self mobilization Improve spinal disc hydration Reduce discomfort Improve flexibility Restore natural spinal curves Release tension</p>


Position	Exercise	Instructions	Benefits
	CHIN TUCK WITH NECK STRENGTHENING BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ POOR POSTURE ✓ HEADACHES AND JAW PAIN 	<p>Make a fist and place under chin.</p> <p>Press chin down onto fist and feel the back of neck being lengthened as the front neck muscles activate for a strong stable neck curvature.</p>	<p>Spine self mobilization Improve spinal disc hydration Reduce discomfort Improve flexibility Restore natural spinal curves Release tension</p>




Position	Exercise	Instructions	Benefits
 	<p>MARCHING WITH CORE STABILIZATION</p> <p>BEST FOR:</p> <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Draw belly button in towards the spine as you exhale (pull ribs to hips) and activate the deep core muscles.</p> <p>Challenge deep core muscles ability to stabilize the spine & pelvis with slow marching motion, alternating legs.</p> <p>*Add resistance by pressing the opposite hand on the knee to activate core muscles and strengthen the spine.</p>	<p>Core muscle activation & stabilization strength</p> <p>Restore natural spinal curves</p> <p>Improve spinal strength & stability</p> <p>Release tension</p> <p>Improve balance</p>


Position	Exercise	Instructions	Benefits
	<p>LEG LIFTS WITH CORE ACTIVATION</p> <p>BEST FOR:</p> <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ HIP CONTROL ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Draw belly button in Draw the belly button in towards the spine and activate the deep core muscles. Slowly raise leg up and return to floor, keeping knee locked, and maintain core engagement and balance.</p>	<p>Core muscle activation & strengthening</p> <p>Improve balance and posture</p> <p>Restore spinal curvature during moving</p> <p>Improve spine strength & height</p>



Position	Exercise	Instructions	Benefits
 	OPPOSITE ARM AND LEG LEFT BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ HIP CONTROL ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Start with one arm and opposite leg straight on the floor.</p> <p>Activate core before slowly lifting leg and arm up at the same time, while maintaining balance and posture</p>	<p>Core muscle activation & strengthening</p> <p>Improve balance and posture</p> <p>Restore spinal curvature during moving</p> <p>Improve spine strength & height</p>


Position	Exercise	Instructions	Benefits
	HIP FLEXOR STRETCH BEST FOR: <ul style="list-style-type: none"> ✓ BACK PAIN RELIEF ✓ HIP CONTROL ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Slide leg out and let the hip flexor/groin stretch, maintain balance.</p>	<p>Decrease stiffness</p> <p>Improve hip stability & control</p> <p>Release tension</p> <p>Improve mobility</p>


Position	Exercise	Instructions	Benefits
	HIP BAND STRENGTHENING BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ HIP CONTROL ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	Use exercise band around knees to push out while keeping body stable on the roller and core engage. Hold for 5 seconds and repeat.	Improve posture Enhance neck/back/hip alignment Reduce tension Improve balance Improve mobility



Position	Exercise	Instructions	Benefits
  	CHEST AND SHOULDER "Y" Stretch BEST FOR: <ul style="list-style-type: none"> ✓ 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: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ SHOULDER CONTROL ✓ POOR POSTURE ✓ CORE 	<p>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.</p> <p>Hold this position to allow for a gentle stretch.</p>	<p>Improve posture</p> <p>Enhance neck/back alignment</p> <p>Rehydrate spine</p> <p>Reduce tension</p> <p>Improve breathing</p> <p>Restore spinal curve and height</p> <p>Improve shoulder mobility</p>


Position	Exercise	Instructions	Benefits
 	ASSISTED SHOULDER STRETCH BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ SHOULDER CONTROL ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Lay on the foam roller supporting your spine from head to sacrum. Interlock fingers, keep elbows relaxed, raise arms up/overhead. Return to start Position.</p>	<p>Improve posture</p> <p>Enhance neck/back alignment</p> <p>Reduce tension</p> <p>Improve breathing</p> <p>Improve shoulder mobility</p>

Position	Exercise	Instructions	Benefits
	WALL “W” CHEST STRETCH BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ SHOULDER PAIN/PINCH ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Align with roller against wall and draw in belly button to activate core muscles. Move arms into a “w” position with thumbs reaching for the wall.</p> <p>*Alternate position is “T” or “I”.</p>	<p>Improve posture</p> <p>Enhance neck/back alignment</p> <p>Rehydrate spine</p> <p>Reduce tension</p> <p>Improve breathing</p> <p>Restore spinal curve and height</p> <p>Improve shoulder mobility</p>

Position	Exercise	Instructions	Benefits
	ARM/SHOULDER PUNCHES WITH DUMBBELL BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ SHOULDER PAIN/PINCH ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Keeping elbows locked, reach up and pull shoulder blades away from the roller, pause for 5 seconds, followed by slowly lowering arms down and bringing shoulder blades together and squeeze the roller.</p>	<p>Decrease shoulder stiffness</p> <p>Improve shoulder stability & control</p> <p>Release tension neck and chest</p>

Position	Exercise	Instructions	Benefits
 	ROTATOR CUFF STRENGTHENING BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ SHOULDER PAIN/PINCH ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Keep arms close to body and bend at 90 degrees.</p> <p>Use band to rotate arms out and squeeze roller between shoulder blades.</p> <p>Return slowly.</p>	<p>Decrease shoulder stiffness</p> <p>Improve shoulder stability & control</p> <p>Release tension</p>

Position	Exercise	Instructions	Benefits
	UPPER BACK STRENGTHENING BEST FOR: <ul style="list-style-type: none"> ✓ BACK/NECK PAIN RELIEF ✓ SHOULDER PAIN/PINCH ✓ POOR POSTURE ✓ CORE AND PELVIC FLOOR 	<p>Keep arms at 90 degrees, shoulder height and use a band to pull apart, while squeezing roller between shoulder blades.</p> <p>Return slowly.</p>	<p>Decrease shoulder stiffness</p> <p>Improve shoulder stability & control</p> <p>Release tension</p>

Position	Exercise	Instructions	Benefits
	FULL BODY STRETCH BEST FOR: <ul style="list-style-type: none"> ✓ 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



ABOUT THE AUTHOR

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.

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