



# This is my story



John Miller



Hi, I'm John Miller – physical educator, fitness practitioner, seminar presenter, author and publisher. I live in Canberra, the capital of Australia.

**Global Back Care** is a musculo-skeletal health management program designed to help you

- maintain good musculo-skeletal function, and/or
- restore poor function to good.

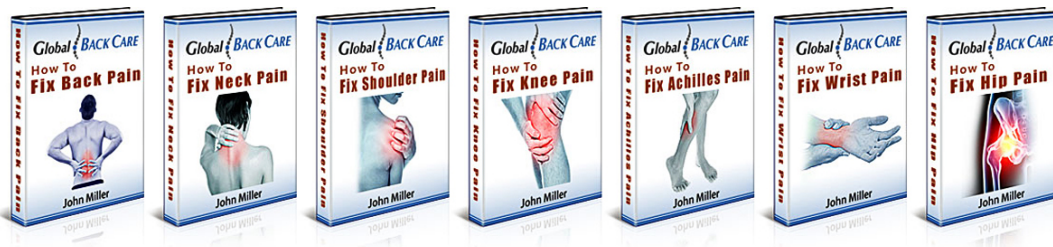
If you can get your body back into alignment there's a good chance your pain will go away.

#### **The causes**

The program contains information about the likely causes of back pain. There is definitely more than one cause. If you don't know the cause, it's potluck whether any treatment will work.

In the **Clinical Diagnostic Assessment**, I provide people with clues as to the underlying cause of their joint and muscle pain and teach them the exercises designed to get the skeleton back into better alignment – and restore poor function to good.

The **Global Back Care program** includes a series of ebooks devoted to fixing up major joint and muscle problems.



It also contains

- an outline of some of the most common causes of musculo-skeletal dysfunction
- some of the basic principles that underpin good function
- an assessment section where you can gauge your risk of musculo-skeletal dysfunction
- descriptions of some of the key exercises you need to do to get your body back into better alignment.

**The program** goes beyond the tablet, crème, rub down, ray lamp, crunch, hot pad, ice, the vibrator, hanging-up-side-down, electronic muscle twitching and the scalpel.

#### **\*Crook Back**

There will be times in this book where you'll come across the term 'crook back'.

In Australia, the word 'crook' is described by the dictionary as 'sick; disabled; bad; inferior; unpleasant.'

A 'crook back' is Aussie-speak for lower back dysfunction, of which pain is the symptom. If you've got a crook back, you're experiencing lower back pain. Your lower back is not in good shape. The pain is telling you to do something to get your body back into better alignment.

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john.miller@millerhealth.com.au

7 Salvado Place Stirling (Canberra) ACT, Australia 2611 (612) 6288 7703

## ARE YOU READY FOR A BREAKTHROUGH – or more of the same?

### IN THE BEGINNING

In November 1994 I went to work at the t the Australian Institute of Sport in Canberra. In mid-December I got a painfully sore back. It hurt when I got out of bed, it hurt when I coughed and every time I sneezed it felt like someone was ramming a red-hot poker into my lower back. I could hardly bend over the basin to clean my teeth it hurt so much. I'm not sure what got the blame at the time, probably the rowing machine!

I started doing more back strengthening and flexibility exercises and on a scale of 1 - 100, (1 being wretched and 100 being absolutely fantastic) it went from about 20 to 70, and there it stayed for about five years. I resigned myself to putting up with it forever: 'John, you're getting older, put up with it!'

When I look back on it now, I realize that the exercises I was doing were necessary but not sufficient, and isn't it usually the case that if you keep doing what you're doing, you'll just end up getting more of the same?

Then one Saturday morning in April 2000, I volunteered to take an early morning stretching class for the National Speakers Association Conference in Canberra.

As I got out of bed at 5.30am my first thought was 'Why am I doing this? What's in it for me?' My wife, Christine was more to the point. She said, 'Are you getting paid for this?' I said, 'No, it's a love job' and slipped out the door. At the time I didn't realise the chain of events that this opportunity would lead to. It didn't take long to find out. One of the women in the class showed me a new exercise, the hip crossover and asked if I had a copy of Pete Egoscue's book, 'Pain Free'. I hadn't, but a couple of weeks later I bought a copy and started doing *some* of the exercises he recommended.

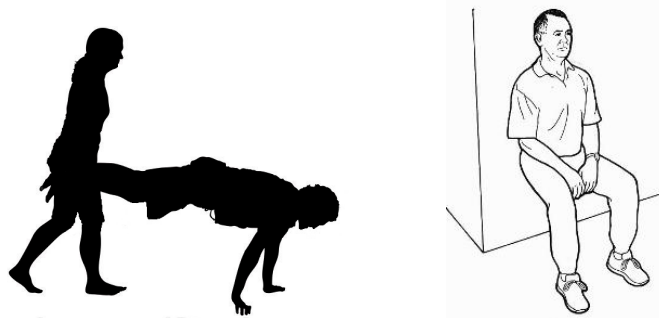
My back got a bit better. But I still wasn't happy. Maybe I needed a new bed; blame the bed! I'd met a man a few years before who was on workers compensation for back pain and his insurer had bought him a new bed. It sounded like a good lurk.

In August 2000, my wife Christine and I went to the West Coast of America for my daughter Jo's wedding. While in America we visited the Egoscue Clinic in San Diego as paying customers. We went through their evaluation and spent a couple of days being supervised in a back care routine designed specifically for each of us. We also attended four early morning conditioning sessions and this is where I found myself wanting.

I was pathetic at doing situps with my feet held. I couldn't do a superman back arch, it hurt too much. These are exercises I'd been led to believe were contra-indicated. They said, 'Just do them!'

I couldn't do the air bench leg strengthening exercise for more than 15 seconds. The calf stretch was painful.

They proved to me my shoulders were lacking in strength. I had lost the ability to successfully do the wheelbarrow exercise, where someone holds your legs while you walk around on your hands. I couldn't do the wall sit exercise for more than 20 seconds.



They prescribed more exercises and different exercises to the ones I'd been doing.

I was running a fitness centre at the time. I thought I was reasonably strong and flexible. I was wrong. No wonder I still had lower back pain.

We arrived home in Canberra the night before the opening of the Sydney Olympic Games. I spend most of my evenings over the next couple of weeks lounging around watching television and eating chocolate sultanas. My back went from 70/100 back down to about 10/100. It felt worse than it had ever felt. All I got out of the 2000 Olympics was a crook back and a fat guts!

Then I started thinking, 'What's holding me back from having a musculo-skeletal system in great shape. Is it laziness, ignorance, stupidity or attachment?' Looking back now it was all four. I had to start doing something different.

That's when the penny dropped. I became serious about doing more of the exercises I needed to do to get my body back into alignment, in particular strengthening my abdominal and back muscles and loosening off calves, hamstrings and buttocks.

I introduced more of the Egoscue exercises into the flexibility sessions in the concluding 20 minutes of my fitness classes.

I spend a couple of hours at home each evening in front of the TV doing three exercises, static back, supine groin, hip crossover and prone frog and a few others, I started doing the sit-up-straight exercise. It took me six months to stop falling over backwards, my buttock muscles were so tight.



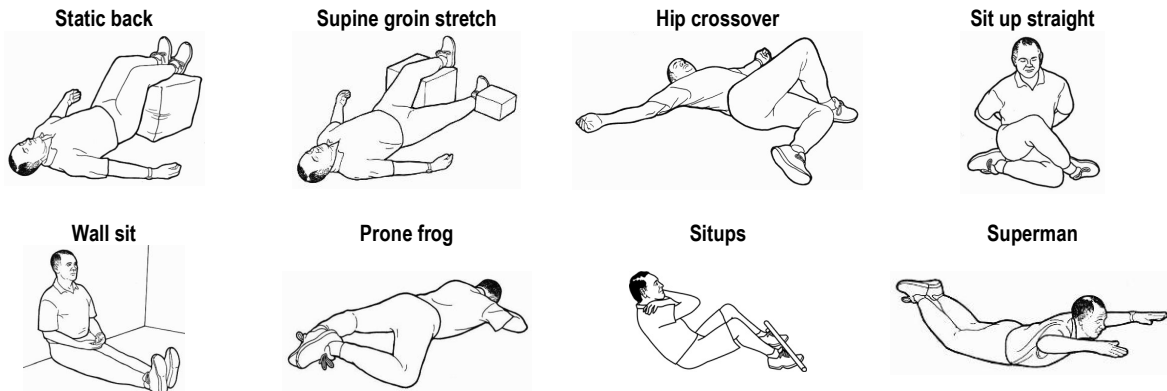
Gradually, over the next two months my back started to get better. Then one day I found I could sneeze and cough in bed without any pain.

In about six months time I started telling people it was back up to 90%. I only felt a twinge very occasionally and then not much.

24 months later and it was back to 95%. I did most of the exercises in this book seven or eight times a week in my fitness classes.

Now, over 20 years later, I'm not 97% fat free but I'm 97% pain free. I'm more conscious of my posture when I'm sitting at the computer - doing my best to maintain the 'S' shape, rather than a 'C' shape in my spine. (The best advice your mother ever gave you was to 'sit up straight'. The best advice I can give you is to sit with your abdomen pressing in against the desk and the back of the chair pressing in up under your shoulder blades.)

I'm not sure which exercises did the most good (I suspect there was a synergistic effect from doing them all), but if I had to single out a few important ones they would be: -

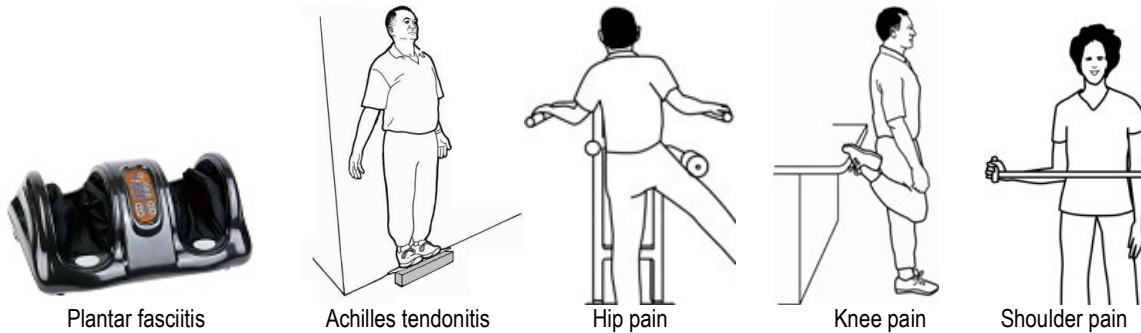


If you've got back pain, after a couple of months doing these exercises for a couple of hours a day you should feel a whole lot better. You may start to feel an improvement after a few days.

Most people underestimate the time they need to spend doing the exercises, at least initially. Doing an exercise for a minute isn't sufficient. For instance, I recommend you do the hip crossover for about 40 minutes, five minutes one side, five minutes the other side, over and over again. In the supine groin, static back and hip crossover exercises let gravity do the work (for 20 minutes) of relaxing some of the deeper muscles that are holding your body out of alignment. Because of the time it takes I recommend you do the exercises while you're watching TV.

Hippocrates said something to the effect that the physician speaks with more authority if he's had the disease. Well, lower back pain is not a disease and I'm not a physician, but I can tell you one thing, I've had a crook back and it got better and I'm pretty certain that if you are diligent and willing to spend time on the floor doing the exercises that I recommend, you can fix yours up too.

Over the years I've had plantar fasciitis, Achilles tendonitis, hip pain, knee pain, shoulder pain – all fixed by doing the exercises that treated the cause.



Plantar fasciitis is interesting. I was running a back care seminar and said there was one thing I couldn't fix and that was plantar fasciitis. One of the participants in the class said, 'This will fix it.' He took off one of his shoes and started vigorously rubbing the instep of one of his feet with his thumb. I tried it and the tendon that goes from the big toe to the heel felt like an iron rod.

I purchased a machine like the one illustrated above, installed it under my desk and let it grind away for hours while I worked. A month later, no more plantar fasciitis.

So, who do I have to thank for all of this? Well, it started at the Speaker's Association Conference at 6 o'clock one April morning. What goes around comes around.

I want to thank my daughter Jo for giving us the reason to go to America and my daughter Lisa for her persistent encouragement. I want to thank my wife Christine who continues to inspire and motivate me to practice what I preach, and supports me in this work, and my mother, Doreen for asking, 'Do you know any exercises that would be good for my back?'

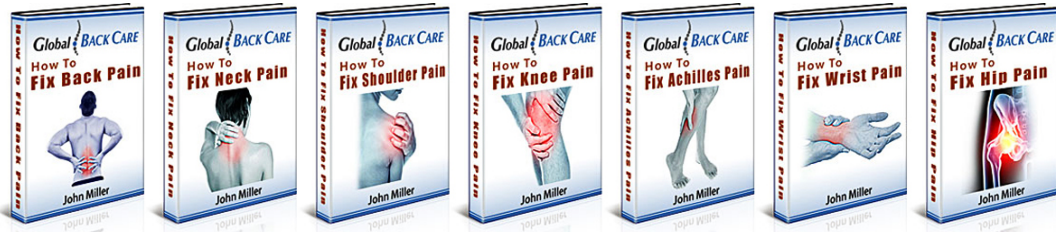
Finally, I wish to thank my business partner, Gavin Gilmour for his work in developing the [Global Back Care](#) website.

In the meantime, stay tuned, highly tuned and remember, it's a big ask expecting to stay healthy without keeping yourself fit. It's an even bigger ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.

*John Miller*

*Are you ready for a breakthrough, or more of the same?*

## Global Back Care ebooks



The Global Back Care set of ebooks have been priced to make the information in them readily available.

The price of the Fix Back Pain ebook is \$14.99us.

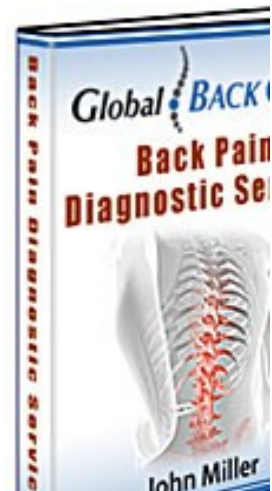
The price of the other books in the series is \$9us.

### Back Pain - Clinical Diagnostic Assessment

If you're serious about fixing up your back, neck, shoulders, wrists, hips, knees, calves, Achilles and shins, I highly recommend you organize a Zoom call so I can talk to you about your musculo-skeletal condition and we can determine whether you will benefit from the (almost) hour long Clinical Diagnostic Assessment.

Email me at: [john.miller@millerhealth.com.au](mailto:john.miller@millerhealth.com.au)

<https://www.globalbackcare.com/clinical-diagnostic-assessment/>



*A body in alignment stays in alignment unless acted upon by a force.*