

# Steps To Follow



## Back Blueprint - Steps To Follow

This small pdf is to outline the simple steps to follow to remove your pain. If the pain doesn't ease quickly then please contact me, use the other techniques inside the Blueprint ... but these simple steps are what the vast majority of clients say stopped their back or neck pain.

So what to do ...

### First - ASSESSMENT

By stretching the Hamstrings and Hip Flexors (which you will see how in the Assessment Section) you determine which muscles are tight and therefore which imbalance you have.

### Second - CORRECTION

From the assessment you do a few simple things:

- Stretch ONLY the Hamstring & Hip Flexor muscles that are tight using the stretches from the Muscle Balancing Section
- Balance your Pelvis as determined by the assessment
- Use the Quick Start sections for the Reflex

### Third - Jin Shin Jyutsu (acupressure)

Use the techniques inside the Quick Start section, these will be the main ones to use for most people. Remember:

- The points are the size of your palm, so you won't miss them
- You rest your hands on the points, no pressure, no tapping just rest them there
- You should feel a pulse, once that occurs stop. But feeling the pulse isn't needed, if you can't feel the pulse just simply hold for a couple of minutes or more.

- Once a day is enough to steadily improve, but you can do them more, you can't overdo them, you can't hold them too long either. So if you're sitting watching TV you can hold them as long as you wish and you will see changes faster.

## **Four - Contact**

If after a few days to a week and you see no change ... contact me, outline your pain and details about it and I will point you to the other techniques to use and even some techniques not listed in the Blueprint.

But for the vast majority, the above simple steps is all you need to do and pain will melt away.

I look forward to hearing from you as you progress, feel to let me know how you are and if you have any questions or even suggestions on how we can make the process clearer or simpler.

Enjoy!