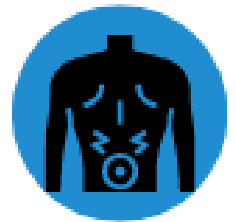
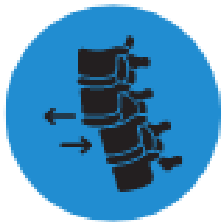


YOUR UNIQUE RESULTS REPORT

**Here Is What's
Blocking
Your Herniated Disc
Recovery**



See what these results
mean inside...

Here Is What's Blocking Your Herniated Disc Recovery

Congratulations and Thank you!

Thanks for making the time to take the **What's Blocking Your Herniated Disc Recovery Quiz**.

And **Congratulations!**

Because with this information you are one big step closer to conquering your back pain once and for all.

Hi - I'm Dr Nik Dukovac, Chiropractor, founder of MotusPro and creator of ©Conquer Your Back Pain Bootcamp and ©The Movement Method.

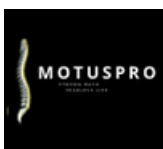
Over the past decade and a half, as I've helped literally thousands of people change their lives by conquering their back pain, I noticed there were 5 main Blockers to the recovery of herniated disc injuries.

And that led me down the path of creating this Assessment, so you can get instant clarity about what's **BLOCKING YOUR** Herniated Disc Recovery... and how to overcome it and move forward.

So let's get to your results!

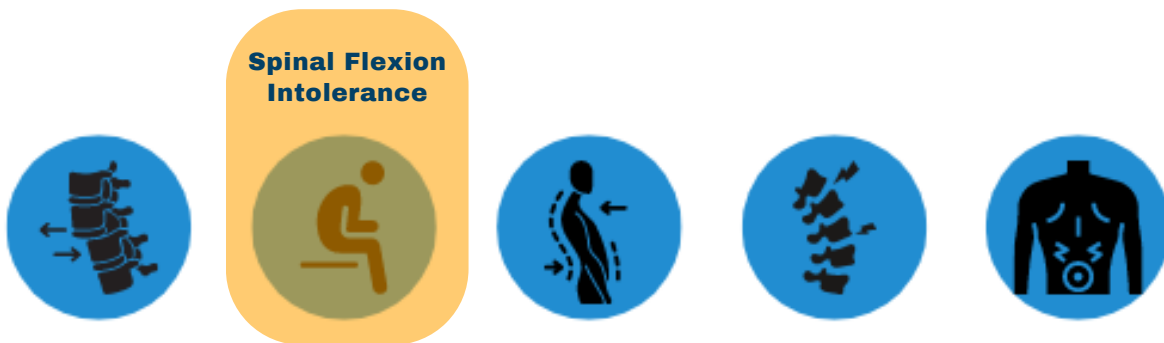
Dr Nik Dukovac

Dr. Nik Dukovac
Chiropractor
Founder of MotusPro
Creator of © Conquer Your Back Pain Bootcamp
Creator of © The Movement Method



Here Is What's Blocking Your Herniated Disc Recovery

Here is What's Blocking Your Herniated Disc Recovery:



Based on the information you've shared about you and your situation, the key blocker limiting your herniated disc recovery, is what's known as "SFI" or "Spinal Flexion Intolerance".

Here Is What's Blocking Your Herniated Disc Recovery

Here's What That Means...

Now here's what that means: Spinal Flexion Intolerance (SFI) means that your spine has had enough of you being in a slouched posture!

When you have gotten yourself in the deep hole of poor slouched posture for over 8 hours a day for several years in a row - there's more to do than simply improve your posture - you also must reverse all the compensation tension, or else you'll just keep coming right back to your bad habits.

How is your disc herniation supposed to heal if you keep compressing it in this poor posture all day?!

Here's the strange thing - normally, people avoid the things that aggravate their back. But in this scenario, people keep on doing it. How does this make sense? You see, the reason why they are in this pickle to begin with is a learned bad habit of slouching. And once that's engrained in your head and muscle memory, it's hard to break out of it. Even if you know it's causing your back problem. We are strange beings at times!

Many people suffering from SFI as their main blocker to full healing of their disc herniation simply don't get lasting relief from their chiropractor, physiotherapist, massage therapist, among other therapists. Why? Because they just go back to doing what's causing their injury, so the pain keeps coming back, and their spine never has a chance to heal.

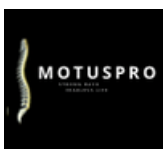
Other sensations that people in this category often feel are:

- A stiff and tight back that occasionally locks up (seizes) on them
- Difficulty putting on your socks and shoes, infact they start wearing slip on shoes as a preference.
- Some get occasional sensation of giving way of their hip, knee, and or leg.
- Difficulty straightening back up after bending down, very carefully getting back to an upright position.

That is only some of many sensations people often describe with Spinal Flexion Intolerance.

You see, it's not just a slouched posture that is the problem, It's a complex issue where there is a disc injury which can easily get re-aggravated with the slightest movements. And because there are nerves so close to these joints, they can get aggravated in the process, causing electrifying pain in your buttock, back of thigh or leg, or all the way down to your foot in some cases.

It certainly makes your back feel vulnerable. You lose confidence in your back, and so you start shying away from the things you love, like golf, tennis, gardening, actively playing with your kids to name a few.



Here Is What's Blocking Your Herniated Disc Recovery

Common Spinal Flexion Intolerance Recovery Mistakes & Pitfalls

Many people in this category feel the need to stretch their back for relief.

In fact, one of the favourite stretches these people have is to lay on their back and hug their knees to their chest.

Yes, this gives a nice feeling of relief for about 20min if you are lucky. But, it's a false sense of relief. How can you have a false sense of relief?

The same way a TENS machine works.

You see, there are different types of messages that travel through nerves, and these messages travel at different speeds. Pain messages travel through slower nerves than tissue stretch and pressure messages. That means that messages about tissue stretching and pressure win the race to the brain, stopping the pain message from being perceived.

That's why you quickly rub the spot on your elbow that you just knocked, it interrupts the pain signal. It doesn't fix the injury, just masks it.

Similarly, the hugging your knees to your chest stretch stimulates the mechano receptors in the ligaments in your spine - which get to your brain before the pain signal - so it gives a sense of relief - when in fact your spine is no better. In fact, you are actually making the problem worse.

If you continue this bad habit, it will unfortunately propel you further down the hole of ingraining a flexion/slouched posture.

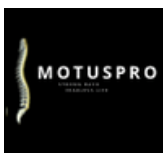
Let me expand on this further...

You see, if this bad habit is not changed, it is simply impossible for your herniated disc to heal.

Rounding your back such as in a slouched posture, and twisting is a well known recipe for disc herniation. Sitting with GOOD posture puts way more stress on your spine than standing - how much more compression do you imagine sitting with a SLOUCHED posture puts on your injured disc?

Every time you spend in a slouched posture, you are essentially suffocating your disc and not letting it heal. This makes your lower back vulnerable to reagrivations/flare ups. Not only impacting your life, but also those around you. With every reagravation, the injury deepens, and the memory of pain gets ingrained more and more into your brain. Every relapse makes your spine less tolerant to this poor slouched posture.

This explains why so many simply have little confidence in their back. Little confidence that it can withstand playing with their kids, helping out a friend move some furniture, or work in the garden. Or even little confidence in your back in order to play golf or tennis. So, you start to miss out on the pleasure of these activities.



Here Is What's Blocking Your Herniated Disc Recovery

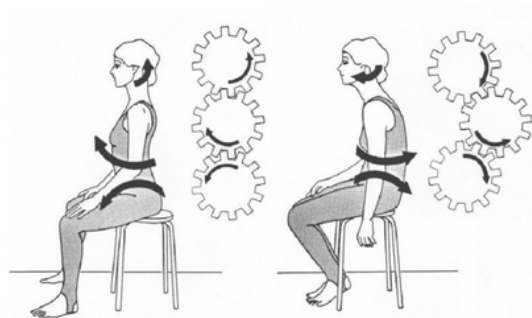
Here's What You Can Do About It

Thankfully there are some practical and achievable steps you can take to both avoid and reverse those outcomes and to allow full recovery to occur.

Let me share one small piece of © **The Movement Method** that I have created that will make a massive difference in your posture giving your spine an opportunity to rest and heal immediately.

It all begins with self awareness of your sitting posture.

The cogwheel posture method:



To change the posture of the entire spine, all you have to do is change the bottom cogwheel.

- Tilt your pelvis as if you were lifting your tail.
- Now, fine tune this posture by imagining a string attached to the top of your head pulling you taller.

That's it! How simple is that!

When you are suffering from a herniated disc - this is critical information!

It's not easy to give your spine the rest it needs to recover.

As much as applying this tool will have a huge impact on minimizing stress on your injured disc, doing this alone is not quite enough for long term resolution.

My best advice for a long term solution is to take a deep dive into the topic of what's blocking your back pain recovery. Most people with Spinal Flexion Intolerance must also tackle other factors that led them to this point.

I have developed a 5 step process to conquering your disc herniation which involves **The Movement Method**.

The Movement Method is a critical way to give your spine, discs, and nerves the rest they need to heal completely, while not missing out on everything you love doing, or need to do. So, this means that most of you don't need to stop doing what you have to do, or want to do - BUT YOU DO need to change the way you are doing it. That's what The Movement Method is all about. It's a critical part of the 5 step process in the Conquering Your Back Pain Bootcamp I give to stop your back pain once and for all.

Here Is What's Blocking Your Herniated Disc Recovery

Your Next Steps

Now you might be wondering...

'How do you know what those 5 strategic steps to conquering my unique disc herniation are, and more importantly, how do you know that this will heal my injury once and for all?'

Well, this is what I do all day, every day... I help people of all ages and stages of life, to bust through their Healing Blockers. The truth is that there are some who do fall back into relapses, but the reason is that they have stopped following the rules that allowed their back to heal. So, as long as you stay true to what I am teaching in the Conquer Your Back Pain Bootcamp, the odds of you getting a relapse is miniscule (namely due to unpredictable trauma, such as a significant fall) - plus if you do get a relapse, you recover from it so much faster, because you've learned the way out already.

I just so happen to be hosting a training on this very topic in just a few days...

And because you've made the time to take this assessment and tell me a little about you and your situation, I'd love to hook you up with a **FREE 24 hour access pass to watch this live training session.**

In my **"DISCOVER The 5-Step Recovery Roadmap to Your Herniated Disc Back Pain" Free Online Training**, I cover the big picture proven process that has helped thousands of my patients shifting you from feeling scared, helpless and in agony toward being fearless with complete confidence in your back.

Now, the only catch is this:

Because this is a live session that I'm hosting, you must register for this training in advance.

And to get access to this session for free, you must go ahead and do this within 24 hours of reading this document.

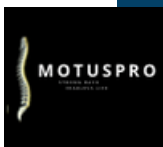
So go ahead and do this right now while you're on this page and you're thinking about it.

Simply click the button below, and when you get to the next page register for this training to get access for free.

So go ahead and do that now, and I'll see you at the next Live Online Training.

GET YOUR FREE ACCESS PASS HERE

[CLICK Here to get your FREE ACCESS PASS to the online training to gain a fearless life, with full confidence in your back.](#)



Here Is What's Blocking Your Herniated Disc Recovery



Get Your FREE Access Pass To The Next Online Training

DISCOVER The Roadmap That Has Healed Thousands,
Getting Them Out Of Feeling Like This:

- Struggling to walk without the sharp, dull, aching, shooting pain that instantly comes on, making you need to sit down again
- Struggling to stand up straight
- Getting around the house by crawling along the floor
- Muscle spasms that either come and go, or that just won't stop.
- Nerve pain that is unlike anything else you've ever felt, the kind of pain that makes you feel like you're going mad!
- Your leg going numb and becoming very weak
- Nothing, nothing is cutting through the pain
- Like you got shot in the base of your spine
- Pain that stops you in your tracks

[Get Your FREE Access Pass Here](#)

www.motuspro.com/FREEAccessPass

