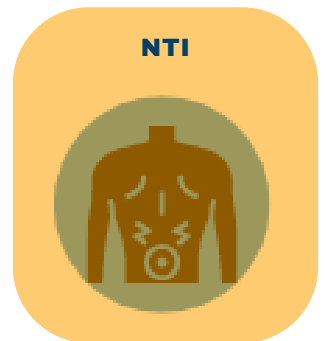
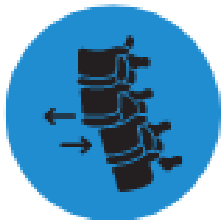


# YOUR UNIQUE RESULTS REPORT

**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 "NTI" or "Nerve Tension Intolerance".

# Here Is What's Blocking Your Herniated Disc Recovery

## Here's What That Means...

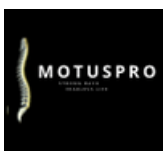
Some of you might immediately think that these are just fancy words to say sciatica. It's not the same thing. Sciatica is a symptom, Nerve Tension Intolerance (NTI) is what leads to sciatica. So, reverse your intolerance to nerve tension, and you no longer suffer from sciatica.

Now here's what Nerve Tension Intolerance means: It means that your nerves, or at least one of them has become so irritated that it simply can't handle much pulling, or tugging without causing a stabbing or shooting nerve pain. Another way of saying it, is that the pain threshold of your nerve(s) has decreased significantly.

### **Other sensations that people in this category have experienced are:**

- 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
- Hot sensation, and sometimes cold, and sometimes having what feels like a band tied around your knee and lower leg, and foot, like it is going weird.
- A pain that stops you dead in your tracks.
- Searing pain either in your back, buttock, groin, or down your leg and foot.
- Muscle cramping
- May get worse pain when bending your head down, such as to get into your car
- May get worse pain when driving a car if the seat is too far from the pedals
- May get worse pain with walking or running with a large stride (better with a short stride)
- Many have been mis-diagnosed as having a hamstring or calf strain (pulled muscle)

You see, it's not just a pinched nerve that's the problem. It's that the nerve is not able to function as it should be able to and so it is more easily aggravated/irritated.



# Here Is What's Blocking Your Herniated Disc Recovery

## Common Nerve Tension Intolerance Recovery Mistakes & Pitfalls

Many people in this category get great relief from a cortizone injection into their spine. In fact, a frequent mistake made by those who choose this treatment is that once their pain is gone, they think the problem is gone. That there is no longer any injury, and their back is now strong to do whatever they wish.

Unfortunately, if you don't remove the reason as to why your nerve(s) has become intolerant to tension - you will never conquer your back pain once and for all. You will continue to suffer repeated unexpected relapses; which is why most people have multiple cortizone injections over their life time.

But there is a much better way. A natural way. Honestly, the only way that will truly allow you to conquer your back pain once and for all.

Let me explain...

If you don't change the root cause that has created your herniated disc injury and nerve tension intolerance, it will keep flaring up, usual when you least expect it.

You see, left unchecked, your nerves never have the ability to completely heal. This means that they are forever easily reaggravated with minor strains or tension (meaning it is still intolerant to nerve tension)

And every time you reaggravate your nerve, your life is impacted and those around you. With every reaggravation, the injury deepens, and the memory of pain gets ingrained more and more into your brain. Every relapse makes your nerves less tolerant to tension - like that spot on your shin bone that you knocked and bruised on the end of your bed frame, and seem to keep accidentally knocking it, to the point that just even brushing the skin over the area makes you jump in pain.

I have seen too many individuals suffer relapses of their disc herniation pain within months of their cortizone injection. So trust me when I say this, just because your pain is gone temporarily does not mean that your back has healed. You have simply masked the pain by decreasing the inflammation around the nerve. But you have not addressed the root cause behind why the nerve continues to be aggravated.



# Here Is What's Blocking Your Herniated Disc Recovery

## Here's What You Can Do About It

The good news is, your body is amazing at healing when given the chance to breathe!

You see, nerves are meant to be elastic/stretchy, and should be able to slide/glide next to it's adjacent structures (muscles, ligaments, fascia, etc). With every injury, you develop some scarring as it attempts to repair itself (this scar tissue is sticky, and can cause nerves to adhere/stick to tissues next to them, making the nerve less able to slide).

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.

The first steps for recovery are:

1. Remove tension off the nerve
2. Keep the tension off the nerve long enough that it has time to fully heal
3. Restore good nerve function (ability for it to slide freely next to it's adjacent structures)
4. Change your bad habits that have led to your nerve injury.

Here's what you can do almost immediately to start reducing tension on your nerves and therefore have some pain relief. (that being said, if the nerve tension has been quite significant and for a long time, it may take some weeks to months before your nerves have healed enough to allow for pain relief and your brain to disconnect from chronic/longterm pain)

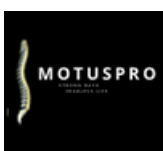
It all begins with reducing the pressure of your disc onto your nerve.  
The following exercise alone will not stop relapses, but it certainly will help with relieving your pain.

Using this nerve release exercise will certainly be a tool you will want to keep in your belt to help you keep going until you properly solve your nerve intolerance and disc herniation injury.

So here is what you do:  
Grown Up Tummy Time.

Here's how you do it:

- Lay on your bed or floor, on your stomach.
- Place two flat hands under your chin
- Relax and breathe, focus your thinking on letting your lower back sink into the ground when breathing out.
- If this does not increase your pain, or feels good, try putting one hand into a fist under your chin
- Again, if this is not bad, or feels good, try putting two fists under your chin.
  - If two fists is uncomfortable, go back to the previous step
- Stay there for up to 3 minutes - or less if you start feeling some pain.



# Here Is What's Blocking Your Herniated Disc Recovery

## Continued: Here's What You Can Do About It

- Now, take your time getting up.
- Brace your stomach muscles as if preparing to take a punch in the guts.
- put your hands next to your chest (like in a pushup position) and push yourself up onto your hands and knees, then step up from there.
- Move around abit, see how your back feels.
- Has your sciatica or back pain disapeared or decreased in intensity?!
- If your pain is better, do this every few hours.
- If your pain is no different, do this every few hours, the accumulated effect of doing this exercise results in relief over time.
- If your pain is made worse - stop. This means that there is more to your pain than simply a herniated disc aggravating your nerves. If this is you I recommend taking my Conquer Your Back Pain Course to gain further insight as to the other factors that are causing your pain that must be resolved - more about this in the next paragraph.

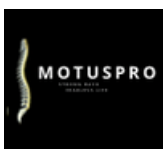
Most people will gain great relief with this exercise. However, this is only one thing required to conquer your back pain.

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 Nerve Tension Intolerance must also tackle the issue of scar tissue that stops the nerves from gliding smoothly in and out of the spine as well as the importance of tackling all aspects of disc compression that keep aggravating the nerves.

There is 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 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** 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.

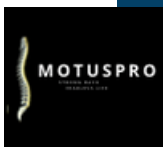
So go ahead and do this right now while you're on this page and you're thinking about it.

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.

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[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



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