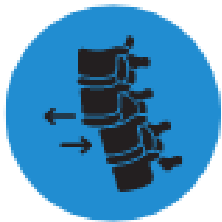


YOUR UNIQUE RESULTS REPORT

**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.

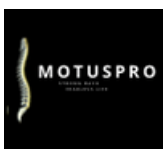
Over the past decade and a half, as I've helped literally thousands of people change their lives by conquering their back pain, I noticed there were 5 main Blockers to the recovery of herniated disc injuries.

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 "SMI" or "Spinal Micro-Instability".

Here Is What's Blocking Your Herniated Disc Recovery

Here's What That Means...

Now here's what that means: Spinal Micro-Instability (SMI) means that there is slight laxity (floppiness) or lack of control between the bones of your spine. It means that when you go do the slightest things, like bend over to pick up a pen off the ground, or reach for something in the back seat in your car, you feel a twinge in your back, or a sense of your back feeling vulnerable.

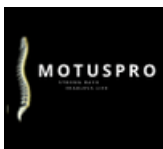
That twinge is a warning sign. It makes your vulnerable back feel like a ticking time bomb; that your back will go out on you any moment and seize right up, spasming, and not let you straighten up or move.

Other sensations that people in this category often feel are:

- A quick loss of power in their hip/knee/leg - like their leg/knee/hip just gave out on them for a second.
- Difficulty straightening back up after the twinge, very carefully getting back to an upright position.
- A sharp jab of pain that comes and quickly goes
- Tightness in the back that just doesn't go away with massages - because your brain is purposely turning on these muscles to guard and protect your injured disc.

That is only some of many sensations people often describe with Spinal Micro-Instability.

You see, it's not just a floppy spinal joint 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, because of this floppiness. And because there are nerves so close to these joints, they can get aggravated in the process causing pain to electrify in your back, and/or down your buttock, back of thigh, leg, or all the way down to your foot in some cases.



Here Is What's Blocking Your Herniated Disc Recovery

Common Spinal Micro-Instability Recovery Mistakes & Pitfalls

Many people in this category get great relief from performing core muscle exercises. That's because it increases the muscular tightness around their spine, like tightening up a safety belt. However, I have seen so many extremely fit individuals with ripped abs fall pray to Spinal Micro-Instability.

How can this be?

Most people simply have been taught to engage their core in a way that defies all logic.

There are various popular organisations and influential people who have put great emphasis on engaging your core by drawing your belly button inwardly. This activates your deepest and thinnest (meaning weakest) layer of abdominal muscles, known as your transverse abdominus muscle. Yes, it is true that engaging this muscle will act like tightening a belt around your waist - and with this analogy you would conclude that this tactic provides significant stability to your spine.

Let me help you realise for yourself how this way of thinking to achieve spinal stability is faulty.

Imagine a tall rod in the ground. This rod is abit flimsy and buckles when force is applied on it from the top, compressing it, or even from the sides, easily bending it to buckle.

Now, you want to stabilise this flimsy rod.

How would to do it?...

- Would you tie ropes from the top to the ground?
- Would you tie ropes from the middle to the ground too?
- Perhaps even at several other heights along the rod?
- Would you have the ropes fastened to the ground right next to the rod, or out wide far from the base of the rod?
 - Which would give the most stability and minimise buckling of the rod?
- Would you use the strongest rope or thinnest rope you cand find?

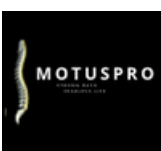
I trust that you have come to the same conclusion as I, that you would want the strongest rope you can find and tie it at regular intervals from the top to the bottom of the rod, and anchored to the ground out as wide as possible.

Does sucking in your belly button toward your spine achieve this?

It does activate a muslce that does attach to every level of the lumbar spine (lower back), but it anchors the ropes closer to the base rather than out wide.

Is your transverse abdominus muscle the thickest abdominal muscle? NO! It's the thinnnest of all 4 layers.

You see, if you train to engage your core in a poor manner - which is crazily the most common manner in which it is taught - then you are wasting all your hard earned sweat.



Here Is What's Blocking Your Herniated Disc Recovery

CONTINUED: Common Spinal Micro-Instability Recovery Mistakes & Pitfalls

Trust me, you don't want to keep making this mistake.

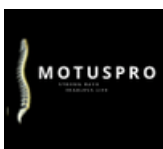
The way you train your core is the way your core will be used to protect, (or not protect), your back when you need it most. Just like any new skill, you need to consciously practice it over and over again, until it becomes second nature.

You see, left unchecked, your herniated disc will never have the ability to completely heal. This means that they are forever easily reaggravated with minor strains or tension.

And every time you reaggravate your disc, 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 discs less tolerant to tension and becomes more and more unstable - making it easier for your spine to buckle in the future.

This explains why so many 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 opportunities.

I have seen too many individuals suffer relapses of their disc herniation pain. Despite being extremely fit. They still feel their back is so vulnerable.



Here Is What's Blocking Your Herniated Disc Recovery

Here's What You Can Do About It

Here's how you can practically fix this problem.

When you brace your core, you must do it in a way that activates the muscles that anchor your spine out wide to stabilise it. That means - DO NOT suck your belly in. You're simply wasting all of your hard earned work by doing this.

Instead do this:

- with your abdominal muscles relaxed, push your fingers into your oblique muscles
 - imagine your navel is 12 o'clock, and your spine is 6 o'clock.
 - push your fingers in at 10 and 2 o'clock into your abs.
- now, by stiffening your stomach muscles, you will feel your fingers being pushed out.
(this activates 2 of the 4 layers of abdominal muscles, the external and internal abdominal oblique muscles - much thicker than your transverse abdominus muscle. The 'obliques' also wrap all the way around your core, from each level of your lumbar spine to the front, acting as a safety belt)

Another way of thinking about it...

If you were preparing to be punched in the guts, would you suck your belly in, or just stiffen your abs to act as a shield? The latter is what you're trying to achieve.

However, it is very important to fine tune your core bracing to task at hand. You only want to contract your core enough to take your pain away while performing a task. Brace very hard if you're preparing to lift something very heavy, and brace very mildly if you are simply bending down to pick up a pencil.

If you contract too hard all the time, this will add significant compression on your herniated disc, and not allow it to heal fully.

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

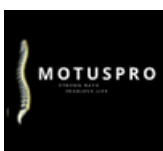
It's not easy to give your spine the rest it needs; one way to do so is to have your muscles pick up some slack.

As much as applying this tool will have a huge impact on minimizing your twinges, and allow your back to heal, 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 Micro-Instability must also tackle other factors that led them to this point.

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, 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 need 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.

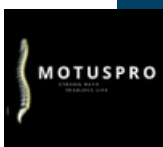
So go ahead and do this right now while you're on this page and you're thinking about it.

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

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