

START HERE

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MUSCLE PAIN RELIEF

WITHOUT THE OPIOID
OR SURGERY
OPTIONS



MOVE BETTER

FEEL BETTER

LOOK BETTER



Ken Haman

Illustrations provided of common areas of pain and how to eliminate it through massage, simple stretches, and strengthening techniques.

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15-30
minutes
per day

will keep the pain away!

Muscle makes up roughly half of a person's body weight and each person has over 600 different muscles, each with their own origin and insertion. With so many muscle attachments to the bones while crossing over and under the joints, it is no wonder that joint and muscle pain are so common.

A huge problem arises when opioids and/or surgery are the first choice for many people to eliminate the pain. Opioids will only mask the problem temporarily and surgery is not always successful; it can create even more problems and additional pain. This booklet will show you where to "**Start Here**" or, in other words, targeting the "Hot Spots," which are also called "Trigger Points" under the umbrella of Acupressure. Applying direct pressure and massage will get rid of these "Trigger Points". By having this knowledge you can avoid the opioid epidemic taking the lives of over 40,000 a year – and that's just in the United States.

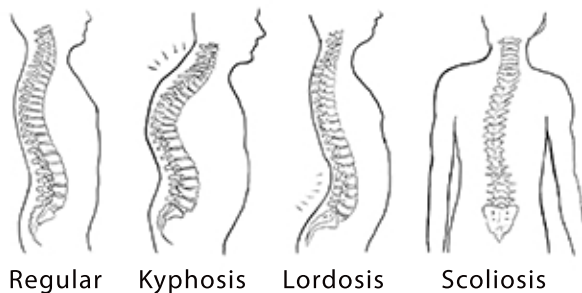
It is always a good idea to get a second opinion, and I hope you will consider a much safer method that gets to the real root of the problem by working with a Corrective Exercise Specialist (CES). A CES will help you with acute pain with acupressure as well as specific exercises that will loosen the tight muscles and strengthen the weaker muscles. Not only will you avoid the possible addiction of opioids, but you will also save a ton of money avoiding medical bills from surgery which can be both ineffective and lead to infection.

As for myself, think of me as a source that will keep you from ever experiencing surgery or physical therapy. One reason is I know from personal experience the pain from muscle injuries and imbalance. Having noticeable scoliosis pain, starting at the age of 10, and yet competing in competitive soccer for over 25 years was a very painful experience. Over time, however, I learned that with stretching, corrective exercises, palpating (massaging) the most painful areas, and finishing with ice application, the pain is manageable - and even reversible!

To be honest, this is an on-going process regardless if you're exercising a lot or not. It can be painful while palpating or using the foamy roller. You will, in fact, need to feel some pain in order to eliminate the root of the problem. The good news is it hurts less and less as you become more and more acclimated to relieving pain through massage, the use of the foamy roller, and the tennis ball.

Exercise does help keep pain down, but as we age we become more aware of the stress and inflammation on the muscles and joints as we move. This, however, does not mean you want to be sedentary. The muscles will atrophy and shorten, causing even just millimeters of change that can cause muscle and joint pain. It's better to exercise. This booklet will show you where to palpate when you have pain, as well as the best flexibility and strength exercise you can do in order to keep the muscles at just the right balance.

As you can see from this illustration, an abnormality of the spine causes significant imbalances radiating out from the spine and into the extremities where even the slightest imbalance can be very painful in the neck, shoulders, back, hips, knees, calves, and even feet.



In addition, muscle pain can manifest itself in different ways. A muscle can tear, become inflamed where it attaches to the bone (called tendinitis), as well as lead to some prickly pain, which is often nerve related.

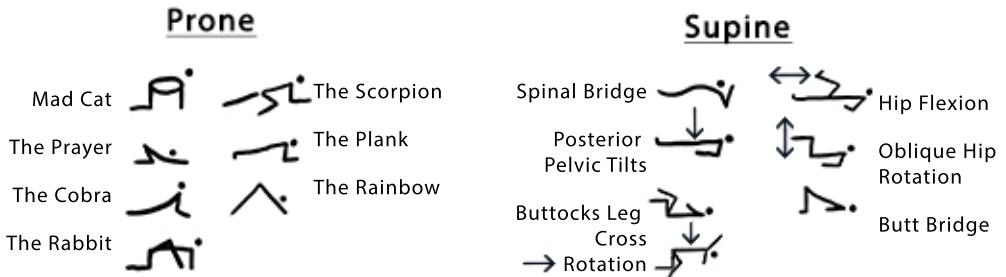
The following are the essential tools and methods for pain relief:
All you need is a floor mat, a foamy roller and a tennis ball.

1) The "5 Second Press down" Massage Technique is very important in order to decrease the acute inflammation that builds up either on the soft tissue of the muscle or where the muscle originates or inserts to the bone. The 3 Finger Circular Technique is great for finding the painful areas, and can act as a type of warm up for the muscle. Lastly, The Thumb Technique is used to "run the lines". In other words, the thumb can be used to massage up the entire length of the muscle while also moving fluid toward the heart.

2) Stretching and Corrective Exercises (see Stick Figure Good Morning Routine on page 4) are used to keep the balance between strength of the muscle, which hopefully is contracting through its entire Range of Motion, and the ability of the muscle to be flexible. A flexible muscle prevents itself from shortening, which prevents putting pressure on the surrounding nerves. **Keep in mind that if a muscle is already loose, then there is no need to stretch it.**

3) Ice Application should be about 10 minutes, and no longer than 15 minutes directly on the painful area after the massage or use of the foamy roller and/or tennis ball.

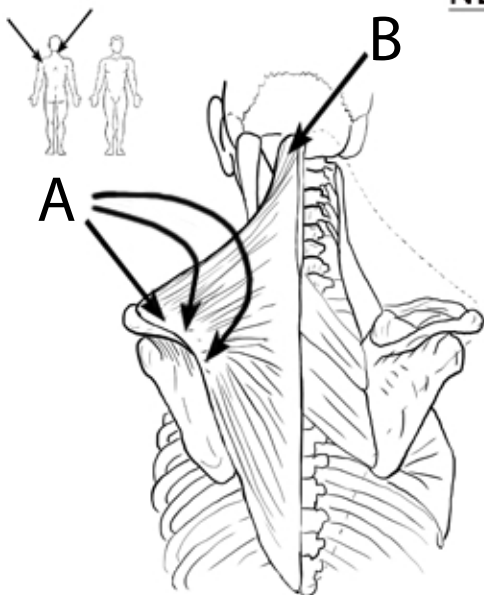
The following exercises are called **The Good Morning Routine**. Perform these various Prone (face down) and Supine (face up) stretches and strengthening methods to maintain a pain free day:



The following pictures of specific anatomical locations (Pages 5-7) are where pain is very common. The Start Here plan shows where to palpate, press down for 5 seconds, and then ice for instant pain relief. If the pain persists, then simply repeat the same procedure (massage, corrective exercises, and ice) over and over until the pain is gone. ***There are many other corrective exercises and locations on the human body known as Trigger points that can assist in removing the pain, so if the contents of this booklet are not getting the job done, consult with Ken Haman (CES) for further instructions (Contact info on page 9).***

The pictures *will show you where to start* with either massage, the foamy roller, or the tennis ball. Each method can be used interchangeably, as the goal for each Arrow location is to Press down and remove any inflammation and fluid buildup. The massage should only take a few minutes but be sure to massage and press down where it hurts the most – The Hot Spot! Lastly, ice after each massage for about 10 minutes!

NECK PAIN:



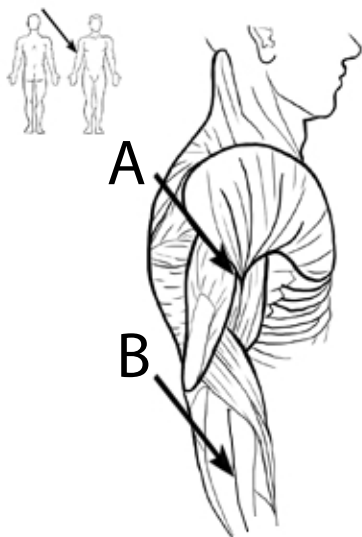
Arrow A - Start Here at the Trapezius muscle located on the Spine of the Scapula

Arrow B - Start Here at the base of the skull

Corrective Exercise:
The Cobra



SHOULDER PAIN:

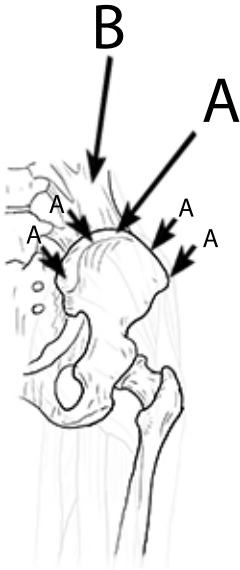
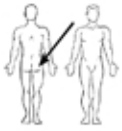


Arrow A - Start Here at the base of the Deltoid muscles

Arrow B - Start Here at the Trigger Point on the top of the forearm

Corrective Exercise:
Throw a Ball

BACK PAIN:



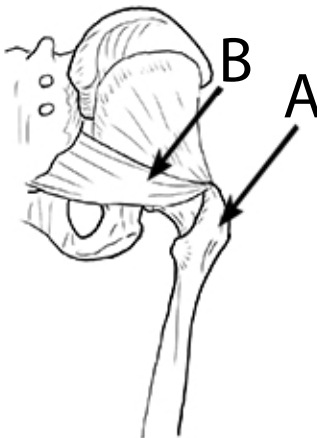
Arrow A - Start Here at the pelvic ridge, including the sides

Arrow B - The quadratus Lumborum

Corrective Exercise:
The Prayer



BUTTOCKS AND HIP PAIN:



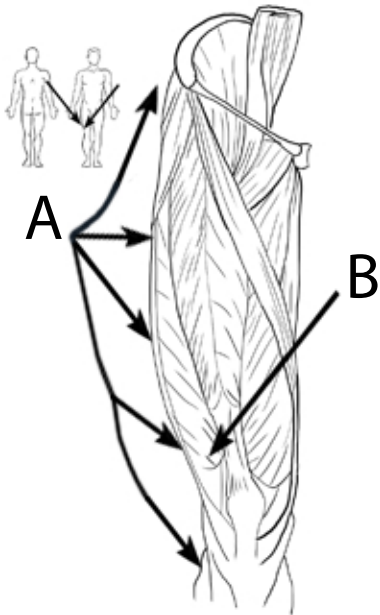
Arrow A - Start Here at the Greater Trochanter

Arrow B – Start Here at the Piriformis Muscle

Corrective Exercise:
The Scorpion



KNEE PAIN:



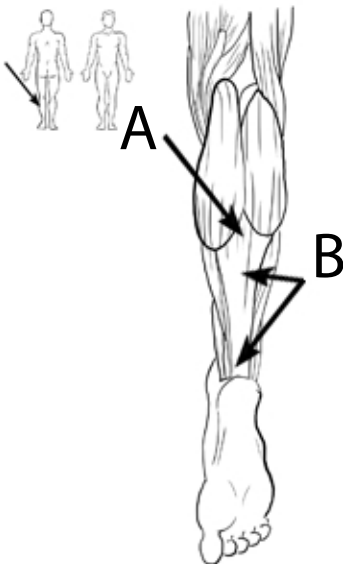
Arrow A - Start Here at the Iliotibial Band (ITB)

Arrow B - Start Here at the Vastus Lateralis Insertion on Patella

Corrective Exercise:
Supine Leg Cross + Rotation



CALF AND FOOT (HEEL) PAIN:



Arrow A - Start Here at the Soleus just below the Gastrocnemius

Arrow B - Start Here at the Achilles Tendon

Corrective Exercise:
The Rainbow



It is a good idea to get a stress test prior to starting an exercise routine. It is also a good idea to avoid opioids as much as possible! Opioids only mask the pain and are very addictive and if taken wrong can lead to death. In closing, also be sure to hydrate with water throughout the day, eat protein with each meal while keeping sugars down, perform cardio exercise such as walking up to 6 days a week, ideally do 2 or more strength training workouts a week, and I highly suggest chiropractic care.

TESTIMONIES:

Dr. Arnold Mandell – age 84

As a life-long sedentary, mathematical-medical theorist, I paid little attention to my body or its physics condition. Aging brought arthritis, rotator cuff syndrome, lateralized lower back and knee pain. Opioids, muscle relaxants, tranquilizers and sedatives were of little help. Consideration of back shoulder and/or knee surgery was sometimes helpful but also known for making thing worse. By the age of 60 I had become a chronic pain patient. Several visits to physical rehabilitation centers and acupuncturists helped but only transiently.

I then discovered Ken Haman and his systematic program of stretches, tonic postures, and gentle passive and active motion that both mobilized and strengthened my "core." More importantly, he made me mindful of my body and its cooperative dynamical capacity, despite having Kyphosis. In this way, he gave me control of many healing mechanisms.

Ken's work with my "body's mind" has resulted in large and lasting positive changes in my neuromuscular-skeletal health. I recommend Ken and his physiological-psychological program without reservations.

Kasey – Male age 15 Soccer Player

I'm a very experienced soccer player for my age. I have played for 10 years now and I plan to continue playing at a college or professional level. I play for a high ranked team in California which requires a lot of traveling and practices. During this time, I have had countless injuries. Some were minor, but others were serious, meaning I would have missed weeks or even months of practice. Ken Haman has helped me come back to playing within days or even weeks, which is a fraction of the time it takes others with similar injuries. Sometimes it hurts when doing direct massage or the tennis ball, but I know a little pain now means I'm back to playing the beautiful game that I hate to watch from the sideline. I now know what to do to overcome any muscle pain, and that means everything to me because I can continue to train on my own to consistently remain a starter against the best players in the state and the nation.

Jake - Male age 18 Soccer Player and Field Goal Kicker

As both a football and soccer player, I have developed many injuries over the past years. There would be nights I would come home from football practice with immense pain in my quad and hip flexor from the repetitive motion of kicking a football and using the same muscle groups. I would always go straight to my dad who has, on numerous occasions, palpated and discovered the point of injury and eventually knocked it down to where I was back to 100%. While deeper injuries took longer to heal, I can't name one instance where my dad wasn't able to locate the source of the pain and work muscles around the trouble spot to bring it back to full health.

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