

Ancient Posture's

The

MIAF

METHOD



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The MAF Method

Around the world, millions of people struggle with ongoing low back pain. As you're here, I assume you're one of the unfortunate crowd. Yet, as common as this problem is, a deep misunderstanding of its causes remains. The result is sufferers who continue to be plagued by physical complaints like pain, spasm, stiffness and disability and psychological issues like depression, suicidal thoughts and a lower quality of life.

But with the right knowledge ongoing back pain can be reversed.
You can get your life back!

The problem isn't the lack of research, it's the lack of widespread knowledge. After all, a chemical remedy can't fix a mechanical problem. A pain killer, by design, cannot correct a musculoskeletal complaint. And chronic back pain is usually mechanical.

To fix it, you need to repair the fault. This is where The MAF Method comes in: It is formulated to correct the underlying cause. There are three science-backed components to this simple but revolutionary program. Each is doable, even if you have health challenges. Let's take a look...

M = Muscular Strength

The vast majority of people are not active. Long hours sat working, daily commutes and exhausted evenings spent watching TV lead to muscle weakness and a lack of coordination. The core muscles designed to brace our spine diminish in strength and so, too, does their ability to stabilize the spine. This causes excess pressure being forces through the spinal joints in our lower back. This results in pain and risk of further injury.

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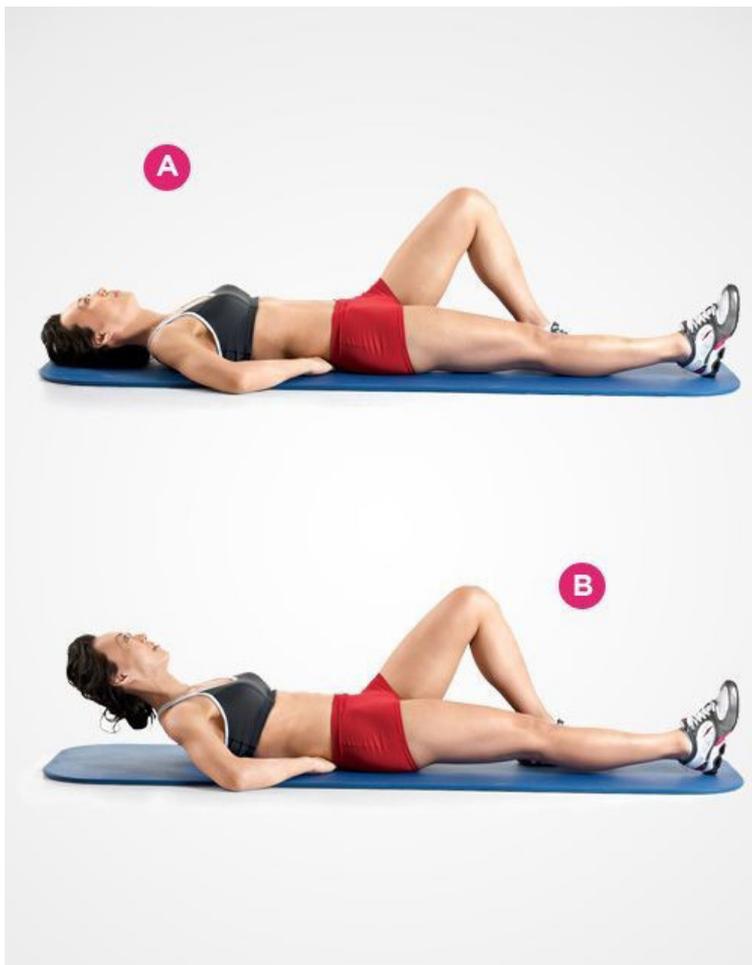
There are three key exercises in the muscular strengthening component of The MAF Program: curl ups, the bird dog and the plank.

Curl Ups

Curl ups engage and strengthen the abdominal core.

To perform:

Lay on your back on the ground. Bend the right knee to 90-degrees and place the right foot on the floor. Raise the toes of your left foot towards your head and keep this leg entirely grounded. Place your hands underneath the small of your lower back.



Once in this position tighten your abdominal muscles and, using these muscles alone, raise your shoulders just above the ground. Keep your neck in line with your spine by dropping your chin slightly toward the chest. Hold this position for up to 10-seconds. Repeat three times. Slowly return to the floor. Swap sides. Repeat.

Credit: <https://www.pinterest.com.au/pin/430164201879302113/>

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The Bird Dog

This usual sounding exercise strengthens the abdominal and lower back muscles and trains these areas to work together well.

To perform:

Gently lower yourself to the ground. Rest on all fours with your knees bent to 90-degrees and your arms straight, each hip width apart. Find your neutral position by allowing your tummy to drop and raise until you find the comfortable sweet spot. You should feel a slight forward flexion of your lumbar spine; your spine should curve naturally forward.

Next raise your left hand overhead at the same time you extend your right leg backward. Hold for 10-second. Repeat on the other side.



Credit: <https://www.popsugar.com.au/fitness/How-Do-Bird-Dog-Exercise-Your-Back-43327154>

If you find yourself wobbling, stop. Begin again but only extend your arm above your head this time. Leave your leg grounded. Over time, your strength will build and you can safely advance this exercise to the complete version.

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Tip: From above, your back should look like a table: flat. A second person can provide feedback on whether your position is correct.

The Plank

The plank is designed to strengthen your core but it does so in a static position.

To perform:

Lay on your front on the floor. Raise yourself up to rest on your elbows and your knees; both should be hip width apart. Brace your core to hold this position. Your spine should be flat; if your bottom pokes in the air bring it down to form a neutral spinal line. Hold for 10-seconds. Repeat three times.



Credit: <https://gethealthyu.com/exercise/forearm-plank-knees/>

Tip: Once strong enough, you can advance this exercise by supporting yourself on your toes instead of your knees.

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Remember, strengthening your core takes time. Commit to this muscle strengthening program daily over 8 - 12 weeks. Then continue this program to maintain your improved muscle strength.

A = Aerobic Fitness

Aerobic exercise heightens blood flow, delivering healing nutrients to the back. It triggers the release of endorphins, our “feel good” hormones. It reduces the fear-of-use commonly associated with lower back pain. Each of these contribute to reduced pain and increased function and mobility.

The MAF Method incorporates a six-week program with twenty minutes spent daily either cycling or walking on a treadmill at a moderate pace. Then, as above, this practice should be maintained.

F = Flexibility

Our sedentary lives mean hours spent in a seated position. This tightens the muscles at the front of the hips including the psoas and the quadriceps. It strains the back extensor muscles. It shortens the spinal ligaments.

Stretching exercises increase the flexibility of soft tissues including muscles and ligaments. This can enhance healthy movement, increase range of motion and reduce disability and back pain.

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Psoas Stretch

The psoas muscle runs from the lumbar spine through the pelvis and to the inside of your upper, inner thigh bone at a place called the lesser trochanter. To apply a stretch, we must use a position that separates these connection points.

To perform:

Stand in an upright light lunge position with your left leg forward and your right leg behind. Slightly bend your front knee. Keeping your back leg straight, bring your pelvic forward (not down). When you feel a stretch at the top of your right leg, hold this position for 30-seconds. Relax. Repeat on the other side.



Credit: <https://www.verywellfit.com/performing-standing-lunge-stretch-3120306>

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Quadriceps Stretch



Credit: <https://nelsonbayphysiotherapy.com.au/exercise-extra-quadriceps-stretch/>

The quadricep — or quad — is the strong muscle at the front of the thigh. As the name suggests it has four muscular parts. They attach to your pelvis, thighbone and knee.

To perform:

Stand upright near a bench. Bend your left knee and bring your left foot towards your left buttock. Hold your left ankle or foot behind you. Gently bring your hip forward and lower your knee until you feel a stretch through the front of your left thigh. Hold for 30-seconds. Relax. Repeat on the right side.

Back extensor muscles stretch

The muscles in your lower back can become tight and feel stiff and sore. Stretching these often feels good immediately.

To perform: Lay on your back on either the floor or your bed. Raise your knees to your chest. Place a hand under each thigh or on top of your skin bones and draw both legs towards your chest. Tuck your chin to your chest. Hold for 30-seconds and rest.

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Credit: <https://www.verywellhealth.com/knees-to-chest-exercise-296870>

The MAF Method is as powerful as it is simple. Based on research from the University of St Mark and St John, it is formulated to correct the underlying cause of your back pain.