

## Dr. Tye's Back Protocol

Fund your Health Savings Account and purchase a hot tub.

1. Make sure your hot tub has a 'hot seat' with strong jets.
2. When you get in make sure you are hydrated.
3. For the first 20-30 minutes let your mind go and wander, releasing the days tension. Let the minutia of the day go. Think of relaxing things.
4. When you feel relaxed support your arms on arm rest such that you are no longer seated.
5. Start with small movements of your back by making small circles with your butt.
6. As the muscles relax make wider circles.
7. Then pull your knees up to your chest slowly for the first time.
8. And extend you legs fully holding yourself up off the seat.
9. Do the knees to chest then extend several times.
10. Swing hips side to side slowly then steady.

These maneuvers will stretch and relax the back support musculature. By being warmed up and relaxed and hydrated, the muscles as they are flexed squeeze water into the discs that have no blood supply of their own. Typically people in their 40s start herniating discs. They are more sedentary so the back muscles aren't being used enough to keep the discs moist. Then caffeine, nicotine, meth, cocaine, and other vasoconstrictors deny the discs even more.

11. Turn over and put your arms on the rim of the hot tub arching your back.

12. Pull the hips forward all the way, then back all the way, flexing and extending your back several times.

13. Then relax and let your mind go blank.

I herniated my L5-S1 disc with sciatic nerve pain that went away in a year. I herniated my left L3-4 disc with numbness of the left L3 dermatome 8 yrs later but it has never gone to pain or muscle atrophy. I attribute this to the hot tub range of motion of my back keeping the discs moist and no further herniation occurred. It is still numb only.

Bonus: I call the hot tub my Hot Tub Universe, like I called the tree with the rock sticking out of it my God Seat when I was 7. For my hot tub is open to the night sky and we have learned so much about the universe in these last 20 yrs especially since the James Webb Space Telescope. I like to imagine the universe with my increasing knowledge.

This is not medical advice. It is a doctor sharing her experience. In case it may be of help.