

Jerome's Story

I have had low back pain for 10 years. I was operated on with a dynamic arthrodesis to my lumbar spine (dynesys system). I attended your evening talk in Grenoble last week. This is the first time in my life that I meet someone from the medical world who understands my pain. Your intervention really brought me a lot of very valuable information.

I mainly remembered 3 things:

1) The power of the image and the metaphor

A picture is worth a thousand words, a metaphor is worth a thousand pictures. But for me the most powerful tool is the example or the identification. For my part, I used the example of a friend that I discovered on social networks. His example that one could live even with pain, do the exercise and have an almost normal life. It's the most powerful tool I think.

Here is his story and his website <https://sylvieboucharard.fr/>

Sylvie Bouchard

SYLVIE BOUCHARD Patiente
Experte Lomбалgie Chronique

Sylvie Bouchard

Nous Patients Lomбалgie Chronique

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Appel aux dons FLEXIMOBLY

Hello to you all,

Since 1993 I suffered chronic low back pain, I had five surgeries on my lumbar spine. The aftermath currently are: nonunion L4/L5, L3/L4 disc herniation and important.

In February 2010, I was given 9 months total bed rest. With great courage and determination I started to train by myself in a swimming pool through exercises using effort through the pain. Nevertheless, today, I'm much better even through I have to deal with daily residual of pain.

In 2012/2013, I trained at the University Pierre et Marie Curie Paris VI, e-learning, to get a degree in therapeutic patient education. My ambition of becoming an expert patient and to share my experience with others like myself, with chronic low back pain, took place in a center where I have been working closely with the doctors for the past twenty years now. (CM-CR des Massues Croix-Rouge-Française LYON 5). I am currently volunteering with Croix-Rouge Française.

I want to help patients like me, with pain.. I created a picture book in which you will find the exercises I practiced on my own rehabilitation.

Good luck and good re-entrainment

Sylvie

> If you want to read more, [click here](#) <

Some may put themselves in the shoes of super marvel style heroes or sportsmen who have fallen very low and have come up the slope.

My picture for back pain is this one.



2) The example of the driving license

I loved this image that you drive all your life taking only 15 driving courses, **but it is very rare that physiotherapists teach efficient things**. The **PT do not have the time** to do it in France, the sessions are too short. And there is **little empathy** I find in general, **we treat people as car engines**. The doctor makes the check list with the parts to be repaired and the physiotherapist tries to repair by following the list. After that, it's up to the patient to move and get the methods and information. For my part I use some tools:

For the self massages (**myofascial release**), nobody taught this in France.

- I am really started with the book "be a supple leopard" => <https://www.mobilitywod.com/the-supple-leopard/>
- I also use the functional pattern system of naudi aguilar => <https://www.functionalpatterns.com/>

For pain and sleep problems due to pain, I use two methods of breathing:

- The wim hof method which gives average results on me, but which allows some to reduce much the pain it also depends on the quality of the practice and the receptivity of the patient => <https://www.wimhofmethod.com/>
- And the oxygen advantage method which allows me for the first time in a long time to have been able to make a complete night => <http://oxygenadvantage.com/>

3 °) the example of the Brazilian and Parisian physiotherapist

It is true that in France we treat pain (medication, ultrasound, massage, sheathing,

flexibility) **but we are not taught to people to function**: lift, shoot, push with real loads (kettlebells for example). **Doing it true changes everything**, for example this week I managed to lift 50 kg in deadlift when I thought I could not. In a rehabilitation center, **we just talk about it**, but doing it does in real change everything. It should be adapted crossfit box in hospitals, show people that they are able to do it in real life. Greg Glassman, the founder of the crossfit is changing the crossfit by putting forward the health and functional: privileging the function (walk, carry, push, shoot). See the 2 articles attached:

=> <https://www.menshealth.com/health/a23663806/greg-glassman-crossfit-health/?fbclid=IwAR3Fe-i3XCAsBm1kkZR4ciwjaYYLtGyo0zBjeh9UvT-flvtZMJJuytTtnc8>

=>

https://www.youtube.com/watch?v=NFXbK3KB7GA&feature=youtu.be&fbclid=IwAR33F0uXLUlgENNS_83DGhp0l24wOW_pfnWkuJOeg--WLy7c1C9GOPMkGgk

Thank you very much for taking the time to read this.

Jerome