Kayser method



Why Your Lower Back Pain Keeps Coming Back

The 3 Signs Conventional Treatment Is Missing The Real Problem

Dan Kayser – Biomechanics Coach,
Honolulu, Hawaii

MY STORY

A woman rear-ended my car one afternoon. No damage. I was annoyed I even had to stop.

The next morning I couldn't bend over to grab milk from the refrigerator.

I was a personal trainer. I knew the body better than most people. I tried every PT and chiropractor I could find. Nothing touched it. Eventually I sat in front of an orthopedic surgeon who gave me the list, a degenerative disc and bulging discs, and told me I needed surgery. His confidence in that surgery was 30%.

I remember sitting with that number. I got drunk one night wondering if my career was over. Whether I needed to go back to a desk job. Whether my body was just broken now.

That night I stumbled across a book called Anatomy Trains by Thomas Myers. It destroyed everything I thought I knew about how the body works. I discovered that fascia, the continuous web of connective tissue that holds your entire body together, is one of only three communication systems in the human body. And almost nobody in fitness or rehab was talking about it.

I developed a sequence. I fixed myself. I never had the surgery.

That was 25 years ago. Since then I've worked with hundreds of people who came to me after PT, chiropractors, cortisone shots, and surgery recommendations failed them. In 25 years, 100 percent of the people who followed the protocol felt better.

What I found in every case is the same thing. Three signs that conventional treatment is missing the real problem. Here they are.

HOW YOUR BODY ACTUALLY WORKS

Before the 3 signs, you need to understand one thing that changes everything.

We've always been taught to think of the body like a building. Ankles on the ground, knees above that, hips above that, spine going up. Bricks stacked on bricks. So when your lower back hurts, we treat the lower back. When your knee hurts, we treat the knee.

But that's not how the body works.

You have never seen a skeleton standing on its own. Every museum skeleton is either hanging from a hook or held up by a rod. The bones cannot hold themselves up. It is the fascia, a three-dimensional web running through your entire body, that holds everything together.

And fascia doesn't work locally. It works globally.

Think of it like climate systems. If the ice caps are melting at the north pole, somewhere else in the world gets colder. If your fascia is tight in one area, something completely different in your body compensates and goes loose. Your lower back pain might be coming from your hips. Your shoulder pain might be coming from your thoracic spine. Your knee pain might trace back to your foot.

This is why treating the painful area almost never resolves the problem permanently. You're addressing the symptom, not the system.

> **It is also why I tell everyone the same thing. If you're in pain, don't try to sort this out alone. Have a professional look at how your whole body moves, whether that's me or someone else.**

Here are the 3 signs this is happening to you.

THE 3 SIGNS

Sign 1: The pain keeps coming back.

You get relief from PT, from a chiropractor, from rest, and within days or weeks it returns. Every single time. You're not unlucky. You're not weak. The root cause was simply never addressed. The painful area got treated but the global system that created the dysfunction was left completely intact. Your body has no choice but to reload the same stress onto the same spot. Until the foundation is corrected, the pain has nowhere else to go and no reason to leave permanently.

Sign 2: Multiple practitioners have tried and failed.

You've seen two, three, maybe five different people. PT, chiropractor, acupuncturist, massage therapist, sports medicine. Some helped for a day or a week. None of it held. This isn't bad luck and it doesn't mean your case is hopeless. It means every single one of them was looking at the same symptom from a slightly different angle, and not one of them looked at the system underneath it. The real problem isn't where the pain is. It never was.

> **That doesn't mean stop looking for help. It means find someone who looks at the whole system, not just the spot that hurts. It doesn't have to be me.**

Sign 3: The pain moves or shifts locations.

It started in your lower back. Then your hip got involved. Now your knee is complaining. Or your neck tightened up out of nowhere. This isn't a new problem every time. It's the same problem expressing itself in a new location. Fascia connects everything in your body. When one area is restricted, the load shifts and something else compensates. The pain moves because your body keeps finding new ways to work around the same unresolved root cause.

WHAT TO DO NEXT

If you recognized yourself in any of those three signs, you're not broken. You're not just getting older. You have a foundation problem that nobody has addressed yet.

The Kayser Method starts exactly there, with the hips, the fascia and the global system, before any strength work and before any loading. The sequence I developed, the Kayser Sequence, fixes the root cause first. Everything else follows.

> **One more thing. Whether it's me or someone else, don't do this alone. This isn't something to learn from a YouTube video. Get a professional to look at you.**

The next step: book a free 20-minute Movement Screen

At my private studio, 398 Puiwa Rd, Honolulu. I put your body through tests you're supposed to fail, and every one you fail shows me something we can fix. You leave knowing where your pain actually starts, whether we ever work together or not.

kayserfitnessinstitute.com/book
Call or text (808) 444-1834

Dan Kayser - Biomechanics Coach
Kayser Fitness Institute, Honolulu, Hawaii
KayserFitnessInstitute.com