

Pain Relief Cheat Sheet

Dr. Ron Daulton, Jr.





Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you reduce your pain more quickly.

These recommendations work for most spinal conditions, whether you're experiencing back pain or nerve pain, such as sciatica.

It includes my top 3 home care tips, my top 3 stretches for the upper back and neck, and my top 3 stretches for the lower back.

Whether you're in severe pain right now or just trying to stay ahead of it, you'll find practical steps you can begin today.

Let's dive into the three most effective things you can do right now to calm the pain and start healing.

We'll keep it simple and step-by-step so you know exactly what to do and when.

Let's get started.

If You Need More Help...

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Home Care Tip #1: Ice

Calm Inflammation & Numb the Pain

Time Frame

Use ice for 15 minutes every hour you're awake for the first 3 days.

After that, continue icing at least 3 times per day until the pain is gone.

Why Ice, Not Heat?

It's common to hear "apply heat," and that is good in some cases, but if an area is inflamed and causing pain, heat is generally not going to be the best approach.

The injured area is already inflamed and hot. Adding heat pulls in more blood and swelling, which can worsen nerve pressure and pain.

Ice slows the rush of blood, reduces swelling, and numbs irritated nerves, bringing faster relief.

Quick Rules for Ice Relief

- Use real ice, not gel packs. Ice stays cold and effective longer.
- Apply over a thin layer of cloth or a towel.
- Stop when numb or at 15 minutes max. Numbness means you've calmed inflammation; don't exceed 15 minutes.
- Wait 1 hour before reapplying. Keeps skin safe and prevents frostbite.

Where to Place the Ice

- **Low back:** lower back (and buttock on the side of leg pain if needed).
- **Neck:** base of the neck above the shoulders; may also ice the top of the shoulder and just below the collarbone on the painful side.
- **Mid-back:** between shoulder blades; around rib cage if pain wraps forward.

When to Switch to Heat

If you try ice 3–4 times and your pain worsens or doesn't improve, degenerative arthritis may be involved.

In that case, try dry heat (low-medium heating pad or dry sauna), still using the 15-minutes-on / 1-hour-off rule.

Tip #2: Use Creaky Bone Balm After Ice for Longer Pain Relief

Time Frame

Use ice every hour for the first 3 days. Once you cut back to icing 3 times per day, apply Creaky Bone Balm to the same area immediately after each ice session. Continue until pain is gone.



Why This Step Helps

Ice calms inflammation, but pain can return once the area warms up. Adding Creaky Bone Balm afterward extends relief. It contains a high dose of CBD, which interacts with your body's own pain-calming chemicals to reduce discomfort and support recovery.

How to Use It

- Choose a high enough strength. 1000mg or 2500mg is what I use with patients (stronger is better for severe pain).
- After each ice session, rub a thin layer on the area you just iced.
- Wait 10 minutes; if you don't feel a change, add another thin layer. Most people need 2–3 light layers.
- Wash your hands well after applying.

Where to Apply

Use it in the same places you use ice: low back and buttock (if sciatica), neck and top of shoulder (if arm pain), or mid-back between the shoulder blades.

Where to Get It

I recommend the original Creaky Bone Balm because of how consistently it helps my patients. You can get a coupon code through my Linktree at <https://linktr.ee/drrondaultonjr> or just scan this QR code:



I've arranged a **20% discount** for my readers there. (If the code ever changes, I'll keep the current one updated at my Linktree.)

Tip #3: Controlled Breathing

Calm Your Nerves & Speed Healing

Time Frame

You can begin this right away. Start by doing it at night as you're falling asleep. Aim for 5 minutes, but if you drift off sooner, that's perfectly fine.

Why This Step Helps

Your nervous system controls both pain perception and healing. When it's stuck in "fight or flight," pain signals feel louder and healing slows down. This simple breathing method, taught by Dr. M.T. Morter Jr., helps shift your body into "rest and repair," reducing pain and helping you sleep.

How to Do Controlled Breathing (4×4 Method)

- Inhale slowly through your nose, letting your belly rise, to a count of 4.
- Hold your breath for 4 seconds.
- Exhale gently through your mouth for 4 seconds.
- Hold your breath out for 4 seconds.
- Repeat for up to 5 minutes. If you fall asleep before finishing, great! That means your nervous system is calming down.

Getting Started

- Do this lying in bed at night for safety and relaxation.
- If 4 seconds feels hard at first, shorten the count — build up to 4×4 over time.
- Once you can easily complete 5 minutes, you can use this any time during the day when pain or stress flares.

My Top 3 Cervical & Thoracic Stretches

Your neck (cervical spine) and upper back (thoracic spine) work together. The same muscles and joints that move your neck also support your mid-back and shoulders. That's why the following stretches are grouped — when you release tension in one area, you help both.

These are the **top three stretches I teach my patients** to improve mobility, reduce stiffness, and gently support disc healing. Move slowly, breathe normally, and **stop if you feel sharp pain or dizziness**.



Hold for 20 seconds

Repeat 2 times on each side



Modified Version

1. Anchor Stretch

Purpose: Restore neck mobility and ease tension across the neck and shoulders.

Position:

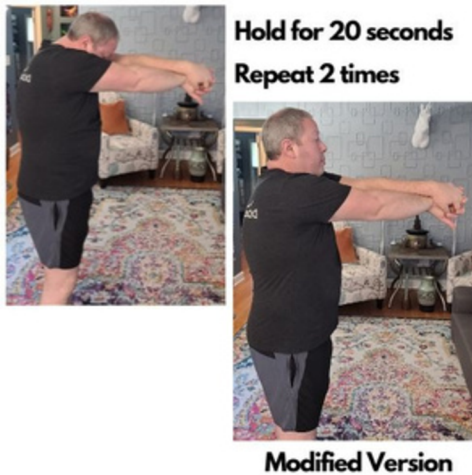
- Stand tall with your back straight.
- Drape a towel over one shoulder, letting it hang down.
- Step on the towel to pull that shoulder gently down and keep it anchored.

Action:

- Slowly tilt your head away from the anchored shoulder.
- Keep your head facing forward (don't rotate).
- Hold for 20 seconds.
- Do 2 sets on each side.

Tip: Don't let the shoulder rise as you tilt. The towel helps keep it anchored.

Modified: If you need more stretch later, gently add pressure with your opposite hand over the head (skip this at first).



2. Upper Back Stretch

Purpose: Loosen hard-to-reach upper back and shoulder blade area.

Position:

- Stand or sit tall.
- Turn thumbs downward and interlock fingers in front of your chest.

Action:

- Push arms straight forward, reaching as far as you can.
- Drop your head gently (optional: keep it up if it's uncomfortable).
- Hold for 20 seconds, 2 sets.

Tip: Keep “reaching” throughout the stretch instead of just holding still. The movement deepens the release.



3. Neck Glide

Purpose: Improve forward/backward neck movement and control, reduce stiffness.

Position:

Sit or stand tall, feet flat, chin level.

Action:

- Slowly push chin straight forward, then pull it back (like making a double chin).
- Keep your head level. Imagine a plate balanced on top.
- Do 2 sets of 10 slow reps.

Tip: Look at a spot at eye level to help keep your head from tipping up or down.

My Top 3 Lumbar Stretches (Low Back)

Your lower back (lumbar spine) supports your entire trunk and is often the source of pain when a disc is irritated. These stretches help improve mobility, reduce pressure on nerves, and gently activate the core muscles that stabilize the spine.

If getting down on the floor is difficult, you can do these in bed.



**Hold for 20
seconds**

**Repeat 2
times**

**Press your low back
onto the floor as flat as
possible, while you
rotate your pelvis
clockwise**

1. Pelvic Clock

Purpose:

Relieves low back tension and gently strengthens the muscles that support your spine.

Position:

- Lie on your back with knees bent and feet flat.
- Relax and feel your whole back touch the surface beneath you.

Action:

- Slowly rotate your hips clockwise, flattening your low back into the floor.
- Hold for 20 seconds.
- Perform 2 sets, resting 5 seconds between.

Tip: Imagine a clock face on your left hip. Rotate the “hands” slowly while pressing your back down and slightly lifting your pelvis.



2. Knee to Chest

Purpose:

Stretches low back, hips, and the back of the thighs.

Position:

Lie on your back with both knees bent, feet flat.

Action:

- Bring one knee gently toward your chest, holding the back of your thigh.
- Straighten the other leg out flat while keeping its knee and toes facing up.
- Hold for 20 seconds, then switch sides.
- Perform 2 sets.

Tip: Use a towel behind your thigh if it's hard to reach. Place a pillow under your head if needed for comfort.



Hold for 20 seconds

Repeat 2 times on each side



If you can't reach behind your thigh, you can use a towel



If you are more flexible and need a deeper stretch, you can use the Pigeon Pose instead

You can also use the Pigeon Pose with your torso upright to stretch the hip flexors on the side the leg is extended behind you



3. Figure 4 Stretch

Purpose:

Opens the hips, relieves sciatica pressure, and helps reduce low back pain.

Position:

- Lie on your back.
- Cross one ankle over the opposite knee, making a “4” shape.

Action:

- Pull the lower thigh toward your chest, using hands or a towel.
- Hold 20 seconds on each side, 2 sets.

Tip: For a deeper stretch, gently push the crossed knee away with your elbow while pulling up the thigh.

Advanced option: the **Pigeon Pose**. From a push-up position, bring one bent leg forward and lower onto it; stay upright or fold forward to stretch hip flexors.