

What can I do for my low back?

Low back pain.

The words alone can make you wince.

It can strike at any age or at any time.

It's caused by muscle strain, accidental twisting of the spine, improper lifting of a heavy object, sitting too long in a chair with inadequate support, Being a truck driver, sleeping in a poor-quality bed, riding a motorcycle, repetitive stress, and many other things.

Here are some tips for relieving low back pain:

- Get a good bed.
- Use a supportive chair.
- Learn to lift correctly. Use support for the low back, if needed.
- If you are standing for a long time, shift your weight every so often.
- Wear shoes with a good sole and a good arch (use arch supports if your feet drop their arch - we can check this).
- Reduce inflammation in your body -- ask Dr. T about this!
- Get regular Chiropractic adjustments.

Recent studies show that spinal manipulation -- Chiropractic adjustments -- are more effective for relieving back pain than medication, acupuncture, or physical therapy, and the results last longer. The American College of Physicians guidelines recommends this type of treatment.

Chronic low back pain can be due to unhealthy stress patterns in your brain and nervous system.

Are you experiencing low back pain? Give us a call and come in for an assessment. We will get you on the road to recovery!