

The Low Down On Back Pain

Do you have achy low back pain at the end of a work day? Or do you experience sharp low back pain that lasts for a few miserable days? You're not alone. Low back pain affects nearly everyone at some point in their life. It is estimated that 8 out of 10 Americans will get back pain at some point in their life, and it usually begins to affect people in their 30s. In the US, the estimated cost of low back pain treatment and lost wages due to missed work is a mind-blowing \$55 billion.

WHAT DOES THE RESEARCH SAY?

Two years ago, a scientific article reinforced that there are different kinds of low back pain that each benefit from different types of treatment. I believe that this is related to the many different structures in the low back that could generate pain. The most commonly affected structures are the facet joints, discs, nerves, muscles and ligaments. These structures do not have to be visibly damaged on an MRI in order to generate pain. It has been established for over 20 years that MRIs show damaged structures in people without low back pain.

The previous approaches toward treatment for low back pain have historically been the same for everyone. This is because most flare-ups of low back pain go away on their own over time, so most physicians will prescribe medication in order to alleviate the pain and get you through the flare up. Common medications you may have received are prescription strength pain relievers like hydrocodone and muscle relaxers such as Flexeril. If your pain is really severe, your physician may give you a corticosteroid injection. These medications are good at relieving pain and calming muscle spasms, but they do not address the source of your low back pain.

Another popular recommendation is to strengthen your core. There is excellent research showing that certain exercise will benefit certain types of low back pain. Some physicians will issue you exercises, but they usually don't see you enough to make sure that you are doing them right. Certain core exercises could add to your problem by making already strong muscles stronger. If your form is not right, you could be using your hip muscles too much. Overactive hip muscles can cause the low back to be too curved.

I HAVE LOW BACK PAIN, WHAT CAN I START DOING RIGHT NOW?

The best place to start fixing your low back pain is to correct your posture. Be warned, this is potentially a long process that takes a lot of effort. Set a timer on your smartphone or get a small kitchen timer that you can carry around with you at all times and make it go off every hour. When the alarm goes off, sit up straight and slightly draw in you abs. On a zero to 100% scale, only draw in your abs about 10-20% when sitting. Brace your abs harder when you do more difficult tasks. For example, if you are standing waiting in line at the grocery store brace 25-50%. When pushing your full grocery cart out to your car you should brace 50-75%, When you load up that heavy case of bottled water into your car, then brace 75-100%.

Due to the complexity of the low back, it may only partially reduce your pain or make it worse. If your back pain does not clear up, see your physical therapist for a thorough assessment of your low back pain. Or contact El Paso Manual Physical Therapy at 915-503-1314 to see how we can help you.



Common Client Concerns

"Will I need back surgery?"

"What if surgery doesn't work for my back problem?"

"I feel 'old' because I can't pick up things from the floor anymore..."

"I don't think I'll be able to travel if this doesn't get better..."

"The doctor said I can only have a limited number of pain injections...what will they recommend next?"

"Is it possible for this to get better without surgery?"

"I've been relying on pain medications almost daily, what is this doing to my organs..."

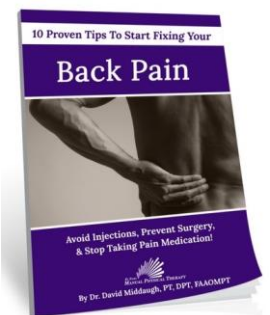
"I'm missing hours of sleep every night because of my back problem, this can't be good for my health..."



Grab Your Copy Of Our Popular Back Pain Guide

Why put off NATURALLY treating your back pain? You can request the "10 Proven Tips To Start Fixing Your Back Pain" Guide right now.

Visit us at www.EpManualPhysicalTherapy.com or call us at **915-503-1314** to request your copy.



SO, MOM WAS RIGHT WHEN SHE TOLD ME TO SIT UP STRAIGHT...

Posture is extremely important for low back pain because poor posture alters the way that your spine absorbs and transmits forces. When I look at posture, I look at the amount of curvature in the spine and alignment of the head, arms and legs in different positions and while moving. Correcting posture is difficult because initially you have to constantly remind yourself about it. It means you have to give up your bad habit of poor posture and take on a good habit of the right posture.

Abdominal muscles are not functionally designed to make you do 50 consecutive sit-ups. They're much better designed to work with your low back muscles to keep your spine stable during all other movements. They're postural muscles that should be working all day long while your body is upright and moving. Their purpose is to prevent you from losing your balance and collapsing due to the forces from gravity. They're also not the only muscles that get weak when you have low back pain. There are several other muscles that can weaken and develop an imbalance with surrounding muscles. It takes eyes and hands of a skilled clinician to be able to find muscle imbalances and prescribe the right exercises to be sure you get relief.

To schedule Your Free Discovery Session, Contact Us Today!



The Stay Health El Paso Podcast latest episodes:

Episode 04 Shoulder Problems – with Dr. Angel Garcia, M.D.

Dr. Angel J. Garcia, M.D. join us to talk to us about Shoulder Problems, how he found his passion for the work he does, mainly about helping his patients with shoulder problems. His approach is mainly about helping his patients get the help they need without surgery, or other invasive treatments to get better.

Episode 05 Osteoporosis – with Julio Alcala

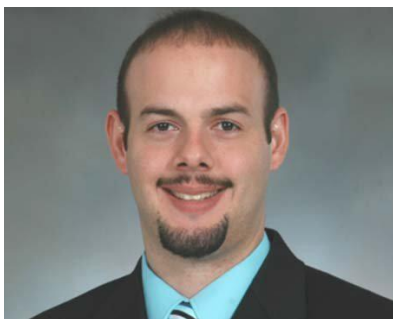
Julio Alcala join us to talk more about Osteoporosis, what Osteoporosis is, how it affects a person's life, and how to get the right help to improve the quality of life.

Episode 06 Quick Introduction To Massage – with Zarah Castro

Dr. David highlights the employee of the month Zarah Castro and speaks with her about Massage, how she found her passion for it and how she got started.

Episode 07 How To Keep Healthy As You Get Older – with Tony Stafford

In this episode, Dr. David had the great pleasure of speaking with one of his patients, Tony Stafford about staying healthy as you get older. Tony share some ways that have helped him stay healthy, some things that have worked for him and some that didn't, and Tony gives some great examples of what to do to stay active as you get older.



Our Featured Guest Speaker this month Dr. Angel Garcia M.D.

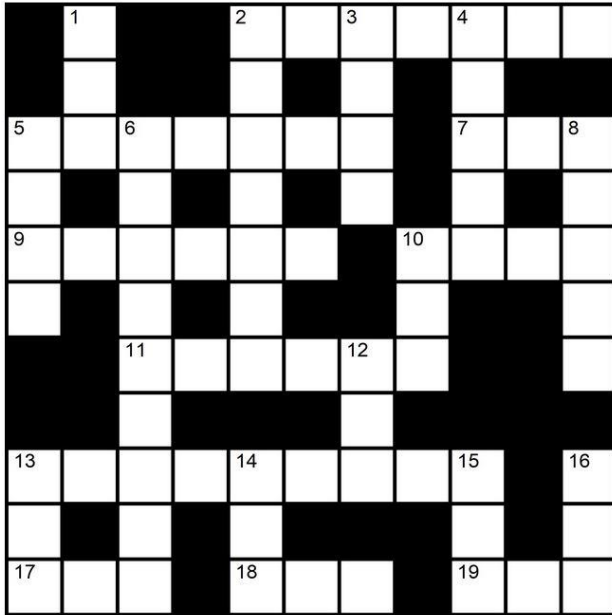
“Caring for your loved ones” is the objective at Angel J. Garcia, MD’s practice, El Paso Center for Family & Sports Medicine.

Board-certified in both family medicine and sports medicine, Dr. Garcia provides expert care to the families in and around El Paso, Texas. His sports medicine expertise also saves many patients from making multiple trips to other physicians, as Dr. Garcia can treat several injuries without resorting to surgery. Additionally, Dr. Garcia offers aesthetic services with the SculpSure body contouring system.

You can learn more about Dr. Garcia at
www.elpasocenterfamilyandsportsmed.com

Visit www.StayHealthyElPaso.com

To schedule Your Free Discovery Session, Contact Us Today! 915-503-1314



Across

- 2 "High ____" (Louis Armstrong) (7)
- 5 "The ____ in His Labyrinth" (Gabriel Garcia Marquez novel) (7)
- 7 "Alice in Wonderland" party drink (3)
- 9 Anticipate, with "with" (6)
- 10 "Clear the ____!" (4)
- 11 '07 Seal album (6)
- 13 A wine's may improve with age (9)
- 17 "Do or do not--there is no ____" (3)
- 18 "... hmm" (3)
- 19 "High -N' ____" (Def Leopard) (3)

Down

- 1 !0 in C (3)
- 2 "Are you ____?" (7)
- 3 "Common" ailment (4)
- 4 " ____ the hero" (5)
- 5 "A ____ Like I" (Loos) (4)
- 6 Called for (9)
- 8 "Never Tear Us ____" (INXS) (5)
- 10 "Long" legal weapon? (3)
- 12 "... hungry, give him bread to ____" (Prov 25:21) (3)
- 13 "And we're done," directorially (3)
- 14 "... ____ and far away" (3)
- 15 "...and I will ____ evil beasts out of the land" (Lev. 26:6) (3)
- 16 "... Queen o' the ____" (3)

We're gifting a new iRobot Roomba 891 Robot Vacuum (\$350 value)!!!

Put us in touch with your friend, or family member that needs to get back to being active, healthy and mobile, while avoiding unnecessary surgery, injections and medications

When your loved one gets in touch with us, and mentions YOUR NAME, we'll make sure you get into this raffle.

Here are the rules for the raffle:

- We'll enter 1 ticket on your behalf, if you can give your loved one a nudge to get in touch with us and mention YOUR NAME.
- You'll get 5 more tickets when they come to their first visit with us.
- You'll get 5 tickets if they decide to get a massage with us
- If they start treatment with us, you'll get 10 more tickets.
- Anyone can join the raffle.
- No limit on the number of people you can put in touch with us.

The lucky winner will be drawn on Monday, June 1st, 2020



Contact Us

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