

Lower Back Pain



*Special
Report*



Published by WellnessOne™

Do you have nagging dull lower back pain? Do you experience back pain when sitting or standing? Does your lower back feel tight? Do you have pain in your buttocks and legs?

Lower back pain is an all-too-common health complaint. 85% of Americans will suffer incapacitating lower back pain during their lifetime.

Muscle Spasms - Muscle spasms can occur in any muscle, but usually happen in the lower back. Spasms can be a result of old or new injuries, and vary in degree of severity.

Strains and Sprains - Strains and sprains are injuries caused by accidents, from overuse or from repetitive motion. They can also involve injuries to a joint with possible tearing of ligaments or tendons. When you suffer a strain/sprain, there is usually enough force to cause abnormal function of the spinal joint.

Disc Injuries - Ruptured or degenerated discs can be caused by sudden trauma or by years of forceful movements of the spine, often following falls or auto accidents. Disc injuries do not always require surgery and may be treated with proper chiropractic care and maintenance.

Sciatica - One of the most common causes of lower back pain and sciatica (leg pain) is the loss of normal function of a vertebra in the lower back. These vertebra become jammed or twisted causing abnormal disc wear, muscle function, and nerve pressure.

WellnessOne™'s approach to lower back pain and sciatica is to locate its underlying cause. This begins with a complete consultation, x-rays if necessary and a thorough chiropractic, orthopedic, physical and

neurological examination from a chiropractic physician. This is followed-up with a prescribed treatment of care.

Home Care During Treatment

During treatment for a lower back injury, the experts at WellnessOne™ suggest several precautions that will allow you to heal faster and prevent a recurrence of the injury:

- Do absolutely no lifting until your chiropractor says you may resume such activities.
- When lying down, assume any position that will afford relief of pain. As you improve, your chiropractor will instruct you as to the proper position for your particular type of back problem.
- Take a mild natural laxative, if needed, so that you will not need to strain when having a bowel movement.
- Frequently stand and walk for short periods of time, as directed. Avoid the “sitting” position, as this puts the greatest strain on the lower back, even if it doesn’t seem like it at the time.
- Avoid soft chairs. Use a straight-backed chair and sit as erect as possible. Do not sit for prolonged periods until your physician has given you permission to do so.
- Avoid walking up or down stairs, and do not walk on rough ground.
- To get out of bed, turn onto your “good” side, draw your knees up and push yourself into a sitting position using your arms. Then place your

feet on the floor and your hands on your thighs, and stand up, allowing your back to assume its most comfortable position.

- Do not use heat on your back unless your doctor of chiropractic has prescribed it. He or she will tell you how to use it, if heat is needed at all.
- Do not bend forward to put on trousers, socks, shoes, etc. When bending, do so with the knees bent. Do not bend from the waist.

Back pain can be serious. Before you get to the point of regular pain, spinal degeneration or worse, schedule a consultation with a qualified doctor at WellnessOne™ by calling 425.644.8386 .



WellnessOne
of Bellevue

It's Your Future...Be There Healthy With WellnessOne™

14700 N.E. 8th St., Ste. 115
Bellevue, WA 98007-4115

Office: 425.644.8386 Fax: 425.644.2560

Toll Free: 866.499.7509

www.wellnessone.net

For more information on this or numerous other topics,
or to schedule an appointment call 425.644.8386.