



Don't Let Back Pain Slow Your Hustle

According to *Current Medical Diagnosis and Treatment*, low back pain is a common type of pain that affects mainly the lumbar segment of the spine. The *American Health Association* has noted that back pain is one of the most common musculoskeletal problems in our world today. In fact, it was noted that 70 to 85% of all people will experience low back pain more than once in their lives. In addition, the American Pain Foundation has noted that back pain is the number 1 cause of disability among Americans aged 45 years old and below and affects at least 26 million people in the United States alone.

In addition, the *Journal of American Medical Association* has noted that Americans spent almost \$86 billion in looking for low back pain relief through doctor's visit, surgery, MRI, X-ray, and medications. It was also noted by the researchers from University of Washington Oregon Health and Science School that annual medical costs associated with low back pain has increased from \$4,695 into \$6,096 per individual.

According to *American Accreditation Healthcare Commission*, low back pain can be classified into 2 distinctive types. These include the following:

- Acute low back pain- is a short term pain that lasts less than one month and it is not usually due to any serious health diseases. Generally, it only lasts for a few days to few weeks.
- Chronic low back pain- is a long term pain that lasts for more than 3 months. This pain may be progressive and may flare up occasionally. With chronic pain, the accurate medical cause of low back pain can be difficult to determine, thus further test may be needed.

Do you suffer with lower back pain?

Common Causes

Low back pain especially with spasm is painful to touch. The pain is usually caused by ischemic muscle tissues or inadequate blood circulation. Because of this, the body tends to do the following process:

- ⤴ The muscles have inadequate supply of blood circulation and oxygen
- ⤴ Lack of oxygen and blood circulation causes the muscles to create lactic acid
- ⤴ This lactic acid makes the muscles to feel pain and sore after a physical activity

According to *University of Maryland Medical Center*, the main reason why the lactic acids build up us because the small veins and arteries travelling inside the muscles are pinched off. If the muscles relax, the veins and arteries then dilate, thus washing out the lactic acids outside the body system.

According to the researchers from the *Texas Back Institute*, low back pain can radiates to soft tissue such as ligaments, tendons, and muscles, bones, joints, discs, and nerves. In addition, low back pain can also be caused by narrowing of spinal canal which can lead to nerve irritation of the spine. The lack of space causes a decreased in blood and oxygen supply to the spinal cord.

Furthermore, the book "*Low back pain: mechanism, diagnosis, and treatment*" has discussed that low back pain can also be associated with fascia imbalance. It was noted that if the connective tissue is out of balance, the body movements becomes imbalance too. The fascia contains nerves and blood vessels which mean the connective tissue imbalance can lead to problems in nerve transmission and blood flow, thus resulting to pain.

There are many kinds of medical conditions that may cause low back pain. Because of this, your medical provider will aim to identify what is the cause of low back pain in order to prevent complication and provide referral to a qualified medical doctor. Medical conditions that are associated with low back pain that may need medical attention immediately are the following:

- ⤴ Bulging disc
- ⤴ Skeletal irregularities
- ⤴ Sciatica
- ⤴ Cauda equina syndrome
- ⤴ Fibromyalgia
- ⤴ Osteoporosis
- ⤴ Spinal degeneration
- ⤴ Osteomyelitis

- Sacroiliitis
- Spinal stenosis
- Ankylosing spondylitis

There are also factors that put you at greater risk of developing back pain. They are the following:

- *Lack of exercise*
- *Excess weight*
- *Improper Lifting*
- *Stress/Anxiety*
- *Smoking*
- *Old age*

What caused your back pain?

Prevention

Stretching and Low Back Pain

You may be able to avoid back pain or prevent its recurrence by improving your physical condition and learning and practicing proper body mechanics. Stretching exercises that don't strain your back can increase endurance and strength in your back and allow your muscles to function better.

Exercise and Low Back Pain

According to the *American Academy of Orthopedic Surgeons*, regular exercise helps the body to restore its strength of the back and relieve pain. They recommended each individual to perform exercise for at least 10-30 min per day. The different exercises that can be performed to help relieve back pain are stretching, heel sides, ankle pumps, wall squats, heel raises, leg raises, pelvic tilt, ball exercise, and abdominal contraction. Aside from relief of back pain, low back massage can also help to tone your

body, improve breathing, rejuvenate body and mind, improve lung capacity, increase blood circulation, improve bone density and strength, flexibility, and length of muscles.

Massage Therapy and Low Back Pain

According to a study done by Touch Research Institute of the School of Medicine at University Of Miami, massage therapy does not only helps the body to treat back pain but it also helps to promote sleep, improve mood, and relieve stress. Elaine Calenda, dean of Boulder College of Massage Therapy, has noted that massage therapy is a form of passive exercise that leaves person refreshed and invigorated. In addition, she noted that a good massage discharges endorphins that lead to improve mood and better sleep.

Have you taken the necessary steps to prevent low back pain? If yes, list all prevention steps below. If no, explain why not.

Until next time...

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