



CHIROPRACTIC

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5 SECRETS FOR ELIMINATING BACK PAIN AND STAYING PAIN FREE



There are many different causes of low back pain. Some of the most common ones include micromovements of the spine, disc herniations, and facet syndrome. Regardless of the cause there are some things we can do to improve pain and prevent this from coming back in the future.

1. Reduce Swelling

With all causes of low back pain, swelling is an aggravating factor. The faster we can get rid of, or decrease, the swelling, the faster we can get you back to living your life. Here are a few things you can do to help reduce swelling:

Cat Cow Just 10 reps of this exercise helps to mechanically pump out swelling in the back. (<https://youtu.be/--rLhtV2dNw>)



Ice Having the ice on for 20 minutes is plenty of time get the swelling down. If you want to reapply a good rule of thumb is to wait for the skin to get back to room temperature.



Walking Walking is a great way to mechanically pump out swelling, *BUT* only if it does not cause pain. Start with short walks to see how your back responds.



2. Avoid Re-injury

Avoiding triggers is a big piece of the initial recovery process. In order to decrease swelling and allow things to heal, we need to move and find positions that keep the low back happy. Here are a few cues that help you move without putting too much stress on the low back:



Hip Hinge

Allowing your hips to be the main hinge while bending over is very important to decrease back pain, but also to keep your back healthy long term. Watch our video to see how you can practice it. (<https://youtu.be/YkclOu56-f4>)

Laying in Bed

Even laying in bed can be irritating to some low backs. While these can vary from injury to injury some basic rules to follow would be: if you have pain bending:

- Forward: laying face down or with a pillow under your back might feel better
- Backward: laying on your back with your knees up might feel better



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3. Stability

The low back is the foundation of the body and is meant to be stable. Utilizing these exercises once a day (as long as there is no pain) will reduce back pain and help to prevent it in the future. Watch the attached videos for an explanation for how to do them. Perform all of these for 3 sets of 30 seconds (per side for side planks and bird dogs). If you have pain during the exercises please call our office to see how we can modify the exercise for you.



McGill Curl Up (<https://youtu.be/CmtpZuOwOpY>)

Side Planks (<https://youtu.be/OI2vkPLNDOO>)

Bird Dogs (<https://youtu.be/fzevUQMp6Ew>)

4. Mobility

Adequate mobility in the hips and mid back helps to prevent extra tension in the low back. Holding these stretches (without pain) for ~2 minutes will cause long lasting changes in these tissues.



Pigeon (<https://youtu.be/gNyYXAIJDvw>)

Sleeper (<https://youtu.be/-vTm29tio9s>)

Hamstrings (<https://youtu.be/GlwdXt2-URO>)

Thoracic Spine (<https://youtu.be/E8LBU9ejyYc>)

5. Chiropractic Care

In the office we use the chiropractic adjustment, manual therapy, exercises, and stretches to help restore proper joint motion, decrease pain, and normalize muscle tension. We also tailor our treatments to your individual needs. Every injury is unique and may require specific steps to fully address. At M2 Chiropractic we can help guide you through the more detailed pieces of care, but we hope these tips can help you get things started.



We hope these tips can help you get through your low back pain and get you back to living your life. If you have any trouble with these tips or questions about your specific problem, feel free to call us at the office or send us an email so we can guide you through this process.

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