

Causes & Treatments

Have You Ever Wondered What Causes Your Lower Back Pain?

Joint & Nerve Problems	Spinal Arthritis: Inflammation between the vertebrae, causing stiffness and pain
	Sciatica: Pain that radiates down one or both legs, caused by compression of sciatic nerve
Disc Problems	Normal Disc: Soft, gelatinous interior, surrounded by tough fibrous membrane.
	Degenerative Disc: Gradually wearing & thinning, due to aging.
	Bulging Disc: Shifting out of normal position, extending beyond vertebrae.
	Herniated Disc: Inner material of disc pushes into spinal canal
Vertebra Problems	Bone Spur: Additional bone growth in response to deterioration.
	Spinal Stenosis: Narrowing of spinal canal from spurs or joint enlargement.
	Spondylolisthesis: Slippage of vertebrae causing pressure on spinal nerve.
	Osteoporosis: Decreasing bone, can lead to a compression fracture.

Do I Ice It or Heat It?

General Guidelines:

If your having pain use ICE!

Heat should only be applied when instructed.

*The effect on the blood vessels and nerve endings are as follows: Ice causes constriction and HEAT CAUSES EXPANSION.

*Many people think that heat is the solution to reducing the pain. Although the heat feels very soothing at the time, this is a very common misconception.

*Heat seems to reduce the pain because it inhibits neural communication. One set of neurons signals for pain and the other for temperature. So when we signal the pain receptors with heat it can create a false-positive feeling. This can lead to overusing heat, which causes a viscous cycle of inflamed tissue.

*Ice is one of the safest and most effective pain remedies for musculoskeletal conditions. It reduces inflammation and slows neural pain messages to the brain.

So remember to use ICE unless directed otherwise!

**Apply ice to area for 10-15 minutes every 2 hours. Never leave on for more than 20 minutes.

You have the ability to change someone's life...refer a family member, co worker. They will be eternally grateful!

Weekly Office Hours

Monday, Wednesday, Friday

9am -12pm and 3:30pm-8pm

Tuesday Evenings

3:30pm-8pm

Future Spinal Care Classes

--April 7th, 2010

--May 5th, 2010

Be regular with your chiropractic adjustments!!!♥