

The Capital Wellness Health Minute...



Low Back Pain

When was the last time you stood up and grabbed for your back? Or the last time you reached down to pick up that golf ball and felt a little twinge? When was the last time you got out of the car after a long drive and needed to sit down again? Have you ever been told to sit up straight? I know I have been told that a thousand times! If you can relate to any of the above scenarios, you are not alone! **According to the Department of Health and Human Services, 80% of Americans experience low back pain.** The above scenarios of low back pain are signs that your spine is not properly aligned. This loss of alignment causes muscles to impinge on nerves, and ultimately, it causes pain.



Low back injuries can be caused by muscle strain, disc problems, degenerative joint disease (arthritis) and, of course, **subluxation** (or the lack of movement in a joint). These injuries can result from such things as having postural imbalances, wearing improper footwear, sleeping on uneven surfaces, or lifting improperly. However the leading cause of low back pain is muscle strain that occurs over a long period of time. Your low back is a vulnerable area that is constantly under the strain of supporting your upper body. Keeping your spine aligned is the key to low back health!

Therefore, the best way to avoid problems and remain healthy is through diet, exercise and chiropractic adjustments. Because hydration is so important, a person should drink half their weight in ounces of water per day. For example, a person weighing 160lbs. should strive to drink 80 ounces of water per day. The *discs* in your spine are made up of over 80% water, so proper hydration is essential to keeping those discs healthy. Avoiding soda and caffeine will also help maintain hydration.

Good posture, eating right, staying active, and taking time for relaxation improve your overall health—including your low back. Chiropractic adjustments can also help by restoring lubrication and hydration to painful joints. Chiropractic is an effective treatment to help you reduce your low back pain!

In good health,

Darryl T. Linder, D.C.

4940 Capital Blvd Ste B♦ Raleigh

919-872-4532

Hours M, W 7-1, 3-6

Tu Fri 7-1

Thurs 3-6

Sat 8-10

www.capitalwellness.com