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Low-Back Pain and Exercise

Presented by: **Total Health Systems** **TotalHealthSystems.com**

Introduction

Incidence of low-back pain (LBP) has increased dramatically over the past few decades. In fact, four out of five adults will experience LBP at some point in their lives.

As an adjunct to chiropractic care for LBP, Chiropractors often recommends regular exercise. But what exercises are best? Read on to learn the latest news regarding LBP and exercise.

LBP Basics

LBP is typically classified as chronic or acute. While acute pain generally lasts a few days or weeks, chronic pain persists for months or longer. Chronic back pain can be progressive, or occasionally flare up and subside.

The chiropractic approach is highly effective for patients with both acute and chronic LBP. In addition to exercise recommendations, the chiropractic protocol involves searching the spine for the presence of a condition known as *vertebral subluxation.*

This common malady is characterized by areas in the spine where movement is restricted, or bones (vertebrae) are slightly out of alignment. Using safe, gentle maneuvers known as chiropractic adjustments. Chiropractors realign the vertebrae.

LBP Is the Body Yelling "Help"!

LBP is the body's way of indicating that something is amiss. Masking this critical warning with painkillers does not solve the problem's underlying cause. And worse, continual use of pain medication is linked to a host of side effects. Why not, reconsider the use of pain-relieving drugs and schedule a chiropractic appointment?

Winning Workout Regimen
A daily, 30-minute walk is an easy way to stay active and burn calories. However, a comprehensive workout program is superior for disability related to LBP, according to new research presented in the journal *Spine*.

As part of the experiment, researchers divided 71 LBP sufferers (36 men and 35 women) into two workout groups. Participants either walked each day or engaged in a graded workout, emphasizing stabilizing exercises. After 12 months, researchers assessed the participants' levels of pain and disability, physical health, fear-avoidance of exercise and self-reliance.

At 12 months, between-group comparison showed a reduction in perceived disability in favor of the exercise group, whereas such an effect for pain emerged only immediately postintervention. Ratings of physical health and self-efficacy beliefs also unproved in the exercise group over the long term, though no changes were observed for fear-avoidance beliefs. "

The study's authors conclude that "a graded exercise intervention, emphasizing stabilizing exercises, for patients with recurrent LBP still at work seems more effective in improving disability and health parameters than daily walks do." (Spine 2009;34:221.)

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Resistance Training

Research shows that adding resistance training to your workout regimen wards off LBP. What exactly is "resistance training"? Simply stated, it is any exercise where muscles contract against an external resistance. It can be accomplished with weights, rubber exercise tubing, your own body weight, water bottles, etc. Resistance training amplifies strength, tone, mass, and endurance.

Core Strengthening

Strengthening core muscles prevents LBP. Core exercises work both the abdominal and the lower-back muscles. Then resistance group.

One large-scale analysis measured core muscle power in 1,527 LBP sufferers (739 men and 788 women) in their seventies. Participants reporting higher LBP severity during the previous year had less muscle strength in three key core muscle groups: lateral abdominals, lumbar paraspinals and rectus abdominis.

The researchers documented a "link between trunk muscle composition and history of LBP." They conclude: "Improving trunk muscle quality' may lead to reduced LBP severity and improved functional status." (J Gerontol A Biol Sei Med Sei 2005:60:882-7.)

Ease the Pressure

Strong abdominal and low-back muscles work to ease pressure off the spine, in turn reducing LBP. Research shows that core exercises lessen stress on the spine more than merely resting does. In one experiment, participants first performed militan' presses to simulate "loading" the spine. Next, the individuals either rested or performed abdominal exercises, while the researchers measured spinal loading. The result? The abdominal exercises produced greater recoven (Clin Biomech 2007;22:972).

Aquatic Exercise

Water lovers rejoice! Research — performed in Finland — shows that swimming and other types of aquatic exercise are beneficial for LBP.

After reviewing 17 years of research data, investigators selected seven clinical trials. Each study focused on LBP patients who used water workouts to combat pain and disability. To assess LBP severity, the studies looked at disability assessments, pain questionnaires, pain rating scales and the number of work days lost due to LBP.

"There was sufficient evidence to suggest that therapeutic aquatic exercise is potentially beneficial to patients suffering from chronic low back pain and pregnancy-related low back pain." wTite the study's authors. "There is further need for high-quality trials to substantiate the use of therapeutic aquatic exercise in a clinical setting." (Clin Rehabil 2009;23:3-14.)

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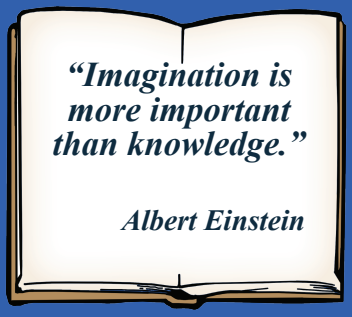
Quote to Inspire



Specific Exercise Plans Developed for Patients

Now that you know the general benefits of exercise for LBP, it's time to get specific. The same exercises aren't right for every patient. Chiropractors work one-on-one with patients to custom-design exercise plans addressing each individual patient's unique condition, and provide you with specific exercises and instruction. Schedule an appointment today to discuss what exercises are right for you.