

Guillermou

The evidence from this excellent report reveals that exercise and strategies that address body and emotional mechanics are effective for back pain. Chronic low back pain is a prevalent condition, often involving an inflammatory process. Behavioral symptoms, including depressed mood, fatigue, and sleep disturbances, intensify pain and reduce quality of life. Patients characterized by a more depressed mood, fatigue and sleep disorders had a higher inflammatory state. Inflammation may contribute to the relationship between behavioral symptoms and pain intensity. Prolonged pain affects depression, anxiety, and insomnia that can affect disability and quality of life.

Some patients improve after psychological treatment with respect to symptoms, functioning, and quality of life. europepmc.org/.../31990692 (2020).-----

www.sciencedirect.com/science/article/abs/pii/S152490422030237X (2021).---

biblio.ugent.be/.../8756952 (2022).--- www.sciencedirect.com/.../S1699258X22001590 (2022).--

openarchive.ki.se/.../48067 (2022).---

journals.lww.com/clinicalpain/Abstract/2022/04000/Are_Changes_in_Sleep.. (2022).--

www.sciencedirect.com/science/article/abs/pii/S1087079223000175 (2023).--

link.springer.com/.../s12891-023-06682-6 (2023).--

Posted On 02/02/2024

Guillermou

Gut health with whole foods, anti-aging and anti-inflammatory helps relieve back and lower back pain. Constipation and dehydration can make back pain worse. Dehydration can increase back pain. Foods rich in potassium and magnesium. Omega-3 fats. Proteolytic enzymes, turmeric and ginger. GLA helps modulate inflammation. Vitamins B1, B6 and B12 are beneficial for many painful diseases. Vitamin D metabolites help inhibit inflammation. Melatonin is also a powerful antioxidant and has been shown to reduce pain associated with a variety of chronic painful conditions.

Astaxanthin has very powerful anti-inflammatory properties. Boswellia and capsaicin and medical cannabis have a long history as a natural pain reliever. Earthing, or walking barefoot in the dirt, also provides some pain relief by fighting inflammation.- www.sciencedirect.com/.../S0897189722000313 (2022) articulos.mercola.com/sitios/articulos/archivo/2015/03/26/remedios-nat.. .---- www.lifeextension.com/.../chronic-pain .----- In a prospective, open-label, non-randomized study involving 98 outpatients with chronic low back pain (12 weeks or more) with or without radiculopathy and without neoplastic or inflammatory pathologies, supplementation with alpha lipoic acid (600 mg/d) and Superoxide dismutase (140 IU/day) over a 60-day period was associated with a significant reduction in analgesic use (8% of patients were still using analgesics after the trial, compared to 73.5% at baseline).

Furthermore, based on self-report tools, after 40 days of the intervention, perceived pain and functional disabilities improved significantly in a statistically and clinically meaningful manner. www.vitasearch.com/.../40770 (2022)

Posted On 02/02/2024

myotherapist

'Chronic low back pain is a prevalent condition', It is prevalent because so few medical people have realised that chronic lower back pain sufferers either have a pelvis out of position creating an unstable base for the spine and upper body. (Can you just imagine the pressure that creates on the lower back over time). OR Overtight, deteriorating erector spinae muscles which again causes the lower back to be overloaded by the weight of the upper body not being carried by the dysfunctional erectors. Fix those two things and you fix lower back pain, pretty much every time.

But they won't be fixed by Doctors, lotions, potions, drugs or surgery or psychology except in rare cases. I am not saying it doesn't exist in back pain sufferers minds, but I'll bet it exists in no pain people as well and it doesn't need to be a focus with treatment that will take away their pain. You'd be amazed how much being pain free and functioning normally with everything, takes away depression, anxiety, insomnia. Chronic back pain is not difficult to fix... unless you use the wrong approach or work on the wrong areas.

Posted On 02/02/2024

Hey Gui, as expressed before - testify! The mind body connection. Our complex connections of complex collections. This is a large area of failure in healing as in the Rockefeller Medical Model for the most part is look at this one thing, this one area and we have a pill, cut or burn for that. Having a history of harsh, severe traumatic injuries, found Hatha Yoga returned range of motion, flexibility and healing injuries where pain pills, surgery were the main prescriptions Rockefeller Medicine insisted on. As self-awareness increased older transgressions presented themselves as injuries of one kind or another made their presence known in the stretching poses.

Nearly all of those occurred in a time of life when as a youngster not of an age to process such things, so they as the article gets into, get buried in the body. Currently, old severe injuries reinjured, a knee in particular can scream very loudly. I firmly believe it is as the article is pointing out, the brain, nervous systems, 'early warning sirens' are sounding off way beyond anything necessary. Currently stuck with mild cautiously walking and using the KAATSU to build muscle support, I've discovered my concerns with going downstairs I've made the mistake of leaning forward, putting the head out to look for where my feet are being placed.

This proving to be counterproductive and actually causing unnecessary renewed tears from being out of my center. Now as healing is progressing it seems close to where cautiously adding more strenuous activities will be possible. Nothing new in my personal struggles to function in the best levels afforded me. The Hatha Yoga opens up the joints and increases the range of motion working with the resistance training so both protect those joints, spine.

Posted On 02/02/2024

Guillermou

Interesting reference myotherapist. The pelvis is of great importance in the balance and stability of the spine, and any alteration that occurs in one will have consequences in relation to the other. The sacroiliac joint is the relay between the spinal column, which is characterized by being flexible, and the stability of the pelvis, which is located below it, so the pelvis, being attached to the vertebral column, is key to maintaining the integrity of said joint. structure. Lumbar lordosis varies depending on the degree of inclination of the pelvis. These inclinations are given a name that is explained below, in the links, informing about retroversion and anteversion.

. In retroversion the pelvis goes backwards, causing the glutes and hamstrings to pull on the spine and as a consequence it rectifies. In this position the lumbar spine flattens and the hip muscles become tense. In anteversion the pelvis moves forward, generating more lordosis in the lumbar spine and hyperkyphosis of the dorsal spine. This position occurs when the abdominal muscles are not yet strong enough and it is the lower back muscles that contract, arching the spine and projecting the stomach muscles outward.

es.hingehealth.com/resources/articles/lower-back-pain-that-radiates-to.. .---- www.spine-health.com/blog/overlooked-pelvis-problem-might-be-causing-y.. .---- www.verywellhealth.com/do-you-have-a-tilted-pelvis-296662 .--- www.ncbi.nlm.nih.gov/.../PMC4812023 .---
www.youtube.com/watch .--- www.youtube.com/watch .---- www.youtube.com/watch .----
www.fisioterapia-online.com/infografias/la-relacion-entre-la-pelvis-y..

Posted On 02/02/2024

Guillermou

Yes Just, chronic low back pain (CLBP) can severely impact patients' quality of life and has notable comorbidity with psychological symptoms which, in turn, can further exacerbate CLBP symptoms. This systemic review and network meta-analysis (NMA) suggested that non-pharmacological interventions show promise in reducing psychological symptoms among patients with CLBP. In particular, mind-body therapy and a biopsychosocial approach show great promise, and mind-body therapy body can be considered a priority option to reduce depression and anxiety. Yoga's focus on balance and stability encourages the body to develop defenses against the causes of back pain, which include weak abdominal and pelvic muscles, as well as lack of flexibility in the hips.

When you strengthen these muscles, you improve your posture, which reduces the load on your back, thus reducing the pain you feel. Additionally, stretching can increase flexibility by increasing blood flow to tight muscles. In 2019, low back pain (low back pain) was the most prevalent musculoskeletal disorder among adolescents and young adults globally, accounting for 76.4% of incident cases and 45.2% of prevalent cases in 204 countries and territories.

journals.lww.com/international-journal-of-surgery/fulltext/2024/01000/.. (2024).-----

These postures could make you stop taking painkillers www.everydayhealth.com/back-pain-pictures/best-yoga-poses-to-soothe-ba.. .----- This systematic review found strong evidence of short-term effectiveness and evidence of long-term effectiveness of yoga for chronic low back pain across major patient-centered outcomes.

journals.lww.com/clinicalpain/abstract/2013/05000/a_systematic_review_.. (2013)

Posted On 02/02/2024

myotherapist

I have been fixing back pain with a +90% success ratio for 35 years and to all you back pain sufferers reading this don't be fooled. Why you have back pain is a lot more simple and easy to understand than that theory. It probably helps the 5 to 10% I don't. For most of you, your problem is the way your body is carrying your weight as you move. As soon as you disturb the correct alignment of joints or muscles in your body they react by the joint being worn out more quickly or the muscles locking up losing their flexibility and function and causing inflammation and pain. You can understand it a lot better at my site backpain.com.au

Posted On 02/02/2024

Guillermou

Also body mass index (BMI), total fat mass (TFM), are directly related to back pain, indicating the importance of the mechanical loading effect. Greater adherence to a high-protein diet and exercise was inversely related to the prevalence of chronic low back pain. Furthermore, we found that following a high-energy diet was positively associated with chronic low back pain.

www.sciencedirect.com/science/article/abs/pii/S0049017221002237 (2022).-----

nutritionj.biomedcentral.com/articles/10.1186/s12937-022-00780-2 (2022).-----

academic.oup.com/biomedgerontology/advance-article-abstract/doi/10.1093. (2022).-----

----- Newly diagnosed type 2 diabetes was associated with a higher risk of chronic low back pain in women.

A Spanish study including 2096 twins revealed that type 2 diabetes was cross-sectionally associated with a wide range of back conditions, including severe chronic low back pain (CLBP) and severe chronic spinal pain. A systematic review and meta-analysis of eight studies also showed a positive association between diabetes and low back and neck pain. Diabetes and insulin resistance leads to accelerated decline in muscle mass- Type 2 diabetes has deleterious effects on mental health, and previous data have suggested that there is a bidirectional relationship between type 2 diabetes and depression, which manifests itself more in women.

Depression and other psychiatric disorders such as anxiety are also key factors in the transition from acute low back pain to CLBP. Additionally, type 2 diabetes and CLBP share common risk factors, such as obesity and low-grade systemic inflammation. [drc.bmj.com/.../e002426](https://www.drc.bmj.com/.../e002426) (2021)

Posted On 02/02/2024

LSquare

Trauma, especially the invisible kind, really can manifest itself in pain and conditioned responses that can lead to "real" but "fake" pain. I think that this is or was often referred to as Conversion Disorder, at least with respect to neurological conditions such as chronic migraine, or blindness or paralysis that have no discernible organic cause. This is a really great article, and one that makes you say "D'oh, I knew that, but I just didn't know it until it was spelled out for me". It's applicable to far more than back pain.

Posted On 02/02/2024

Guillermou

The late John Sarno is a famous back pain doctor in the United States. Before his death on June 22, 2017, one day before his 94th birthday, he published four books and created a cult following of thousands of patients, including Howard Stern and Larry David. Many of them claim to have been cured by Sarno, who essentially argued that back pain was in people's heads. And Sarno himself used to say that about 80 percent of his patients improved. Sarno was also ridiculed by his medical colleagues. He did not have much influence on medical research during his lifetime. It is telling that his colleagues at New York University never referred his patients to him.

His teachings are featured in 20/20 and in a recent documentary, *All the Rage: Saved by Sarno*, which was screened around the world. Sarno's followers continue to record his stories in their project "Thank you, Dr. Sarno." "I know you never liked hearing it, but I owe you my life," Ted H. wrote on the blog. On his living room table, he kept a thick scrapbook given to him by members of TMS Wiki, a support forum. In its pages, patients and strangers alike wrote about experiencing years of pain before stumbling across Dr. Sarno's writings; some posted recent photos of themselves running marathons and climbing mountains.

"Since 1982, I have used your books to help nearly one hundred friends and acquaintances," wrote one pain sufferer. "In a just world, you would have the Nobel Prize in Medicine." Dr. Sarno argued that pain was actually the result of a psychosomatic process and emotional factors. www.thankyoudrsarno.org The book's launch is also chronicled in the inspiring 2017 documentary, *All The Rage (Saved By Sarno)*. You can see the documentary at the link. vimeo.com/.../234897811 www.youtube.com/watch

Posted On 02/02/2024

DennisJames

I'm a chiropractor nearly 40 years now, retired! Thank you Dr Joe for giving our profession its 'deserved-due!' Ok, all these breathing /psychological etc techniques can and do help BUT if you have joint fixations that inhibit joint movement(there are 300 in the spine) then manipulation by a DC;DO, manual manipulator is your initial 'go-to' option.Movement is LIFE and LIFE is movement and any Kinesiologist will tell you the same! Now Dr Joe mentions acupuncture for Pinched nerves/Sciatica/Herniated discs/Spinal stenosis. Let me say from first hand experience (while this may help) the work of Dr James Cox Ft Wayne Ind(manual spinal decompression using long axis traction/flexion distraction using a specified table) and I would say even though a DC he is one of the world's foremost authorities on Back Pain.

Look him up. I studied under him through National University in Chicago. Look up his website He is in his 80's now BUT his work/technique will stand the test of time simply because God isn't making any more vertebrae/discs/muscles/nerves and I am NOT being facetious. Back and neck pain are real and is caused by mechanical pressure(mentioned above) and/or substance P(look it up!).

YES Back School is vital during treatments i.e., proper lifting/sleeping/minimal sitting/strengthening/stretching(the hamstrings especially)/gait/nutrition/NO constipation/walking etc. Dr James Cox work is an extension of an Osteopathic Dr named John McManus. I can't even find him when I type his name. I gave you a lot here and there is SO much more BUT I hope this helps some of you! Manual spinal decompression(I call it bloodless surgery) is what patients need to open up the canals where the nerves exit out of! It is a narrow opening in the L4L5S1 area and that is where the problem usually is, trust me!

Posted On 02/02/2024

Segstar

Dr. Johnson is also a great Chiropractor in Texas...Watch lots of his vids in the past and comes highly recommended.. youtu.be/oeQY5kylAkl

Posted On 02/02/2024

Guillermou

Thank you Dennis James for your 40 years of dedication as a chiropractor. Yes, Dr. Cox maintains a limited private practice today and directs the Fort Wayne Chiropractic Radiological Center and consults with physicians on patient cases. HONORS AND RECOGNITION --Indiana Chiropractor of the Year Award, 1984 --Fellow, International College of Chiropractors, 1984 --Hall of Honor, National University of Health Sciences, 2008 www.coxtechnic.com/physicians/james-m-cox-i-dc-dacbr-ficc-hon.d.litt.-. ,.... www.coxchiropracticfwcrc.com doctor/chiropractor/chiropractic-Fort-Wayne/doctors/dr.-james-m.-cox-ii .----- www.coxchiropracticfwcrc.com .---

Posted On 02/02/2024

NFHdoctor

Bloodless surgery actually is another name for a specific chiropractic manipulative reflex technique (CMRT) which encompasses the relationship between somatovisceral and viscerosomatic reflexes and is not flexion distraction nor manual spinal decompression contrary to what Dennis James wrote.

Posted On 02/02/2024

jsmccord7

Some people have back pain but what is overlooked is kidney function issues. On another note people with inflammation need to do one thing that works 100% and that is grounding....the real term is "Earthing".The best part is you can do while sleeping....get 7 to 8 hours a night of grounding on a pad or mattress cover.So one can get approx. 50 hours per week.That sure beats sitting in a chair or walking around barefoot.U can thank me later...! Cheers

Posted On 02/02/2024

juststeve

Yes, being around heavy equipment - loaders, excavators, heavy load trucks, etc. have heard conversations between the senior experienced operators informing the new guy, you just think it is your back hurting, it is actually your kidneys from all the hard bouncing around.

Posted On 02/02/2024

Segstar

JS i best git me thanking in early to avoid the rush..Good stuff cheers..

Posted On 02/02/2024

jsmccord7

www.earthing.com/.../all

Posted On 02/02/2024

Guillermou

WHY DO PEOPLE WITH KIDNEY DISEASE FEEL BACK PAIN? -----1. Pain due to kidney disease -----2. Distinguishing common back pain and back pain caused by kidney disease--2.1 Back pain due to kidney disease Kidney disease can cause pain sensation in the upper back. ---2.2 Common back pain Back pain is often caused by problems affecting the muscles, bones, or nerves in the back.
www.vinmec.com/en/news/health-news/general-health-check/why-do-people-.. (2022).-- COULD MY LOWER BACK PAIN BE RELATED TO MY KIDNEYS? healthmatch.io/lower-back-pain/could-lower-back-pain-be-kidney-related

Posted On 02/02/2024

grulla

"Steve" what's needed for those kidneys is a Bostrum seat. bostromseating.com/products

Posted On 02/02/2024

grulla

If you have to pick up and carry a heavy object, first slightly bend your knees when reaching and lifting, and then hold that heavy object close to the chest, in order to help prevent lower back pain issues when carrying.

Posted On 02/02/2024

Guillermou

GRULLA, my father at his job in a mechanical workshop had an intestinal ernia from lifting a heavy object in bad conditions.----- HOW TO LIFT A HEAVY OBJECT SAFELY
www.wikihow.com/Lift-a-Heavy-Object-Safely .----- www.youtube.com/watch
www.youtube.com/watch .-----

Posted On 02/02/2024

grulla

"Gui", I doubt I have ever gotten hernias from careless lifting, just a few lombago back problems that I was able to remedy by lying on my back and lifting one leg at a time towards my chin, (marching). If that didn't work, then messaging my back against the mattress left to right, or even better, rocking my back left to right like a cradle did the trick. But as far as hernias go, I get the inguinal variety from eating certain hard to digest foods, mainly white flour products like tortillas and pasta, but also too many nuts, hard chocolate, hard cheese, some breads, and perhaps a few others, which can cause blockage in my lower gut. If I consume those hard foods anytime during my morning IF/TRE eating window, (from 5AM to noon), then it's a guarantee that by the following morning after a bowel movement, and hopefully just before breakfast, I'll experience that painful inguinal hernia near my left groin with a bulge through my lower gut wall.

It is very painful and causes me to vomit, usually on an empty stomach throwing up nothing but bile, (which reminds of a seasickness I once experienced). So I wind up back in bed with a plastic tub for puking, lying on either my left or right side until the inguinal hernia finally subsides on it's own due to slow digestion and/or dissolving of the food blockage, sometimes in a half hour and other times in an hour or two +.

But if I'm careful and avoid or limit those hard foods, then I get by just fine. I might add that corn food products do not seem to bother me, (so far), like my organic blue chips, so lately, my disabled SIL and I have been preparing homemade corn bread with green chiles. And Poppa John's Pizza (and some others on request) makes their pizza crustless in a bowl like a cassarole, which is good for me. Perhaps a good quality digestive enzyme supplement might work for me in my advanced age???

www.papajohns.com/papa-bowls my.clevelandclinic.org/.../15757-hernia

Posted On 02/02/2024

Guillermou

My father's intestinal hernia occurred while lifting weights. He wore a codpiece all his life so that his intestines would not be strangled because he did not want to have surgery.

Posted On 02/02/2024

Why is Gui the only one to have mentioned hydration, here? Since hydration of lumbar discs, in particular, is primarily osmotic, the evolutionary weak link of acquiring bipedalism has become a critical factor for individuals who fail to turn off their fight or flight response. Like a stone skipping across the top of a mill pond, they become emotionally dependent upon viewing the world as hostile to their survival as opposed to supportive. As underhydrated tissues reach a state of insufficiency, histamines locally elevate in an attempt to isolate and immobilize the area, indeed sometimes the entire body. For the vertebral discs, consider the following multiple metaphor; first, as the air-lift suspension components on any vehicle so equipped, except that the vertebral discs are hydraulic, not pneumatic.

Second, the walls of the discs are similar to the sidewalls of a radial tire having multiple layers of cord, in this case, collagen fibers. As the "sidewalls" get damaged, however slightly, we repair them with proper nutrition, hydration, and sleep. Of course the hydration level also serves to facilitate waste removal. If our lifestyle is such that we retard this maintenance cycle, we wind up with a list of complaints similar to that of any mechanic diagnosing an overstressed or failing Air Ride Suspension system for a tractor-trailer.

The elevation of histamines would be like a low-pressure alarm switch for the air bags going off ever more frequently from neglect. In the anatomical case, the elevation of histamines attempts to attract water to an underhydrated tissue group, as well as exacerbating the pain in order to minimize further damage. I am really surprised that this article failed to mention how critical it is to address hydration issues FIRST. The article's information is all good, but how we respond to life with our stress response is what sets the stage for poor hydration.

Posted On 02/02/2024

Meibao

Hydration is the key...you got it right, Pisces. I didn't read Gui's comments....too many to get through. I have had chronic sciatica, back pains, muscle and joint ache ALL my life. I went to chiropractors, acupuncturists, had weekly massages, did yoga, took herbal remedies, ate alkaline foods, exercised...everything but seeing doctors who are drug dealers. When I was 76 years old, I discovered the water cure. www.watercure.com and read all of Dr. Batmanghede's books: "You're Not Sick, You're Thirsty", "Your Body's Many Cries for Water", "Water Cures; Drugs Kill", "Water and Salt", "Obesity, Cancer, and Depression", "Allergies, Asthma, Lupus" and "How to Deal with Back Pain and Rheumatoid Joint Pain" I drank the recommended amount of water: 8 cups per day...NOPE!

I found online someone said they drank one ounce per one pound of body weight. When I drank that much, my daily headaches disappeared. I still had the back pain, arthritis, constipation, lethargy, sleeplessness...so I kept drinking until ALL my chronic symptoms disappeared, which, for my body weight of 106#, was six quarts per 24 hours. OMG!

I am 80 years old and have more energy than every, sleep like a log, no more pain of any sort any where, no more constipation, no more allergies (a problem I had all my life), no more hives. The Fountain of Youth is WATER...and I use reverse osmosis water so put in fulvic ionic minerals in my glass bottles and lick over a tablespoon of salt (in 24 hours) to hold the water in the body so it can hydrate the cells. Water is a solvent and will dissolve plastic in plastic bottles, nickel in stainless steel containers. Use glass only! Pisces nailed it right about histamines that gather water to areas in our bodies that are very dehydrated. Water is the best anti-histamine!

Posted On 02/02/2024

Guillermou

Great comment PISCES. Dr. Cohen says, "When we are dehydrated, fluid always goes to the brain first and gets transported from other areas of the body like joints. Our fascia, the connective tissue webbing that supports every cell and organ in the body, can become tangled and knotted, making movement painful, difficult, and stiff." There are certain chronic pain conditions that can be worsened by dehydration. Dr. Cohen lists headaches, migraines, arthritis, joint pain, fibromyalgia, and overall stiffness as conditions that can be affected by dehydration. "The discs between our vertebra need fluid to cushion the bones," she says. "They can become a little dry and brittle when not properly hydrated, exacerbating back pain." If you're currently in physical therapy for your back pain, Dr. Cohen adds that good hydration is "imperative before any physical therapy" since it can improve the outcome. www.healthcentral.com/condition/back-pain/relieve-your-back-pain-stayi..

Posted On 02/02/2024

gaylbaby_203

It was before 2010, that I read on this site, of Dr. Sarno's work. I ordered his book, The Divided Mind. Not only did my own back problems resolve themselves, but also the same for one of my family members. Learning from that book, my suspicions about some of our physical issues, became clearer and easier to address WITHOUT FEAR.

Posted On 02/02/2024

Guillermou

Yes, Samo's teachings are featured on 20/20 and in a recent documentary, All the Rage: Saved by Sarno, which was screened around the world. Sarno's followers continue to record his stories in their "Thank You, Dr. Sarno" project. "I know you never liked hearing it, but I owe you my life," Ted H. wrote on the blog. On his living room table, he kept a thick scrapbook given to him by members of TMS Wiki, a support forum. In his pages, patients and strangers alike wrote about experiencing years of pain before coming across Dr. Sarno's writings; some posted recent photos of themselves running marathons and climbing mountains.

"Since 1982, I have used your books to help almost a hundred friends and acquaintances," wrote one pain sufferer. "In a just world, you would have the Nobel Prize in Medicine." Dr. Santo argued that pain was actually the result of a psychosomatic process and emotional factors. www.thankyoudrsarno.org The book's launch is also chronicled in the inspiring 2017 documentary, All The Rage (Saved By Sarno). You can see the documentary at the link. vimeo.com/.../234897811 www.youtube.com/watch

Posted On 02/02/2024

DennisJames

Great comments Gui; myotherapist, and other therapists!

Posted On 02/02/2024

Guillermou

Thank you, The majority of back pain is classed as non-specific low back pain meaning it cannot be attributed to a recognized pathology or there is no specific problem or disease causing the pain. Non-specific back pain may include pain caused from muscle strain, injury to the back, overuse, disc bulge and herniation, muscle disorders, pressure on a nerve root or poor posture. People whose work entails repetitive lifting all have increased risk of back pain. Your myotherapist will do a thorough assessment to rule out any serious conditions, including radicular syndromes or specific pathologies. Once your myotherapist has established your back pain to be non-specific they will discuss a treatment plan with you.

This may include education (postural control, self-management), physical therapy (massage, joint mobilisation, stretching, dry needling) and a tailored exercise program. Movement is the key in the successful management of lower-back pain. www.myotherapyandmovementclinic.com.au/lower-back-pain.-----.. 3 WAYS A MYOTHERAPIST CAN HELP ALLEVIATE LOWER BACK PAIN www.2rightfeet.com.au/blog/2022/5/21/3-ways-a-myotherapist-can-help-al.. (2022).-----

Posted On 02/02/2024

brianallen1

Am I missing something here? Nobody wants to experience pain. However, isn't eliminating the cause much more necessary and important than "masking" the discomfort? For the people who have seen the tv commercial for the velcro strap tha goes around the leg and "turns sciatica pain off" like flipping a switch- isn't this damaging? The body is still out of alignment and causing damage but a " band aid" is masking the pain signal which warns you of consequences which will occur if the problem is not corrected. The design and purpose of pain is to warn us and direct us to the area which must be healed, not ignored, which may result in further damage.

Posted On 02/02/2024

DennisJames

Thank you Brian!

Posted On 02/02/2024

Segstar

It's like your car is outta alignment and your tires are now shot, so you go out and buy NEW tires without fixing the alignment..Yeah what's gonna happen AGAIN...Fix the problem at the root source and everything just falls into place...Even an ijut like me knows these things, ah Lordie..

Posted On 02/02/2024

Bigfletch

The marvellous Dr Ramakrishnan jokingly (but accurately) said he would have won the Nobel prize if the cure for phantom limb syndrome had not just have required a cardboard box and a mirror !!! The ultimate demonstration of brain " rewiring" You put the remaining limb in the open cardboard box with a mirror on the oppisite side. Wiggle your fingers and the brainsees the trauma of the " accident " has been reversed. Thing us, this does not just apply to the physiology!!! Memory can be both a curse and a blessing.. It doesn't distinguish between redundant and current hazards. YOU have to do that , as part of your consciousness discovery.

Posted On 02/02/2024

DennisJames

Here is another fact: NO ONE gets back to a 100 % regardless. After surgery ONLY 50% get a 50% improvement and it is a FACT chiropractor's(also other 'healer's) can get a 50% improvement in 4-6 weeks of conservative care w/o the repercussions of UNcontrolled bleeding post-op/scar tissue/infection, etc There are plenty of surgeons that now have a moratorium on surgery and YES narcotics for back pain because the prognosis is not good! Their malpractice insurance is through the roof! At one point in time(I imagine it still holds)there are 2x as many surgeries on the west coast of the US as the east coast. WHY? 2x as many surgeons!

Posted On 02/02/2024

I suffered from debilitating back pain for years, the only relief that I got was 2 days of minimal pain after being manipulated by a good osteopath, but by the third day I was back to square one. The insurance company that was paying for my osteo visits decided that I didn't need to be cracked (because it was costing them \$70. per visit), so I was left in mind numbing pain for quite some time. Eventually I decided that I would have to find some answers myself so I have been scouring the internet for nearly 10 years now looking for any advice that might help to get my pain levels down to a reasonable level.

The first thng that I did was to trade my car in for a model that had a deep floor, because your knees need to be lower than (or not above) your pelvis. This extended my very short driving range somewhat. The next change was to activity levels and diet. Overuse of damaged skeletal joints isn't going to fix the problem, it just makes for more pain, so I quickly learned that I needed to minimize physical activity in order to get pain levels down.

Diet choice is an ongoing project, but meat and three veg is a good start, even if the mineral content of store bought food is abysmal in these days of profit over food quality. Which leads to supplementation of the important minerals and vitamins. I started off on a tablet containing calcium, D3, K2, taken with a magnesium supplement (mag. sulphate) and ghinko Biloba (needed for me because the K2 acts as a blood thickening agent and I was getting cold hands and feet from the circulation problem caused by the K2.

) I added in Boron, Himalayan salt (around 10 grams per day), and plenty of mushroom extracts (lions mane, turkey tail etc.) because my nervous system was damaged from doing nearly 10 years of what I would classify as a nightshift. I also eat at least 2 eggs per day, drink pomegranite juice daily, along with other nutraceuticals. Proper nutrition and plenty of good sleep have reduced my pain levels dramatical

Posted On 02/02/2024

cturnermd

as a chiropractor and medical doctor with over 30 years treating pain, i know a lot about treating pain. opioids cause increased sensitivity to pain? yes, this can happen, i guess in less than 5%. it can easily be reversed by using buprenorphine instead. strong opioids are as good as OTC meds for pain?! of course that is completely ridiculous. but a study said so! whomever pays for the study will get the answers they paid for. i just hope the people who believe this crap get Tylenol for their next kidney stone.

Posted On 02/02/2024

kjf9267

Those OTC pain killers also have some pretty serious side effects. I won't take any of them, except for plain aspirin on the rare occasions I need it. But opioids work really well. My mother had severe chronic pain, and opioids were the only thing that made her comfortable. I don't believe that study either.

Posted On 02/02/2024

LSquare

Cturner, I wholeheartedly agree, at least as much as a layman and physical trauma survivor is allowed to. When you lose over 4 inches of tibia bone after being plowed by a truck while riding a bicycle, Tylenol just doesn't cut it (and, there are some that say that if it was invented today, acetaminophen might not even be an approved OTC drug - well, if we had a functional and ethical FDA, that is); it's hardly a safe medicine. For the 1st 5 weeks, I required 10mg of Oxy per every dosing interval. Hardly a large dose, but the hospitals, especially the Rehab Hospital, treated and presented every dose as a poorly-written "Scared Straight" skit. I know what my addictions are, and it's not opioids.

There was nothing euphoric or pleasurable with Oxy; it was just a matter of can I sleep for 2-3 hours straight with it, or am I going to be up all night without it? Personally, I've always liked Aleve as an OTC pain med, but with broken bones, all NSAIDs are contraindicated - except for our autism-causing and liver-killing good buddy, Tylenol. So, maybe Aleve can help back pain as good as Oxy, but my choices were Oxy and/or Tylenol. And, I only took Oxy for as long as I needed it. Between the constipation and the long-term threat of going deaf, and exacerbating my already-excruciating tinnitus, why would I want to be on it any longer?

Posted On 02/02/2024

DennisJames

AWESOME! MD/DC My pharmacist patient always told me how oxycodone is one scary drug! He also said Dennis tell your patients NO tylenol, liver failure! That was 20 years ago and now look what they discovered about Tylenol recently(hmmm):Liver failure! He said IF they need some relief enteric coated aspirin.....

Posted On 02/02/2024

lobey2012

dont know if anyone has mentioned inversion....but it has helped me....especially with ankle weights around my neck(no joke).....alsopersonallymy back and neck is probably better now than in 40 years by consistent use of a vibration plate with various stretches and exercises.... if i had to pick one thing it would be a vibration plate exercise program....preferably one big enough to lie down on.....no doubt

Posted On 02/03/2024

LSquare

Hey Lobey, I've had a broken leg for over 3 years now, but once it's hopefully healed, I look forward to using an inversion machine. I can almost imagine how great it would feel to decompress my back in a way that is otherwise impossible, aside from spending time in space, which I'm in no rush to do.

Posted On 02/03/2024

JeanE.S.

Dear Dr. Mercola - (In reference to the removed column on 2/3/24) This is Germany in the 1930's . I've been censored (a lot for a retired older lady). One thing was I've had virus medications taken from my locked U.S. mail box and U.S. mail locker and removed to a secret location. The Post Office fraud unit on the phone would not even tell me where they took my virus medications. The company I ordered them from demanded that I return the stolen medications immediately. (!) Like many I've had many instances of outright censorship. Thank you Dr. Mercola for all that you do. And all that you try to do. It's scary out there now. Love Jean

Posted On 02/03/2024

robbie2u

There are so many different treatments mentioned and not mentioned including heat and injections that one wonders what are they all aiming to do. All roads lead to Rome as they say. Nerve irritation, joint and muscle tension treatments need to be differentiated to enable clarity. Chronic back pain is definitely not fun and to solve perhaps requires another approach if not resolved by those already mentioned. What about uneven leg length contribution and meaning which is often treated by using orthotics?

Posted On 02/03/2024

Frances Anne

Hemp oil gives me relief for lower back pain !

Posted On 02/02/2024

mrrobb

Hum.....yeah,,water is what to take for back pain..also ASA..just pure Aspirin - Acetylsalicylic acid No Tylenol No artificial junk..and water....clean water...at least 3 litres (3 quarts) a day or more,,...along with V&M.and Mercola has them :) in My Opinion some the best V&M available!! I have been taking Mercola V&M and other goodies for 20 years.....and my Kid who was deep into Aspergers Syndrome is Now a fully employed and bikes 40 km a day and a full time "Thank You Dr Mercola" Consumer of Mercola V&M and Probiotics and much more....he is now a VIP Customer...

Posted On 02/02/2024

mrrobb

MyMountains Labs believe Back pain is a dehydration issue....but we consume clear water without fluoridation and assorted Chemical contamination....and over my past of heavy lifting as same with my 'People'....from us dirt farmers to office workers. all benefited greatly with just 3 or more litres of clean water and a few ASA.....and POSTURE....SIT UP!!!!!!!!!! Learn how to stand and walk and sleep.....

.....

Posted On 02/02/2024

cat7070

In large part my health and wellbeing is owed to the education I've enjoyed over the years of reading Dr. Mercola's generous and brilliant advice. He is definitely a Hero for our time!

Posted On 02/02/2024

RuthSF

Yes!! I discovered the Dr. Sarno method and applied it via Pain in the Box. It works for many kinds of chronic pain, in my case severe repetitive strain "injury" in my arms and hands. I feared I'd be severely disabled for life; now I lead a normal life, which includes precision crafts. I suffered for 32 years, sometimes worse than other times. I saw significant improvements within DAYS, functioned normally within a WEEK OR TWO, and became completely pain-free with normal strength within TWO OR THREE MONTHS. No physiotherapy, no doctor's visits, no prescriptions, no shrink, no special exercises. Just addressing the emotional baggage, plus I was consuming a nutrient-rich diet with supplements to support general health.

Posted On 02/02/2024

DennisJames

Good for you! More people should talk to you!

Posted On 02/02/2024

epi-cure

Roughly a quarter century ago the joy of living pushed me to seek answers for back discomfort. Being a jerk of many trades, I've relied on an ability to physically engage with the work at hand. Overall, a strong back and weak mind has served me well but looking back, there were a number of things that pooled to conspire toward a chronic tightness. Dr. Sarno's book made an important difference along with focus on belly breathing, yoga, better hydration, etc. but even to this day I'll never be supple enough to be a gymnast. Medium distance fast paced (4+MPH) walking in rolling hills terrain with its elevation changes followed upon completion by a molecular hydrogen cocktail is a good way to loosen the legs, especially tight hamstrings.

A simple self-applied fingers press insertion in the abdominal region before the walk helps relax and improve posture before such a walk as otherwise a too tight washboard abdomen tends to pull the spine too far forward. Also hanging (no rope necessary :-) from the ceiling joists for a couple of minutes at a time helps stretch the spine. The recent insightful Aleena Kanner interview (thank you, Doc) on postural restoration has me wondering should I continue to wear my shoes unevenly or consult her or someone of her expertise. www.youtube.com/watch

Posted On 02/02/2024

sbrink

PEMF, Dr Pawluk, NASA

Posted On 02/02/2024

Kane

I've had back pain plenty over my last 5 decades and the majority was caused by what I think is toxicity (food and drink). My tried and true method of recovery is to take a sauna or 2 or 3 and it resolves nearly every time. Is it kidney toxicity? Me thinks so but what do I know? The other times where I earned a backache from physical exertion, I found chiropractic to help tremendously. Energy work also works to alleviate things. No pain meds ever though I have used essential oils (frankincense, myrrh, turmeric, lavender mix) with DMSO/Fractionated coconut oil carrier and this is the most effective pain topical I have used.

Posted On 02/02/2024

kjf9267

I used to be troubled by periodic lower back pain. If I didn't exercise for three days, my back went out. One time I could barely move for a week. My back would get sore and stiff if I worked in the garden for any length of time. Then, in my mid-fifties, I read that gotu kola was a good anti-aging herb and started taking it. After a few months, I noticed that my back no longer bothered me. Quite a few years later I mentioned that fact to an alternative doctor, and he told me that gotu kola contains micronutrients that address back issues (muscular, of course, not skeletal).

I have been taking gotu kola for 20 years and have no back problems except, recently, for occasional minor stiffness when I get up in the morning, and I think that is a problem with our mattress. Addressing back pain is great, but addressing the cause of recurring back problems is even better. My husband finally started taking gotu kola, and his back is much better. I wish everyone knew about this. And gotu kola is inexpensive. Almost anyone could afford to try it.

Posted On 02/02/2024

DennisJames

Hey THANKS!

Posted On 02/02/2024

ayn8188

I had chronic lower back pain and sciatica to the point my feet would go numb until I read one of Dr. Sarno's books. It was a revelation, the pain was gone almost overnight. It's very liberating when you realize you don't have to walk around on pins and needles scared to death you're going to throw your back out. Since I retired I do have some back pain from sitting too much but if I do yoga at least every other day that pretty much fixes it. I need to get back into weight training. Squats really help stabilize your pelvis to give you strong lower back. That said the book the divided mind by Dr. Sarno is a must. It will do more for your back pain and your attitude towards it than anything.

Posted On 02/02/2024

DennisJames

Also keep the hamstrings stretched NOT too too much but warm them up and stretch them takes a lot of stress/strain off the lumbar spine

Posted On 02/02/2024

020202

Here I am, laying on my stomach in bed up on my elbows, reading this and all my back pain disappeared when I started this morning habit. My chiropractor calls it the "cat stretch", as cats do it all the time, dogs too. It works.

Posted On 02/02/2024

brodiebrock12

Simple extension movements and holds are so underrated for sure in most lives of people with flexion being the dominant position most often. We FLEX too much

Posted On 02/02/2024

kjf9267

Yes, those back stretches work really well for stiffness. I'm 76, and when my back is occasionally stiff upon arising, I stretch standing up, and the stiffness is gone for the rest of the day. The trick is getting that curve in your back.

Posted On 02/02/2024

Segstar

02 i hope you're reading on your Tablet or laptop connected to the internet via Ethernet..

Posted On 02/02/2024

DennisJames

Very good I rarely sit! Im a DC as well I always read on the floor with a pillow under my abdomen so as NOT to increase the lordosis in the lumber spine. I don't have a big stomach lol

Posted On 02/02/2024

trafgoo

I've considered going to a Quantam Neuro Reset Therapy (QNRT) practitioner for my decades long chronic back pain. Somehow it magically can reveal past traumas and then "reset" the brain. But I hesitate since it sounds like voodoo, and I've spent a fortune on things over the years that haven't helped at all.

Posted On 02/02/2024

Quilvis

I have found that DMSO helps for my back pain as well as knee pain.

Posted On 02/02/2024

DwayneOxford

Wish I could use, skin's WAAY to sensitive.

Posted On 02/02/2024

avk1974

I would highly suggest seeing an osteopathic manipulative medicine Dr for OMT (therapy). I have been to chiro and had some benefit (one even caused dizziness that lasted a year though and I find you have to go way way too often), and physical therapists which are ok and help keeping you from going under from the issue and maybe help improve it or give relief, but like life changing has been D.O. that actually heavily practices OMT. 1-3 visits and you're almost ok. Stuff that you were getting help for for a current issue ends up cascading into layers of healing that undoes other unrelated stuff you've had for decades just as part of the healing process. Also another issue is that sometimes back pain can be terrible adrenal problems. I read of a lady whose back problems disappeared after she started taking and supporting her adrenals thru glandulars.

Posted On 02/02/2024

DennisJames

NO disrespect BUT you may have gotten better in 1-3 visits with a DO (who does manipulation a lot of DO's do not manipulate any more) BUT manipulation cannot always correct acute or chronic problems in a short period of time. As for your dizziness after a chiropractic adjustment after treating 1,000's of patients for nearly 40 years not one patient has ever experienced that with me.

Posted On 02/02/2024

and8384

Fascial counterstrain and strain counterstrain is an excellent way to alleviate back pain in conjunction with a lot of things in the article. I'm a PT and use the counterstrain everyday along with pasyological discussion and referral on if needed. I also use Foundation Training daily with my patients. Counterstrain addresses fascial dysfunction that can occur from injury, organ dysfunction, poor mechanics, etc.

Posted On 02/02/2024

DennisJames

Thank you glad you are a PT helping people w/o drugs, surgery

Posted On 02/02/2024

av119568

Dr Stuart McGill www.backfitpro.com is the go to guy.

Posted On 02/02/2024
