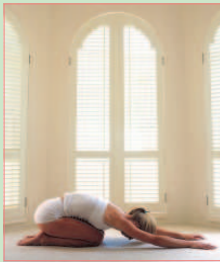


EXERCISE AND BACK PAIN

A typical response to experiencing back pain is



to take it easy - either staying in bed or at least stopping any activity that is at all strenuous. While this approach is understandable, and may even be recommended in the short term, when done for more than a day or two it can actually undermine healing. Instead,

soft tissues - the muscles, ligaments and tendons - in the back and around the spine. The spinal column and its contiguous muscles, ligaments and tendons are all designed to move, and reduced motion can accentuate back pain. Stretching different muscles and ligaments is essential for gaining and maintaining mobility and flexibility. Patients with chronic back pain may find it takes weeks or months of stretching to mobilise the spine and soft tissues, but will find that meaningful and sustained relief of low back pain typically follows the increase in motion.

active forms of exercise are almost always necessary to rehabilitate the spine and to help alleviate back pain. When done in a controlled, gradual and progressive manner, active exercise distributes nutrients into the disc and soft tissues in the back to keep the discs, muscles, ligaments and joints healthy. Consequently, a regular exercise routine helps patients avoid stiffness and weakness, minimises recurrence of low back pain, and reduces the severity and duration of possible future episodes

of low back pain.

Depending upon the patient's specific diagnosis and level of pain, the back pain exercise and rehabilitation programme will be very different, so it is important for patients to see a chiropractor trained to develop an individualised back exercise program and to provide instruction on using the correct technique.

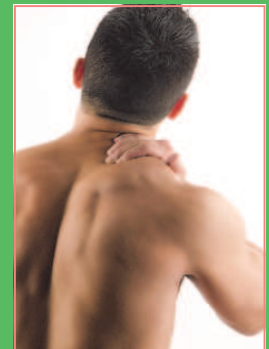
STRETCHING AS PART OF A BACK PAIN EXERCISE ROUTINE:

Almost everyone can benefit from stretching the

PRACTICAL POINT:

For most back conditions, active exercise and stretching - not rest - is typically necessary to help reduce pain and encourage healing.

To be effective, a patient's back pain exercise programme should be comprehensive, working the whole body even if it targets the back. A balanced workout should include a combination of stretching, strengthening, and low impact aerobic conditioning.



Which Muscles to Stretch?

Hamstrings, in the back of the leg, to aid correct posture while sitting and standing, and support the gluteus muscles in the buttocks and the hip flexors and minimize stress on the low back.

Piriformis, which run from the back of the femur (thigh bone) to the sacrum (the base of the spine). When tight, this muscle can cause sciatica-like pain, and has been linked to sacroiliac joint dysfunction.

Psoas Major, which is attached to the front portion of the lower spine and can greatly limit low back mobility if tight, making it hard to stand for extended periods or kneel on both knees.

Gluteal muscles in the buttocks which support hip flexibility as well as the pelvis.

At your next visit be sure to ask your Chiropractor to explain to you how stretching may help you.

OPENING HOURS:

Monday	8.30 - 8.00
Tuesday	8.30 - 8.00
Wednesday	8.30 - 5.30
Thursday	8.30 - 8.00
Friday	8.30 - 5.30
Saturday	9.00 - 1.00

IF YOU HAVE ANY OTHER HEALTH CONCERNS DO ASK US, WE ARE TRAINED IN DIAGNOSING AND TREATING A LOT MORE THAN JUST SPINAL PAIN. ASK YOUR CHIROPRACTOR ON YOUR NEXT VISIT TO THE CLINIC.

CENTRAL CHIROPRACTIC
CLINIC
NORTH HINKSEY LANE
BOTLEY
OXFORD OX2 0JW

Phone: 01865 204246
Fax: 01865 725488
E-mail:
Admin@oxfordccc.co.uk

**REMEMBER THAT
YOU CAN FIND US
ON THE WEB!
WWW.OXFORDCCC.
CO.UK**

**WELCOME TO OUR
ACUPUNCTURIST**



Ken Shifrin MAc, MBAc will be working at the clinic from February 14th. Ken has been in practice for 30 years, qualifying in 1977, and gaining his Master of Acupuncture in 1981. He has taught at The College of Acupuncture in Warwick for over 25 years and has just retired as Dean of the College. He is a former Vice-Chair of both the British Acupuncture Council and the British Acupuncture Accreditation Board. What can acupuncture treat? Anxiety states, arthritis, asthma, back pain, depression, headaches.....
www.acupuncture.org.uk

Strengthening exercises to build muscle support

Developing strong core muscles in the abdomen, lower back and gluteal (hip) regions is critical to decreasing the stress placed upon the lower back. Many different exercises can contribute to overall strengthening of these core muscles, and the two types of exercise programmes often recommended for back pain patients are:

Dynamic lumbar stabilisation. This back exercise is designed to help patients find their "neutral" spine, which is the position that allows the patient to feel the least discomfort. The back muscles are then exercised to teach the spine how to stay in this position and help the patient be aware of the position.

McKenzie 'extension' exercises. These back exercises focus on extending the spine to reduce the pressure on, and the pain generated from, a herniated or degenerating disc. Pain relief can be felt in both the back and the leg, and when the pain is very acute the exercises may be done several times a day.

Both of these types of exercises are best learned through your chiropractor although with practice patients can do the exercises by themselves.

Low Impact Aerobic Exercise

Engaging in a low-impact cardiovascular exercise program will aid rehabilitation and maintain everyday functionality. While some back pain patients can engage in running and other types of cardiovascular exercise, for many with serious back pain it is more realistic and comfortable to engage in low impact cardiovascular conditioning that is easy on the joints and gentle on the back.

There are several types of aerobic exercise that are gentle on the back and, when done on a regular basis, highly effective in providing conditioning:

Walking. In general, walking is very gentle on the back, and walking two to three miles three times per week is very helpful for patients.

Bicycling or cross-training. Bicycling or using an elliptical cross-trainer are also effective ways to exercise without putting stress on the back.

Hydrotherapy. Exercising in the water provides weightless conditioning, which minimizes stress on the back and joints throughout the body.



Most chiropractors recommend at least 20 to 30 minutes of cardiovascular exercise every other day to keep in shape. Patients could alternate days of cardiovascular and strength conditioning to get a daily dose of exercise and allow muscle groups time to rest.

SKIING EXERCISES

Dr Anthony Larcombe has designed an exercise programme for patients who are planning to embark on a skiing holiday this Spring or even next winter.

Packed full of useful information the publication is available free at reception or can be emailed to you if requested on info@oxfordccc.co.uk.

This skiing exercise programme will not only help to prevent injuries but will also help you to get the most out of your skiing as your muscles will be fitter, stronger and more flexible.

So if you are planning to hit the slopes remember to order yourself a copy of 'Doctor Larcombe's Skiing Exercises'.