
8

COMMON CAUSES OF
BACK PAIN
GUIDE

HOW TO END BACK PAIN
WITHOUT PAINKILLERS, RISKY
SURGERY AND EXPENSIVE
TREATMENT BILLS!



The ART of LIFE
COMMUNITY HEALTH CENTER

The information provided in this Guide does not replace services of a licenced health care professional. Please do not use this book to treat or diagnose a medical condition.

*Always consult a physiotherapist or a health care professional
if the exercise plan is right for your condition.*

When we have lower back pain, we usually tell ourselves that, "it will go away after we rest", "it's just temporary", "it's because we didn't sleep properly", or "we are getting older". We don't seem to find a reason why it hurts either. You probably hope that one morning you will wake up and it will disappear, but it never does, and the longer you wait, the worse it gets.

SOUND LIKE YOU? HAS THIS HAPPENED TO YOU? DON'T WORRY YOU'RE NOT ALONE, IN FACT, LOWER BACK PAIN AND SCIATICA ARE THE MOST COMMON ISSUES PEOPLE SEEK HELP FOR.

HERE ARE THE REASONS WHY PAIN CAN LAST LONGER THAN IT SHOULD:

- You thought the pain would go away on its own, but it doesn't
- You went to the doctor who told you to rest and take painkillers, but soon the pills wore off and pain came back.
- Your friends and family told you that everybody gets back pain, so you just accept it and live with it.
- You tried other healthcare professionals, but nothing seemed to help.
- You tried exercises you saw on YouTube, but they only made your pain worse or didn't help at all.
- You thought it would be a good idea to rest, but that only made your back stiffer and tighter.
- You decided to get massage, but while it felt nice and relaxing, it didn't help with your back pain.

ACTIVITIES THAT CAN LEAD TO LOWER BACK PAIN:

- Abrupt and awkward movement
- Pushing, pulling, lifting or carrying something heavy
- Standing or sitting for prolonged period of time
- Sleeping on uncomfortable mattress
- Pregnancy
- Poor physical fitness
- Aging
- Being Overweight
- Genetic factors and more

THESE ACTIVITIES CAN LEAD TO:

- Spinal disk/joint issues
- Sciatica
- Arthritis/ Osteoarthritis
- Muscle and ligament strains/tension/ spasms
- Abnormal curvature of the spine
- Osteoporosis and more

LOWER BACK ISSUES ARE MORE COMMON IN WOMEN THAN MEN DUE TO HORMONAL FACTORS AS WELL, SUCH AS STRESS AND ANXIETY.

TYPES AND CAUSES OF BACK PAIN

Back pain is the most common reason people seek medical treatment. It can affect people of any age for variety of reasons. As we get older, chances of developing back pain increases.

You can experience back pain in different areas such as upper, middle and lower back. The pain can be associated with spinal discs, ligaments around the spine, nerves, lower back muscles and more. Pain in the back may occur due to inflammation and in some cases osteoporosis.

Our back consists of muscles, tendons, ligaments, disks, and bones which work together to support our body and enable movement. when these structural elements are damaged or undergo trauma, we experience back pain.

“WHAT CAN I DO TO EASE MY BACK PAIN?”

HERE ARE OUR 8 HELPFUL TIPS:

1. WEAK LEGS

TIP: Do the right exercises: One of the best things to help ease your back pain is to do the right exercises given by a physiotherapist which will help reduce pain and allow you to move freely again. Regular exercise can help build strength for abdominal and back muscles, spine, hips, upper legs and increase flexibility as well.



2. OVERWORKING YOUR BACK

TIP: Be careful when lifting and moving things: When lifting, try to use your legs rather than your back, otherwise you put a lot of stress on your spine and other joints. Also, try not to lift and twist your back at the same time. It is also better to push heavy items across the floor with your leg, rather than pull them or carry them.



3. IMPROPER SHOES

TIP: Invest in good shoes: Believe it or not but it's important for our back that we wear proper shoes. Wearing heels will arch our spine which puts strain on our joints and muscles, wearing flat shoes will help our spine relax.



4. BAD POSTURE

TIP: Watch your posture: Stand against the wall, then walk forward... that should be your posture. Posture is very important for our back, shoulders and neck when standing and sitting. When sitting, try to Use a seat with good back support and arm rests.



SPOON -flat back,
rounded shoulders



LEANING TOWER -
head leans forward



BRIDGE -
arched back



FLAT-PACK -
flat back



NORMAL
posture

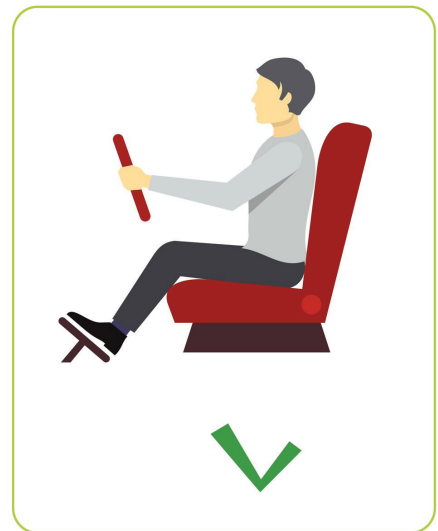
5. BEING OVERWEIGHT

TIP: **Get proper nutrition:** Your diet should include Calcium and Vitamin D for good bone strength. Carrying excess weight on your tummy/abdomen will cause back issues due to stress on your bones.



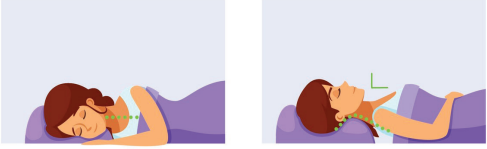


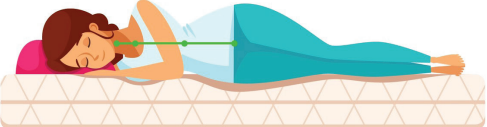
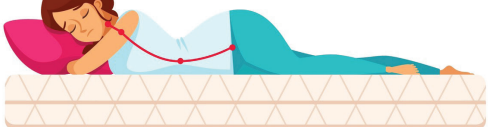
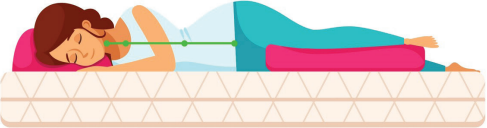
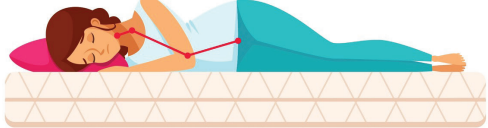
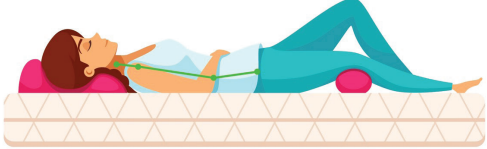
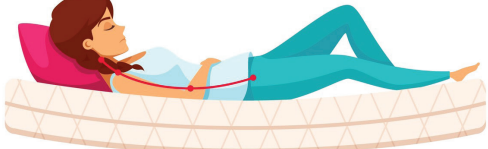
6. PROLONGED SITTING

TIP: **Avoid sitting for long periods of time:** One of the worst things you can do for back pain is rest or sit for long periods of time. Too much rest makes your back stiff and tight. Try not to spend a long time laying around in bed or on the couch. Being active will benefit you in a long run. While driving, make sure you are sitting comfortably so there is no need to constantly twist and stretch to reach for pedals and other things in your car. If you are driving far, make sure to have plenty of breaks, get out of the car to stretch your legs and walk around.



7. BAD SLEEPING POSITION

TIP: Invest in a good Mattress: Having a good mattress that keeps your spine straight and having your body feel rested when you wake up is very important for our back, shoulders and neck. A good comfortable pillow can be your best friend as well.

✓ GOOD SLEEP POSITION	✗ BAD SLEEP POSITION
<p>correct head position</p> 	<p>the pillow is too low</p>  <p>the pillow is too high</p> 
<p>orthopedic mattress</p> 	<p>sleeping on stomach</p> 
<p>correct fetal position</p> 	<p>the mattress is too firm</p> 
<p>correct back position</p> 	<p>the mattress is too soft</p> 

8. MEDICAL CONDITIONS

TIP: Make the decision to get help: Don't procrastinate, it will only get worse with time and with more stress of daily activities.



PHYSIOTHERAPY TREATMENTS WILL HELP YOU WITH:

- Alleviate pain, stiffness and inflammation
- Ensure that your problem is healed properly, safely and effectively
- Help put an end to taking painkillers and doctor visits
- Help you avoid dangerous surgery and painful injections
- Help get you back to your active lifestyle and enjoy quality time with family and friends
- Help get a good night's sleep without tossing and turning
- Get back to living life free from chronic back pain



We are [The Art of Life Natural Health Centre](#) and we are committed to helping people like you who suffer from pain and want a natural solution without any painkillers, surgeries and long-lasting treatments which in most cases don't treat the root cause of your problem but only hide symptoms.

Our team of staff are dedicated to providing you with long lasting results, living pain-free and return you to an active and independent lifestyle.

Our equipment can help you heal faster and more effective than any other modality. Our machines work on cellular level which gives our body a natural ability to heal itself without using pain medications which block that ability. They can help with many chronic and acute conditions and disorders which would take years to heal or thought to be untreatable. Let us help get you back to your active lifestyle!

OUR PHYSIOTHERAPIST CAN HELP YOU:

- Take detailed account of your medical history
- Help you understand your condition and find the best way to treat it.
- Develop a unique treatment plan for your specific condition
- To develop a unique treatment plan while highlighting your goals and needs

EQUIPMENT AVAILABLE AT OUR CLINIC:

- Magnetic Biostimulation (Combitron)- can be used for physical, orthopedic and neurological disorders [READ MORE](#)
- Infra Red DOME and Body Wrap- helps with arthritis, detoxification, cellulite and more [READ MORE](#)
- Radial Shockwave Therapy- European technology which is used instead of surgery, 3-5 sessions, can help with gold/tennis elbow, fractures, heel spurs and more [READ MORE](#)

- 3D Interferential Current- type of pain management device [READ MORE](#)
- Compression Therapy- helps with blood circulation, varicose veins, weight management and more [READ MORE](#)
- Therapeutic Infrared Laser- helps with joint, hip, tendon issues and more [READ MORE](#)

If you are interested in knowing more about us, visit our website, give us a call or email us. We will be happy to answer any of your questions.

COME ON IN AND WE WILL SHOW YOU ALL OUR MODALITIES AND EXPLAIN HOW THEY WORK AND WHAT THEY TREAT. OUR GOAL IS TO HELP YOU TO MAKE THE RIGHT DECISION REGARDING YOUR HEALTH AND WELL BEING.