

BACK PAIN RELIEF

NON-DRUG, NON-SURGICAL OPTIONS

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ACUPUNCTURE,

A complete and holistic system of medicine, acupuncture encourages the body's intelligence to self-heal and restore balance. Acupuncture is based on patterns of energy flow: the vital life force referred to as "Qi". When the body is in balance, Qi is flowing harmoniously throughout the meridians within the body. Illness and pain arise when the meridians become blocked, and Qi is not able to move freely. Large meta-analysis like the ones published in Journal of Pain, researchers concluded that acupuncture is effective for the treatment of chronic pain. <https://www.darcywellness.com/acupuncture>

CHIROPRACTIC,

Chiropractors use hands-on spinal manipulation and other alternative treatments. The theory is that proper alignment of the body's musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication from Low back pain, neck pain and headaches are the most common problems for which people seek chiropractic adjustment.

<https://www.darcywellness.com/chiropractic>

PAIN RELIEF MIND-BODY PROGRAM

Studies demonstrate that by doing only 20 minutes-a-day of a Guided Pain Relief Meditation Technique, over a five-week period showed significant improvement for: A higher tolerance to pain; decreased anxiety, stress and depression; increased activity levels; and decreased use of pain-related medications; and increased levels of self-esteem (Mills, 1981; Kabat-Zinn, 1985; Harmon, 1999).The mind is the most powerful pharmaceutical factory on earth. We need to learn how to tap-into it. This program utilizes mind-to-body pain relief techniques, that helps the user tap into his or her own inner resources to better manage the pain. <https://www.darcywellness.com/pain-relief-mind-body-program>

EXERCISE

Should be of short duration and often, with gentle stretching beforehand. Consult with you Physical Therapist

Back Pain & Inflammation Herbal Program

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a class of drugs that include Motrin, Advil, Aleve and Nuprin. NSAIDs, according to a 1999 study in the New England Journal of Medicine, are responsible for 16,500 deaths each year in the U.S. There are much gentler, herbal alternatives that can reduce inflammation. The normal effects of aging that result in decreased bone mass, and decreased strength and elasticity of muscles and ligaments, can't be avoided, however, the effects of aging can be slowed by:

- exercising regularly to keep the muscles that support your back strong and flexible
- using the correct lifting and moving techniques; getting help if an object is too heavy or an awkward size
- maintaining your proper body weight; being overweight puts a strain on your back muscles
- avoiding smoking
- maintaining a proper posture when standing and sitting; don't slouch
- maintaining correct weight· exercising regularly 5 to 7 times a week; little and often

- practicing 20 minutes of Stress Relief Technique daily, to balance the Parasympathetic Nervous System and switch off the fight or flight response. If you have injured any of these areas, you may feel the need to use pain killers. However, caution must be taken - with chronic use (longer than three days), typical over-the-counter (OTC) preparations almost always pose complications such as kidney and liver toxicity. Even the safest OTC pain killers such as aspirin or ibuprofen frequently cause gastrointestinal bleeding or ulcers when used longer than a few days and are a major cause of hospitalization in America today. These complications can be potentiated if alcohol is consumed.

SUPPLEMENTATION PROGRAM

INFLAM-EASE FORMULA: 2 capsules, 3 times daily;

Chinese medicine has long been used in the world of trauma. In the early days of martial arts training (and still today), Chinese medicine was integral to the recovery and healing process for athletes and fighters. Today they can offer relief for sports injuries and weekend warrior strains and sprains. This formula's name in Traditional Chinese Medicine is known as 'Remove Painful Obstruction Decoction'. Inflamm-Ease removes painful obstructions of obstruction of 'qi' and blood in the meridian system to decrease inflammation and facilitate healing. Recent studies show Inflamm-Ease's ingredient turmeric, helps prevent and reduce joint inflammation. This reduces pain, stiffness, and inflammation related to arthritis. Turmeric's antioxidant qualities help with damage prevention and repair. One of the Anti-Inflammatory stars of this formula is Turmeric's compound curcumin. Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions.

Curcumin is strongly anti-inflammatory. In fact, it is so powerful that it matches the effectiveness of some anti-inflammatory drugs, without the side effects. It blocks NF-kB, a molecule that travels into the nuclei of your cells and turns on genes related to inflammation. NF-kB is believed to play a major role in many chronic diseases. Curcumin is a bioactive substance that fights inflammation at the molecular level.

The combination of herbs of this formula were among a 2018 study published in *Frontiers in Pharmacology* that reported that rats with chemically induced arthritis experienced less joint damage and bone loss when provided these herbs, compared to those that weren't. Herbs in Inflamm-Ease stimulate regulatory T-cells (Tregs) whose role it is to temper the immune response and, with it, the generalized inflammation that causes joint swelling, pain, and progressive bone damage.

OMEGA 3 FISH OIL

Opti-EPA 500 delivers high levels of EPA and DHA and is lower in saturated fatty acids than regular marine fish oil. Opti-EPA 500 is strictly screened for the absence of any toxic metals and chemicals. A proper balance of fatty acids is as important as are vitamins and minerals. In their polyunsaturated forms, they are indispensable for many physiologic processes and are integral components of nerve cells, cell membranes, and vital hormone-like substances known as prostaglandins. Prostaglandins help regulate numerous body functions including normal immune response during inflammation.

ANTI-INFLAMMATORY DIETARY GUIDELINES

- Substitute red meats with fish and white meat; use soy-based alternatives, decrease the number of eggs per week, use egg beaters or tofu, use low fat dairy products, substitute vegetable oils for butter, lard and other saturated fats, eat fruits and vegetables daily and cut down on all refined sugar and flour products, use no or low salt, and drink herbal teas, green tea, or vegetable juices instead of soft drinks and coffee.
- Eat more cold-water fish and take 1 tablespoon of flaxseed oil daily. Salmon, mackerel, herring, halibut are good sources of omega-3 fatty acids. Flaxseed oil is a good source of alpha linolenic acid, an omega-3 oil that the body can convert to eicosapentaenoic acid (EPA).

3. Eat 5 or more servings of a combination of vegetables and fruits. Numerous studies show that a diet high in carotene rich and flavonoid rich fruits and vegetables reduces the risk of heart disease and strokes. Green leafy vegetables, yellow-orange colored fruits and vegetables, such as carrots, apricots, mangoes, yams and squash. Red and purple vegetables and fruits such as tomatoes, red cabbage, berries, and plums. Legumes, grains and seeds are rich sources of carotenoids.
4. Good sources of flavonoids include citrus fruits, berries, onions, parsley, legumes, green tea and red wine.
5. Increase the intake of fiber and complex carbohydrates by eating 6 or more servings per day of whole grain breads, cereals and legumes.

Back Pain and Lifting— Some Fresh Ideas



Are you still being told that the only way to lift an object is to place it between your legs and then lift with your legs, not your back? The person who gave that advice never had to lift a bundle of 7 foot-long pipes. Or a washer and dryer. This advice doesn't reflect the real world of over-sized pipes, appliances and boxes. And it assumes that many people have sufficient leg strength to perform the lift — many simply do not. With up to 80 percent of all adults expected to experience back pain during their lifetime, learning to lift, lower and move objects safely is very important.

Revisiting the causes of back injury

Overexertion injuries result from overloading or over-stretching muscles, tendons and ligaments. Overloading exceeds their strength and overstretching exceeds their range of motion. Overuse injuries result from using muscles, tendons or ligaments so much that they become damaged. In moderation, for example, the task of manually loading pallets may not be particularly hazardous. But if you repeat the task endlessly for eight hours each day, in an awkward body position and without allowing the body enough time to recover, you may end up with a back injury.

Learning to lift, lower and move objects safely is very important.

Activity is your best friend

Some people still believe that to reduce the risk of low-back injury, all activities involving lifting, lowering and moving objects should be eliminated. This isn't quite correct. To remain healthy, muscles and other tissues must be challenged. The key is making sure that the challenge is sufficient — not too little, not too much. The worker slinging 40-kilogram bags of cement may need to reduce how much she works with her back. The process-control operator who sits at a console all day without moving much might be better off with a mix of work activities that includes using his back.

Work up your strength

To avoid injuring the muscles, tendons and ligaments in your back, you must give them a chance to adapt to loads of increasing weight. You want to expose them to loads that challenge but don't damage them. Equally important, you want to allow them time to recover between periods of activity. Gradually increasing the weight they must carry and the length of time they are used improves these body tissues' tolerance to injury.

Work up your endurance

Muscle endurance, which helps tissues work longer without tiring and losing their ability to work effectively, has more protective value than muscular strength. Research shows that exercise programs combining cardiovascular exercise with low-back exercise are more effective than programs emphasizing low-back exercise alone. Cardiovascular exercise such as walking briskly, skating or cross-country skiing helps build muscle endurance.

Lifting principles

While employers should eliminate as much manual lifting and lowering as practical, there will still be times when objects must be handled manually. The sedentary worker may actually be at greater risk of injury than the laborer. Muscle endurance has more protective value than muscular strength. Is there one perfect technique for lifting? Unfortunately, not. But do follow the four principles below as much as possible when lifting. Make sure your co-workers' or employees' methods follow these principles.

Keep the natural curve in your lower back

When standing straight, the lower back naturally curves to create a slight hollow. Always try to maintain this curve when lifting, lowering or moving objects. The spine and back are their most stable in this position.

Contract your abdominal muscles

Contract the abdominal muscles during lifting, lowering and moving activities. This improves spine stability. Sometimes describes as "bracing", contracting the abdominal muscles even slightly (as little as four to five percent) improves spine stability and reduces the likelihood of injury.

Avoid twisting

Twisting the back can make it less stable, increasing the likelihood of injury. Bracing helps reduce any tendency to twist.

Hold it close

Keep the load as close to the belly button and body as possible. Doing so reduces the strain on muscles of the back and trunk. If necessary, use protective clothing such as leather aprons so that sharp, dirty, hot or cold objects can be held as close to the body as possible.

Seven myths about back pain

And speaking of fresh ideas, here are seven myths about back pain and some of today's thinking about them:

(1) If you've a slipped disk (also known as a herniated or ruptured disk), you must have surgery. Surgeons agree about exactly who should have surgery.

Causes of back pain can be complex and difficult to diagnose. Opinions and treatment approaches vary among surgeons and health professionals. Only about two percent of all persons with back pain actually need surgery. Who you see is what you get. Consider non-drug, non-surgical therapies first. Such as Acupuncture, Chiropractic and Physical Therapy. Consider anti-inflammatory herbal or dietary supplements. Rub liniments into the back such as Bio-Freeze or Tiger Balm.

(2) X-ray images, CT and MRI scans can always identify the cause of pain.

In research studies, abnormalities of the spine were as common in people without back pain as those suffering with back pain. Seeing abnormalities with these imaging methods is no guarantee that the cause of pain has been found.

(3) If your back hurts, you should take it easy until the pain goes away.

Persons with back pain who continue routine activities as normally as possible do better than those who try either bed rest or immediate exercise. It is often helpful to have persons with back pain return to some form of light work until they have recovered more fully.

(4) Most back pain is caused by injuries or heavy lifting.

Some back pain is related to serious disease or physical problems of the spine. Up to 85 per cent of persons with back pain, however, can't recall a specific incident that brought on their pain. Heavy lifting or injuries, though risk factors, do not account for most episodes.

(5) Back pain is usually disabling.

Most people with back pain simply get better, regardless of whether they receive treatment or the treatment methods used. Only a small percentage of workers with back pain miss work because of it. Most people who leave work return within six weeks, and only a small percentage never return to their jobs.

(6) Everyone with back pain should have a spine x-ray.

X-rays often provide little more useful information than the physical assessment performed by a health professional. Low-back x-rays may also involve unnecessary exposure of the reproductive organs to radiation.

(7) Bed rest is the mainstay of therapy.

This is old thinking. Studies have shown that four days of bed rest turns out to be no more effective than two days, or even no bed rest at all. These same studies have shown that people who remain active despite pain, experience less ongoing pain in the future. And they make less use of health care services. (Source: Deyo, RA. Low-Back Pain. Scientific American, August 1998.)

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Most people with back pain simply get better

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