

The ABCs of Preventing Low Back Pain

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It has been estimated that between 70-85 percent of U.S. adults suffer from back pain at some point in their lives, and it's one of the most common reasons for visiting a health care professional. Chiropractic is a proven treatment option for relief of low back pain. Along with chiropractic adjustments to provide relief, doctors of chiropractic consider factors that may affect your overall health as well as your back pain, including exercise, nutrition, workplace ergonomics, sleep habits, environment and heredity. Here are some tips to help improve posture and ward off unwanted aches and pains.

Low heeled, comfortable shoes—High heels can cause the low back to curve inward more than necessary, adding strain to the low back muscles.

Own the right equipment—Do you sit a lot at work? Chairs should be appropriate height for the job you are doing and should swivel.

Watch what you eat—Keeping the excess pounds off will keep stress off the low back.

Bend at the knees for proper lifting—Keep the object close to your body and keep your back straight as you lift straight up.

Activity—Regular exercise can keep all of the muscles of the body strong and healthy.

Core muscles—Weak stomach muscles cause poor posture and result in the low back muscles having to pick up the slack, leading to low back pain and strain.

Keep it loose—Whether you are an avid exerciser or a couch potato, your low back can benefit greatly from gentle daily stretching of the low back.

Put it out—Are you a smoker? If so, put it out. Smoking can lead to degeneration of the spinal discs by cutting off vital oxygen supply.

Avoid bed rest—When your low back hurts, bed rest is no longer recommended as it can actually make the problem worse! Get up and take short walks often to keep the structures moving.

Invest in good sleep—Get the right mattress for your back. Sleeping on too hard or too soft of a mattress can lead to low back pain

Never ignore the pain—Low back pain could be a simple ache or a sign that something else is wrong. See a chiropractor for evaluation and treatment of your low back pain.