



Back Column

Pinnacle Physical Medicine & Rehab
8106 Standifer Gap Rd. Ste. B
Chattanooga, TN 37421

June 2005

Low Back Pain Prevention

Back Facts

- Low back pain affects 60 to 80 percent of U.S. adults at some time in their lives.
- Back symptoms are among the ten leading reasons for a person to visit an emergency room.
- Back pain will become chronic in 5 to 10 percent of those who suffer.
- Back symptoms are the most common cause of disability for persons under 45.
- People who smoke, are obese, depressed, anxious or have high stress jobs have a higher incidence of low back pain.
- The back is more vulnerable to injury during the first hour after waking and anytime after prolonged periods of sitting or sleeping.
- Most back injuries are not the result of a single activity or exposure to heavy lifting, but instead are related to repetitive motion.

Low back pain results in millions of dollars of lost work and untold suffering every day. Improper sitting or lifting, over-exertion, trauma, or inherited spinal

abnormalities can be some of the causes.

Many of the pain-sensing nerves of the spine are in the facet joints, the two interlocking "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide, can become rough, irritated and inflamed.

Surgical treatment often involves removing these facet joints, exposing the spinal cord!

Another cause of lower back pain can be a bulging disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the leg. Cutting away the bulging disc tissue can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause(s) of the problem.

The chiropractic approach is to help restore a more normal motion and position of affected spinal bones by specific chiropractic adjustments. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid

risky surgery.

Sitting puts a great deal of pressure on the back. Chairs should have straight backs or low back support. Chairs should swivel to avoid twisting, and they should have armrests and adjustable backs. While sitting, the knees should be a little higher than the hips, so a low stool is useful to put your feet on. Maintaining good posture is very important. Keep the ears, shoulders and hips in a straight line, with the head up and the stomach pulled in .

It is best not to stand for long periods of time, but, if you must, walk as much as possible and wear shoes with cushioned soles arch supports and without heels. Riding and driving for a long period of time increases low back stress. Move the seat as far forward as possible to avoid bending forward. For long rides, you should stop and walk every hour and avoid lifting heavy objects immediately thereafter.

Repeated motion and lifting is, of course, the number one way in which people injure their back. These basic rules can help keep you free from injury:

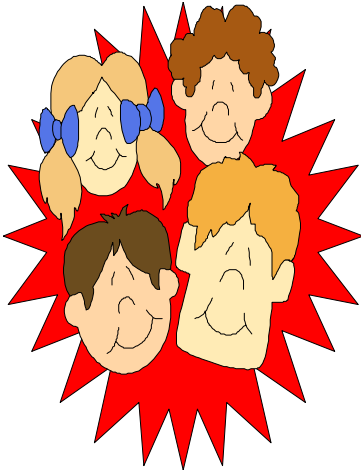
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5. Lift using leg muscles, not back muscles.
6. Stand up without bending forward from the waist.
7. Never twist at the waist while lifting something heavy. Turn your whole body to change direction or set something down.
8. If an object can be moved without lifting, pull it, don't push.

For patients with conditions causing low back pain (and in some cases, neck pain as well) Spinal Decompression provides numerous benefits plus the ability to place the spinal joints into normal, painless movements so as to restore spinal motion without pain.

Spinal Decompression is a gentle, non-invasive, low-force medical procedure which works with the body's natural design to aid it in healing properly. We now employ this technique at our office. Call today for an appointment. Source: www.mercola.com



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Conventional medicine does not yet have a proven treatment to stop or slow the progression of osteoarthritis. The nutritional supplements Glucosamine and Chondroitin Sulfate have emerged as a treatment alternative for some patients suffering from osteoarthritis pain. Perhaps the most important aspect of Glucosamine and Chondroitin Sulfate supplements is that they are thought to help slow or prevent the degeneration of joint cartilage, the underlying cause of osteoarthritis pain. They may also help alleviate existing joint pain. Unlike many medications available to treat arthritis pain and inflammation, these supplements have very few side effects.

Glucosamine and Chondroitin Sulfate dietary supplements

Glucosamine is thought to help with cartilage formation and repair. Some laboratory tests show that Glucosamine may help protect joint cartilage by limiting breakdown and helping to build up levels of cartilage. Chondroitin Sulfate is part of a protein molecule that helps give cartilage its elastic properties and is thought to have an anti-inflammatory effect, which can help reduce the painful swelling in the joints that occurs when the exposed bones in the joint rub together. In addition, Chondroitin Sulfate may also help slow the breakdown of cartilage and help restore cartilage growth to better cushion the joints.

Our office offers both the Glucosamine and Chondroitin Sulfate supplements in one convenient tablet, **Discat Plus**. Ask Dr. Showalter today if this supplement is right for you.



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Almond Butter Stuffed Celery

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 1-2 Tbsp. olive oil 1/2 c. raisins

1. Place the 3/4 c. almonds in a non-stick skillet and cook over medium heat for 3-4 minutes or until fragrant.
2. Transfer the almonds to a food processor or blender, add the olive oil and process to form a smooth paste.
3. Fill the cavities of the celery with the almond butter and press the raisins and sliced almonds into the butter gently.
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Source: www.veganchef.com



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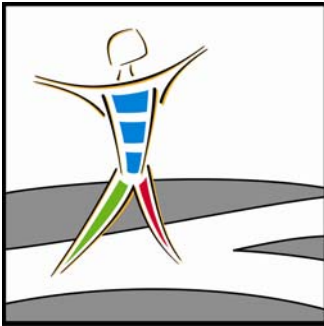
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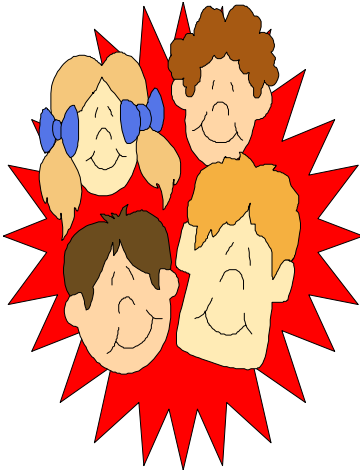
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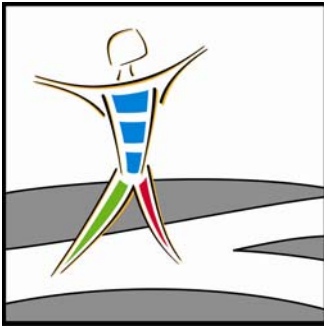
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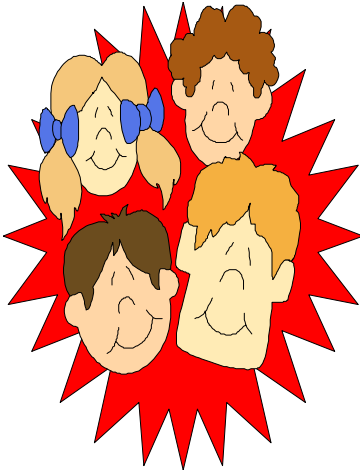
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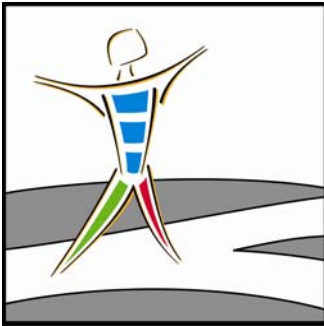
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Back Column

Pinnacle Physical Medicine & Rehab
8106 Standifer Gap Rd. Ste. B
Chattanooga, TN 37421

June 2005

Low Back Pain Prevention

Back Facts

- Low back pain affects 60 to 80 percent of U.S. adults at some time in their lives.
- Back symptoms are among the ten leading reasons for a person to visit an emergency room.
- Back pain will become chronic in 5 to 10 percent of those who suffer.
- Back symptoms are the most common cause of disability for persons under 45.
- People who smoke, are obese, depressed, anxious or have high stress jobs have a higher incidence of low back pain.
- The back is more vulnerable to injury during the first hour after waking and anytime after prolonged periods of sitting or sleeping.
- Most back injuries are not the result of a single activity or exposure to heavy lifting, but instead are related to repetitive motion.

Low back pain results in millions of dollars of lost work and untold suffering every day. Improper sitting or lifting, over-exertion, trauma, or inherited spinal

abnormalities can be some of the causes.

Many of the pain-sensing nerves of the spine are in the facet joints, the two interlocking "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide, can become rough, irritated and inflamed.

Surgical treatment often involves removing these facet joints, exposing the spinal cord!

Another cause of lower back pain can be a bulging disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the leg. Cutting away the bulging disc tissue can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause(s) of the problem.

The chiropractic approach is to help restore a more normal motion and position of affected spinal bones by specific chiropractic adjustments. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid

risky surgery.

Sitting puts a great deal of pressure on the back. Chairs should have straight backs or low back support. Chairs should swivel to avoid twisting, and they should have armrests and adjustable backs. While sitting, the knees should be a little higher than the hips, so a low stool is useful to put your feet on. Maintaining good posture is very important. Keep the ears, shoulders and hips in a straight line, with the head up and the stomach pulled in.

It is best not to stand for long periods of time, but, if you must, walk as much as possible and wear shoes with cushioned soles arch supports and without heels. Riding and driving for a long period of time increases low back stress. Move the seat as far forward as possible to avoid bending forward. For long rides, you should stop and walk every hour and avoid lifting heavy objects immediately thereafter.

Repeated motion and lifting is, of course, the number one way in which people injure their back. These basic rules can help keep you free from injury:

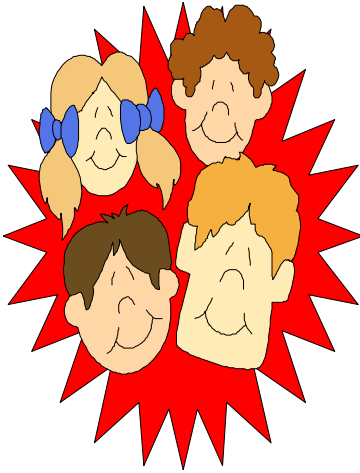
1. If an object is too heavy or awkward, get help.
2. Spread your feet apart to give a wide base of support.
3. Bend at the knees and do not arch the back.
4. Hold objects close to the body to reduce the load on the back.
5. Lift using leg muscles, not back muscles.
6. Stand up without bending forward from the waist.
7. Never twist at the waist while lifting something heavy. Turn your whole body to change direction or set something down.
8. If an object can be moved without lifting, pull it, don't push.

For patients with conditions causing low back pain (and in some cases, neck pain as well) Spinal Decompression provides numerous benefits plus the ability to place the spinal joints into normal, painless movements so as to restore spinal motion without pain.

Spinal Decompression is a gentle, non-invasive, low-force medical procedure which works with the body's natural design to aid it in healing properly. We now employ this technique at our office. Call today for an appointment. Source: www.mercola.com



Welcome New Patients!



Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

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Discat—Your Source for Glucosamine & Chondroitin Sulfate

Osteoarthritis—a degenerative joint condition

Osteoarthritis occurs when the cartilage on the ends of the joints wears down and the exposed bones rub together. This degenerative process causes excess friction in the joints, which leads to loss of motion, stiffness, and joint pain. Osteoarthritis is more common among middle-aged and older individuals. Symptoms can range from mild to very severe pain in the back, neck, hands, hips, knees and/or feet. When degenerative osteoarthritis occurs in the back, it is usually referred to as facet joint osteoarthritis (because it affects the facet joints in the spine). When occurring in the neck, it is usually called cervical osteoarthritis.

Conventional medicine does not yet have a proven treatment to stop or slow the progression of osteoarthritis. The nutritional supplements Glucosamine and Chondroitin Sulfate have emerged as a treatment alternative for some patients suffering from osteoarthritis pain. Perhaps the most important aspect of Glucosamine and Chondroitin Sulfate supplements is that they are thought to help slow or prevent the degeneration of joint cartilage, the underlying cause of osteoarthritis pain. They may also help alleviate existing joint pain. Unlike many medications available to treat arthritis pain and inflammation, these supplements have very few side effects.

Glucosamine and Chondroitin Sulfate dietary supplements

Glucosamine is thought to help with cartilage formation and repair. Some laboratory tests show that Glucosamine may help protect joint cartilage by limiting breakdown and helping to build up levels of cartilage. Chondroitin Sulfate is part of a protein molecule that helps give cartilage its elastic properties and is thought to have an anti-inflammatory effect, which can help reduce the painful swelling in the joints that occurs when the exposed bones in the joint rub together. In addition, Chondroitin Sulfate may also help slow the breakdown of cartilage and help restore cartilage growth to better cushion the joints.

Our office offers both the Glucosamine and Chondroitin Sulfate supplements in one convenient tablet, **Discat Plus**. Ask Dr. Showalter today if this supplement is right for you.



Lauren's Recipe Corner

Almond Butter Stuffed Celery

3/4 c. almonds 4 large stalks celery (or celery hearts) 1/2c. sliced almonds
 1-2 Tbsp. olive oil 1/2 c. raisins

1. Place the 3/4 c. almonds in a non-stick skillet and cook over medium heat for 3-4 minutes or until fragrant.
2. Transfer the almonds to a food processor or blender, add the olive oil and process to form a smooth paste.
3. Fill the cavities of the celery with the almond butter and press the raisins and sliced almonds into the butter gently.
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Source: www.veganchef.com



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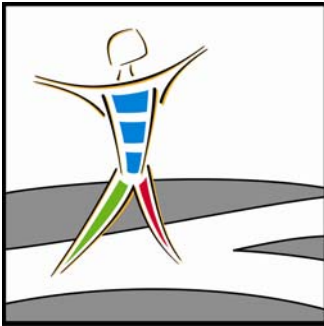
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Users of massage therapy as a healing tool quickly realize they have found a form of drugless therapy. Headaches, insomnia, digestive disorders including constipation and spastic colon, arthritis, asthma, carpal tunnel syndrome, sinusitis and minor aches and pains are some of the problems that can respond to massage therapy. Massage can have an excellent effect on nervous people who have been dependent on their pharmacy for rest and relaxation. Simply stated, the foundation of massage is to stimulate the body's natural recuperative powers by boosting the body's own processes. Massage can benefit people of all ages and conditions.

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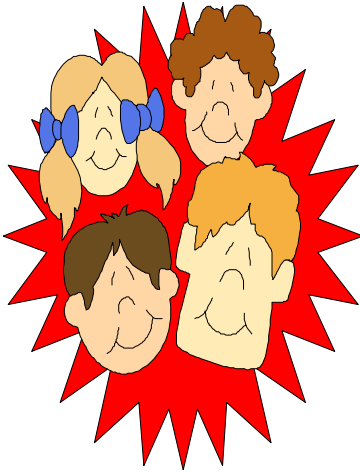
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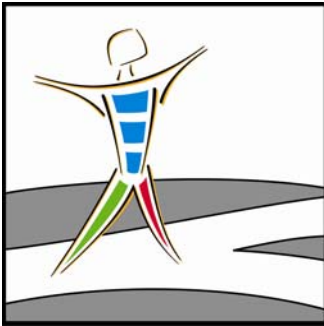
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