

Back Pain Mistakes

1. Continuing to do what doesn't work.

If you have been to different therapists for a lot of treatments or been exercising and had no improvement, stop. You need to find the real reason for your pain or you could be making things worse. You need to understand exactly how your body is out of balance.

Why Your Stretching and Exercises Aren't Giving You Relief:

The goal of any stretching and exercise program is to balance the body. You need to know which muscle groups are tight, which muscle groups are weak and how those imbalances are affecting your body as a whole. If a muscle group is too strong or too tight and your bones are pulled out of their proper position, eventually our joints will not work correctly and will suffer increased wear and tear until movement becomes painful.

There are more than 600 muscles in your body and nearly all of them play some role in the proper functioning of the back. The more out of balance your muscles are, the more likely you are to develop a condition that will cause you pain.

If you have back pain and you get told that your hamstrings are tight (the muscles in back of your upper legs) but they fail to take into consideration the other muscle imbalances, you could be making your condition worse. Your muscles can pull your pelvis in many different directions. If your pelvis is in an abnormal position, your spine will follow and go into abnormal curvature. This abnormal curvature will, over time, cause your condition to become painful and gradually get worse.

If your pelvis is pulled forward or tipped forward by the strong and tight muscles in the front of your legs and you stretch your hamstrings as instructed, you will lengthen your hamstrings. This will allow your pelvis to tip forward even more - by the couple of millimeters you just gave it by stretching your hamstrings.

Your hamstrings are attached below your knee and to your pelvis, so to you or the therapist they will feel tight. But the truth is that they are taut - in other words, they are already stretched out because the pelvis is pulling on them. If you take the time to identify the strength versus flexibility imbalances related to your pelvis - instead of simply stretching your hamstrings - the therapist could then give you a very specific and targeted stretching and exercise program to bring your pelvis back to a more neutral position. This would also return your back to a more neutral curvature and ease your pain.

If you have back pain and want to do a balanced workout you need to know what muscle group needs stretching and strengthening for YOUR body, not for an entire group of people. I know it's frustrating to be told that your workouts have

been making your back pain condition worse, or may even be partly responsible for the condition in the first place. And while it's true that Yoga and Pilates are all about balance, while doing these programs you need to be monitored by a professional who knows your individual physical requirements. For someone with back pain due to muscle imbalances, a general stretching and exercise program may be making your problem worse. You need to do specific exercises for your particular structural imbalances.

Regardless of age, sex, fitness, or fatness, we all have imbalances and we all need to understand that stretching and exercise can play a very important role in how we live our lives and how healthy we stay as we grow older. Once you embrace the concept of imbalances, you need to identify where they occur in your body. Then you need to do a very specific and very targeted stretching and exercise program. And guess what? It will be a very unbalanced workout. Yes, that's what I want you to do - an unbalanced workout to get back into balance. Then you can do your Yoga or Pilates.

2. Deal properly with back pain when it first happens.

Be proactive and deal with the back pain straight away. A lot of times the pain goes away after a few days so you don't do anything about it. Then it comes back again and this time it stays for a little longer. This can go on for years, it comes back again and again and it goes away so you don't do anything about finding the reason for it or fix the problem.

3. Thinking you're fit so you shouldn't have anything wrong.

Muscle imbalances can be caused by the particular sport they are doing. Like a cyclist can develop muscle imbalances in the lower body between the quadriceps and hamstring and/or hip flexors and gluts. Just exercising can be making things worse for you. General exercise can be great for one person but is not good for the next person. You can worsen the existing muscle imbalances that you already have. The athlete can be the hardest people to get through to that they may have muscle imbalances that cause their back pain.

4. You have to deal with both the symptom and the cause.

Treating only the symptoms will not solve your problem. Like treating pain with pain killers, Cortizone injections, anti-inflammatories, electrical stimulation, heat packs and cold packs. You have to address the cause of the pain.

5. Not knowing that back pain is a process, it doesn't just happen overnight.

It has taken time to develop and your body has continuously adjusted over time. It can be caused by simple things that you do on an every day basis. Things like sitting or standing wrong, unbalanced exercises or sport, non ergonomic computer work stations, wearing high heels, carrying a child mostly on one hip, carrying a bag on one shoulder more than the other. Muscle imbalances develop over time. You have to deal with them.

6. Not finding a therapist that addresses the whole body when dealing with back pain.

You need to address the muscle imbalances to find the symptom and the cause. Don't take an attitude of "I've tried it all" or "I just have to live with the pain". Keep looking for a therapist that can identify your muscle imbalances and give you the appropriate strengthening and stretching exercises for YOUR body. There are many areas's to take into consideration when dealing with pain. Not all pain comes from a physical dysfunction. The therapists need to be able to think laterally about your specific problem and advise you on what will help YOU. And if necessary refer you on to the appropriate channels.

7. Not taking control of your own health.

People will leave it up to the doctor, therapist or chiropractor. You have to take responsibility of your back pain, you can't leave it up to anyone else to FIX you. Your therapist needs to be able to coach and help you in your re-habilitation. You have to take action every single day to get your body into a healthy condition. It has taken time for your back pain to develop and it's going to take time to get better again. If a doctor or therapist says something that you don't understand you have to ask them to explain so that you do understand. There are many more mistakes but these are the main ones.

I will educate you on what areas of your body are out of balance and how you can help yourself. I can give you specific recommendations and advice on how to improve your back pain problem. The only way you will know if this system of Structural Balancing will work for you is to try it.

CONTACT INFORMATION

Andrea Plumb

07 3812 7777

0411 384 381

Email: andrea@aptherapies.com.au

www.aptherapies.com.au