

HEALTH REPORT

Discover the Truth About Back Pain: Why a One-Size-Fits-All Approach Will Never Work



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The fact is, we've all seen the videos and articles on Facebook, Instagram and on YouTube advertising things like the 3 best stretches to eliminate back pain forever. Unfortunately, many of these articles and videos are normally made and recommended by people without any real expertise or enough knowledge to adequately guide or advise you properly, and the reality is that if a worldwide pandemic of low back pain could be cured by a few simple stretches then this problem would never have become as widespread as it is.

Almost every person in the UK, at some stage in their life, will experience back pain of some type or severity - many are unfortunate enough to experience sciatica alongside it - and so when we consider these headlines of **"3 Simple Stretches To Eliminate Back Pain Forever!"**

- it's probably a little unrealistic for this to actually be true when you sit down and think properly about it.

It's important to understand that pain killers don't treat back pain.

The most obvious point that needs to be addressed is that **before you can start to treat a problem, then you need to know what's causing it**, which is exactly the same reason that people can get into real difficulties through taking painkillers to numb the pain and carrying on doing the things that helped cause the injury in the first place. It's important to understand that **painkillers don't treat back pain**. In fact they generally have no effect at all in addressing what is actually causing the back symptoms, and worryingly, in many cases they are prescribed or recommended without any kind of examination or diagnosis of the condition at all.

The important factors in dealing properly with back pain and the reason for a proper physical examination and diagnosis is to establish exactly what tissues have been damaged, to what extent and why it happened. Most people we speak to who have been taking pain killers for any period of time have never been given any information about any of these 3 critical pieces of information, but instead, are just blindly swallowing pills - with no idea of "what for" or for how long they will need to take them.

When we go back to this *1 Size Fits All* approach to stretches, exercises or pills have to remember that there are many different causes of low back pain and the nature of them can vary dramatically. Back problems can be due to disc injuries, mechanical problems and wear on the bony joints at the back of the spine, it can arise from pelvic problems or can even be as complicated as stress fractures or compression fractures in the spine or even blood vessels in the abdomen about to rupture. Commonly, back problems involve a combination of more than one of these aforementioned issues and it is important to be aware that a stretch or exercise that is good for one type of back pain can actually cause bigger problems if it's used by someone with a different type of issue.

This is why there is often no substitute for professional advice for such a complicated condition. It is why a thorough examination is crucial - and sometimes even X-rays or MRI scans will be required to find out exactly why and how your back is breaking down. Misalignment of the



spine can also cause weakening and damage to occur in the discs, bones and nerves of the spine and if we don't know the cause, again, it becomes impossible to identify a proper cure. Again this is why we urge caution when popping pain killer and anti-inflammatory drugs. Because even inflammation isn't the CAUSE of back pain – but instead it is produced as a response to tissues becoming damaged.

The fact is, **the spine is a mechanical structure and is subject to the laws of engineering and gravity in the same way as buildings and bridges are.** Because of this it is entirely dependent on good, healthy alignment to make it strong enough to carry your body weight and lift things throughout your day – as well as providing it with the flexibility that we normally take for granted (until it starts to deteriorate). It is very common that people notice gradual stiffening of their spine and movements and achiness in the build up to a severe episode of back pain kicking off fully.

These are actually signs and symptoms that the spine has been losing alignment and not been functioning properly for a period of time before the acute symptoms have show up properly. Spinal alignment generally be checked from the outside using postural examination tools and techniques such as digital assessment tools and a detailed physical examination - although sometimes it will require deeper investigation such as weight bearing X-ray imaging to see exactly how the spine is aligned and functioning when under load. Misaligned sections shown up on X-rays are frequently the areas that create a weakness in the spine and allows damage to occur. Discs can bulge (or wear down), nerves can become damaged or irritated and the spine can actually buckle when placed under load in this abnormal alignment. Before starting any program of stretching or strengthening exercises it is important to know if the spine is structurally sound and capable of actually doing the program safely in the first place.

We understand that at the moment it's difficult to find the professional help you need given the current strain on our NHS and so we are trying to do everything that we can to help. Because of



this we have now set up a facility where if you would like our help or would like a chat with a properly trained professional rather than relying on Dr. Google or unqualified Youtubers to teach you 3 magic stretches.

Your Special Health Report Bonus:

If you've found the information in this report useful and would like further professional advice visit: lifetimewellness.co.uk/discovery

*To schedule a **Free "Discovery Call"** where you can discuss your condition and any other issues with one of our GCC registered Doctors of Chiropractic!*