

# Low Back Pain Information

Courtesy of Desirée Van Bogart, D.C.  
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## Health Alert:

### 80% of Americans will Experience Back Pain

Recent studies have estimated that 80% of the American population will experience an episode of low back pain during their life. And low back pain injuries may be on the rise due to lifestyle influences such as weight gain, prolonged sitting at the computer, and minimal exercise.

Back pain is a very costly health concern in America. At least \$50 billion is spent each year on back pain health care, including medications, hospitalizations, and surgeries. Back pain is one of the most common reasons for missed work. And it is the second most common reason for doctor's visits after respiratory infections.

## Chiropractic:

### Prevent Low Back Pain Before it Begins

You can prevent low back pain by following a few simple tips from your doctor of chiropractic. One of the most important things to reduce your risk of back pain is to maintain a healthy weight. Excess weight, especially in the abdominal area, will put unnecessary pressure on your low back. A regular exercise program is essential for a strong, healthy back. If you wake up stiff in the morning, make sure your mattress is supportive and reduces the curve in your low back.

Proper posture and a supportive back rest at the computer or driving are important for prolonged sitting. Always warm up and stretch the low back before any activity that is physical in nature. Many people have their first episode of back pain after gardening, shoveling, or lifting a young child from the car. Be aware of your body position during these seemingly harmless movements.

Work with your doctor of chiropractic to ensure that your spine is properly aligned. Oftentimes, symptoms of a low back issue are not present for weeks or even months. However, once your body can no longer handle the stress placed upon it, your low back may just "give out" unexpectedly. This usually requires a more extensive recovery time and missed work. Chiropractic care has been shown to reduce the time and severity of low back pain episodes, but more importantly can prevent them from occurring in the first place.

## One Decision Can Change Your Life.

*Our approach to medicine, healing, and wellness is a little different at Desired Health Chiropractic. We do not care for people's problems; instead we care for the person. We know you are looking for an answer to your health concerns. We know you may be frustrated, confused, and angry at your current state of health.*

*Regardless of where you have been, we can offer you a new beginning that can and will change your life. Consider Desired Health Chiropractic as your haven for healing.*

**Know someone you care about with pain?  
Share this newsletter when you are done  
and you may help change their life!**

## Exercise:

### Core Muscle Strength Reduces Back Pain

Strong abdominal muscles are as crucial as strong back muscles for providing the body upright strength and movement. When these core muscles are in poor condition, additional stress is applied to the spine as it supports the body, and back injury or back pain is more likely.

Try this Simple Pelvic Tilt Exercise

1. Lie on your back with the knees bent and the soles of the feet on the floor. This is your neutral position, with the natural curve of the lumbar spine causing the low back to be slightly elevated from the floor.
2. On an exhale, press your low back into the floor by gently rock your hips towards your face. You are essentially taking the curve out of the low back.
3. After a few seconds, inhale and return to your neutral position.
4. Repeat this movement 5 to 10 times.

## Mental Attitude:

**We are what we repeatedly do.  
Excellence, therefore, is not an act but a habit. ~Aristotle**