



Before You See
Someone About
Back Pain in Erina

You Must Read This!



Research shows that nearly everyone will experience low back pain in their lives so you are not alone if it's a problem you are having.

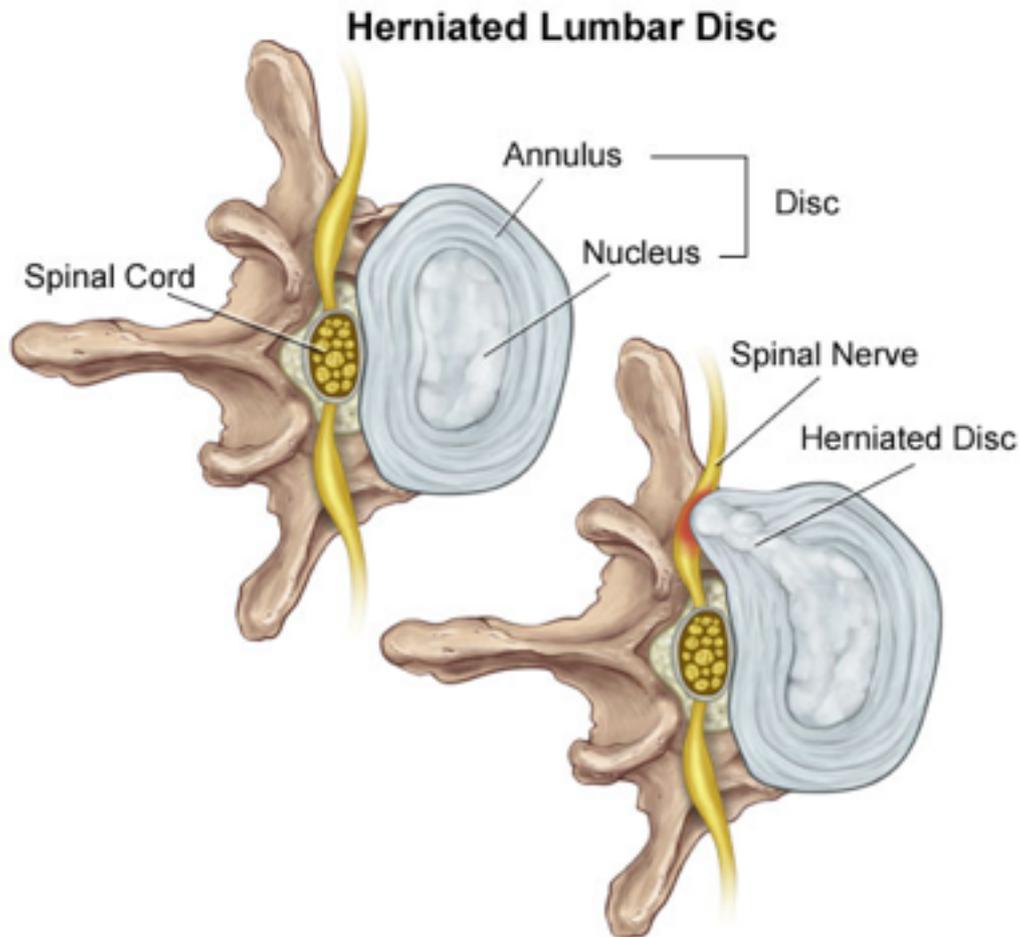
The research also states that 40% of people will have another episode within a year if it isn't corrected.

What I want to do is go through some easy ways you can have a good idea of what's causing your back pain so you can save time and money in finding the right person to help.

The most common cause of low back pain is a problem with the lumbar discs. These are cushions in between the bones that act like shock absorbers. They have a jelly like substance on the inside and concentric circles of ligaments on the outside. These outer ligaments are very pain sensitive and if the inner "jelly" starts to push into these outer ligaments then you will experience pain like you can see on the next page.

So we know 60% of low back pain is due to the disc. So how do you know if it is disc pain?

1. If the pain goes from your low back below your knee
2. You have trouble getting up from a chair
3. You're not actually that tender to touch your lower back
4. Just remember that over 50% of people who have no pain have a disc bulge.



Ok so the next most common source of pain is the facet joints there is a 30% chance of these joints causing you pain.

1. Firstly if you have pain getting up from a chair then this almost totally rules out a facet joint problem.
2. Pain from the facet joints is away from the middle of your spine a little and can be on both sides, almost where the lumbar muscles are.
3. Lastly if when standing you run your hand down the back of your leg and you don't get low back pain this virtually rules out a facet joint problem.

If you've found that you do have a facet joint problem then you are best off seeing a Chiropractor as the cause is often what's called an enlarged neutral zone. That is the amount of movement your brain allows before it becomes aware that the joints are moving. This extra movement is what causes tissues to stretch and wear, a Chiropractor is able to improve the messages from the spine to the brain and give you exercises to improve your stability.

The last structure is your sacroiliac joint.

These large joints can be tricky because they have nerve supply from all of the lumbar and sacral nerves so it can give you very diffuse pain.

However there are three easy tests that can give us certainty as to whether you have a sacroiliac joint problem:



1. Fortins finger test. if you can point with one finger to the source of your pain then it is highly likely you have a sacroiliac joint problem.
2. If someone presses down on the joint when you are lying facedown and it causes the pain then it may be a sacroiliac joint problem.
3. Lastly lie on your back and drop the leg on the side of pain off the bed. if this causes pain it is another test that confirms a sacroiliac joint problem.

So What Can We Do to Help?

As a Chiropractor at Platinum Chiropractic Erina the first thing we do is diagnose your problem precisely. If you don't have a diagnosis then whoever is looking after you is just guessing.

Chiropractic treatment involves increasing your bodies proprioception (its feedback loop that allows your brain to realize where the joints and discs are and control proper movement) through specific adjustments and exercises. This has been shown to decrease pain, increase blood flow to the area helping to get rid of swelling and reduce ischaemia.

It's often the outdated concepts of Chiropractors putting "discs back in" that gives us a bad name.

Hopefully this article will help you figure out what is causing your back pain and whether seeing a Chiropractor in Erina will be helpful.

If you have any questions don't hesitate to contact us.