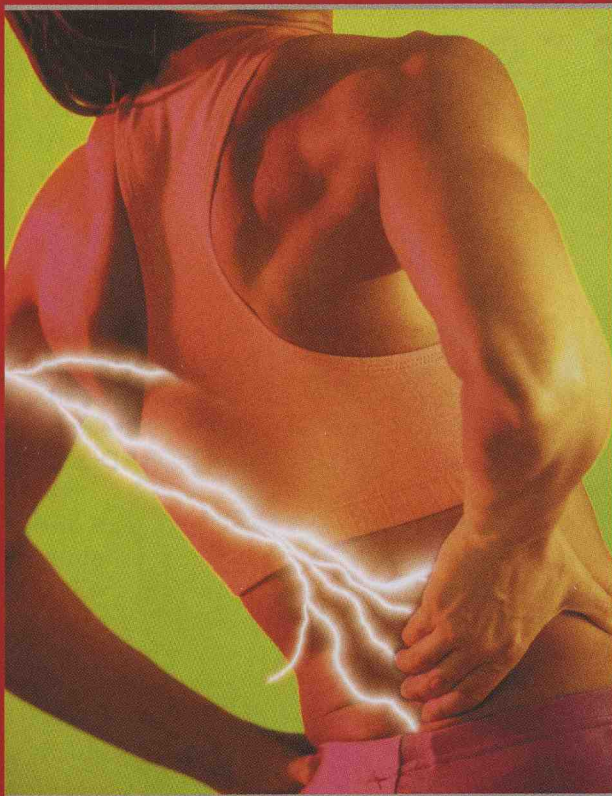


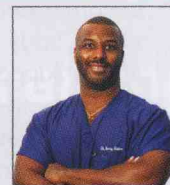
LVAC

Your Personal Health



You Don't have to Live with Lower Back Pain

By Dr. Terry Akers



Low back pain is quite common among adults and is often caused by overuse and muscle strain or injury. Most low back pain can be treated effectively by staying active while avoiding activities that may increase or cause back pain, taking nonprescription pain relievers, and doing stretching exercises for the stomach, back, and legs. After 2 to 3 days, you may be ready for gentle strengthening exercises.

Exercise may not only help treat low back pain, but it may also help speed your recovery, prevent reinjury to your back, and reduce the risk of disability from back pain. Exercises to reduce low back pain are not complicated and can be done at the club, or at home without any special equipment.

These exercises typically help reduce low back pain:

- Stretching exercises, which keep your muscles and other supporting tissues flexible and less prone to injury.
- Strengthening exercises, focusing on your back, stomach, and leg muscles.
- Aerobic exercise, to condition your heart and other muscles, maintain health, and speed recovery.

Some exercises can seriously aggravate back pain.

If you have low back pain, avoid:

- Straight leg sit-ups.
- Bent leg sit-ups when you have acute back pain.
- Lifting both legs while lying on your back (leg lifts).
- Lifting heavy weights above the waist (standing military press or bicep curls).
- Toe touches while standing.

Low back pain can ruin even the best of days, so maintain a flexible and strong torso and avoid activities that cause pain and noticeable discomfort.

For more information on back pain, neck pain and injuries related to the skeletal system contact Dr. Terry Akers at Akers Chiropractic (702) 822-1212.