

NEW YEAR'S RESOLUTIONS FOR BACK PAIN RELIEF

The New Year is a good time to get reinvigorated about your treatment choices for back pain. For those of you with ongoing back pain, it's a great time to shake things up and perhaps try some new treatments, exercises or self care options. If you're new to back pain, now is a great opportunity to learn about the variety of treatment options available for your particular pain. Take an in-depth look at how to fulfill your exercise resolution, learn more about the benefits of exercise as it relates to back pain, and the different ways chiropractors treat back pain.

FULFILLING YOUR EXERCISE RESOLUTION FOR BACK PAIN

One of the most difficult things about exercise is *just getting started*. It's easy to come up with reasons to put exercise off for just another few weeks, but your back will thank you if you *just do it*.

Here are a few tips to get going:

- Start with Low Impact

Aerobic Exercise

For many people looking to start an exercise program, not only are their muscles out of shape, but their cardiovascular systems are as well. This can leave them particularly prone to frustration (or intimidation) when they become easily winded from just a few minutes of brisk exercise. These individuals, as well as many with

back problems, are better off starting out with low impact aerobic exercise that creates less jarring on the joints. Equipment like an exercise bike or exercise ball gives a good workout with low stress. Techniques that require some initial training but that can provide excellent results, including relaxation, for many patients with back problems include yoga and water therapy.

- Learn Simple Exercises That You Can Do Anywhere

When starting to exercise, it's easy to get thrown off by schedule changes and use them as an excuse to not start and/or stop exercising. Getting busy at work, going out of town, holidays, extreme weather -- these all can cause disruptions in a new exercise routine. Patients should have some simple exercises in their fitness toolkit that can weather these disruptions and allow some amount of exercise to continue. Exercise walking only

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Qualifications

Graduated From: Palmer College of Chiropractic

Years in Practice: 7

Treatments

- Chiropractic adjustment
- Chiropractic care
- Electronic Muscle Stimulation
- Extremity manipulation
- Manual Spinal Decompression
- Mechanical Traction
- Rehabilitation exercises
- Spinal manipulation
- Stretching

"Our goal is to get you out of pain fast. We want you to be treated with the respect you deserve and make you feel like family!"

requires a good pair of walking shoes and some basic knowledge of good walking technique; otherwise, outdoor pavement or a treadmill is all that is needed.

Read other helpful tips to get going: <http://www.spine-health.com/blog/exercise-fitness/fulfilling-your-exercise-resolution-year>

EXERCISE AND BACK PAIN

A typical response to experiencing back pain is to take it easy - either staying in bed or at least stopping any activity that is strenuous. While this approach is understandable and may even be recommended in the short term, when done for more than a day or two it can actually undermine healing.

Click the following link to learn more about how a regular routine of lower back exercises can help

patients avoid stiffness and weakness, minimize recurrences of lower back pain, and reduce the severity and duration of possible future episodes of low back pain: <http://www.spine-health.com/wellness/exercise/exercise-and-back-pain>

CHIROPRACTIC TREATMENTS FOR BACK PAIN

Doctors of Chiropractic (DC), more commonly known as chiropractors, typically treat conditions involving back pain and/or neck pain through "hands-on" chiropractic care, including:

- Spinal Manipulation and Manual Manipulation

Referring to what is typically a high-velocity, short lever arm thrust that is applied to abnormal vertebra with the goal of improving functionality, reducing

nerve irritability and restoring range of motion in the back, manual manipulation is also known as chiropractic adjustment. Many of the published guidelines recommend chiropractic manipulation to be included in the treatment plan early in the care of lower back pain stemming from a variety of causes.

- Mobilization

Chiropractic mobilization refers to low velocity manipulation, movement and stretching of the muscles and joints, with the goal of increasing the range of motion within those areas.

Read about additional services in chiropractic care:

<http://www.spine-health.com/treatment/chiropractic/chiropractic-treatments-back-pain>

SPECIAL OFFER: <http://www.lexfamilychiro.com/>

**Contact Dr. Gallentine
to learn more or schedule an appointment
859-264-1140**

<http://www.spine-health.com/doctor/chiropractor/heath-gallentine-lexington-ky>