

Eliminate Low Back Pain, NOW!!!

5 Easy Steps

by Katrina Lewis, BHK, PFLC
Registered Kinesiologist

Do you suffer low back pain (LBP)? Does your lower back ache all day? If this sounds like you you're not alone.

Nearly two-thirds of all Canadians report suffering back pain at least once in the past year. Back pain is the primary reason people seek medical attention. It can be said that back pain is a universal epidemic because it recognizes no age, economic, or ethnic barriers.

With little care and attention most LBP is preventable. Using these 5 Easy Steps, take control of your health and eliminate your LBP, now!!!

Step 1: Exercise

Through light aerobic activities you will be able to increase the strength and endurance of your lower back. Aerobic activities such as walking, biking, dancing or swimming are great choices.

Step 2: Build Muscle Strength and Flexibility

A strong core of (abdominals and low back) acts as a corset for your back. This will help you achieve better posture and decrease stress on your spine. Flexibility in your hips and upper legs allows your pelvis to maintain its proper position and will help your back feel better.

Step 3: Maintain A Healthy Weight

Being overweight puts undue stress and tension on your back muscles. Achieving the optimal weight for your body will help

to alleviate symptoms and improve your health.

Step 4: Stand, Sit, Lift & Sleep SMART

If standing for a long period of time use a low footstool to take pressure off your low back. Maintain a neutral pelvic position. When sitting choose a chair with good lower back support or use the body ball. Keep your knees and hips level. When lifting, ensure that your legs are doing the work and that your back is straight. When sleeping, use a medium to firm mattress and a pillow that maintains a neutral position for your neck.

Step 5: Get Support

At **KATCH LIFE** Health & Wellness our team of trained professionals are experts in eliminating LBP. Our Registered Kinesiologists, Massage Therapists and Chiropractors work together to design and implement the most effective program for your back.

The Pelvic Tilt Exercise

This exercise helps you find and maintain neutral spine – a position in which your back is stabilized and less prone to injury.

Lay on back with knees bent and arms at side. Tighten abdominal muscles, slightly squeeze buttocks and flatten your low back against the mat. Hold this position for 3 seconds then return to start position. Repeat this exercise 5 times. Be sure to breathe during the entire exercise. Increase your repetitions each day as your strength and flexibility improves.



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For more information on Eliminating Low Back Pain contact Katrina Lewis, owner of **KATCH LIFE** Health & Wellness, at 604.825.7555 or visit myself, Kris or Kasia Miernik at Marpole Massage Therapy & Rehabilitation Clinic, 202-8041 Granville St., Vancouver, BC V6P 4Z5 604.263.6464.



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