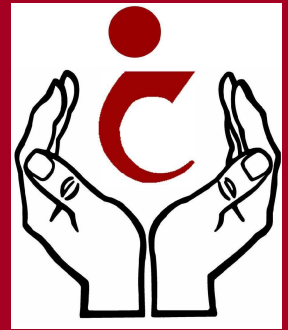


# VW's Osteopathy Newsletter

February 2010—page 1



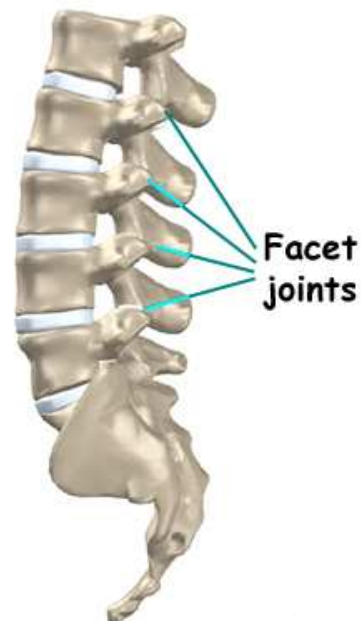
## Lower back pain (Lumbar spine)

Lower back pain is a very common condition and can affect a large percentage of people at some point in their life. For this newsletter I will refer only to facet irritation of the lower back. Back pain can be linked to the way that the bones, muscles and ligaments work together. So what is facet irritation? The bones of the spine are designed to move, while at the same time protecting the spinal cord and nerve roots. But, sometimes they become 'stuck' and don't move enough. This can be caused by physical trauma such as repetitive motion, car accidents, slips, falls etc. Emotional stress such as anxiety affects the body by causing tension in the tissue with consequent postural changes. When spinal joints are fixated or 'stuck' and not moving enough, they force other joints to move too much. These problems distort normal spinal curves and compromise proper function.

Lumbar facet irritation is usually a painful condition affecting the joints. Patients suffering from lumbar facet irritation usually complain of a localized pain, meaning they can pinpoint the exact site of discomfort. The onset of lumbar facet irritation is often sudden, and may be triggered by:

bending awkwardly,  
lifting, carrying, pushing or pulling incorrectly,  
slouching in chairs,  
standing or bending down for long periods,  
twisting,  
coughing,  
sneezing,  
muscle tension,  
over-stretching,  
driving in hunched positions, or  
driving for long periods without taking a break.

Facet joints are located at the posterior (back) aspect of the spine. Each back bone (vertebra) has four facet joints, an upper and a lower pair. They are designed to provide stability and control motion between the vertebrae. There is not a lot of movement at each individual facet joint, however, when all the facet joints are linked together they contribute to a significant amount of movement of the spine and allow complex movements such as bending backwards and rotation of the spine.

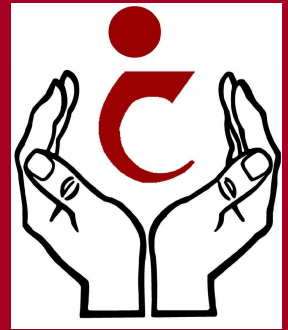


**If you would like to book an appointment please contact Vikki Woollett on 999 40 821**

**VW's Osteopathy—Eleftherias 21 Street, 15 Marina Court, Oroklini, 7040, Cyprus**

# VW's Osteopathy Newsletter

February 2010—page 2



Learning and following the correct method for lifting and handling objects can help prevent back pain.

**Think before you lift** - can you manage the lift? Are there any handling aids you can use? Where is the load going?

**Start in a good position** - your feet should be apart with one leg slightly forward to maintain balance. When lifting, let your legs take the strain - bend your back, knees and hips slightly but don't stoop or squat. Tighten your stomach muscles to pull your pelvis in. Don't straighten your legs before lifting as you may strain your back on the way up.

**Keep the load close to your waist** - keep the load as close to your body for as long as possible with the heaviest end nearest to you.

**Avoid twisting your back or leaning sideways** - especially when your back is bent. Your shoulders should be level and facing in the same direction as your hips. Turning by moving your feet is better than lifting and twisting at the same time.

**Keep your head up** - once you have the load secure, look ahead, not down at the load.

**Know your limits** - there is a big difference between what you can lift and what you can safely lift. If in doubt, get help.

**Push, don't pull** - if you have to move a heavy object across the floor, it is better to push it rather than pull it.

**Distribute the weight evenly** - if you are carrying shopping bags or luggage, try to distribute the weight evenly on both sides of your body.

Osteopathic adjustments help restore motion to restricted segments of the spine and reduce inflammation. Soft tissue techniques are used to address surrounding tight musculature.

If you are experiencing any form of back pain then it may be worth booking an appointment to have the area assessed as Osteopathy may be able to help alleviate or reduce your symptoms.

**THIS ARTICLE 'LOWER BACK PAIN' IS FOR INFORMATION ONLY AND IS NOT A SUBSTITUTE FOR MEDICAL ADVICE. PLEASE SEE VIKKI WOOLLETT FOR AN INDIVIDUAL DIAGNOSIS AND TREATMENT PLAN .**

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