

LOWER BACK PAIN

The lower back is a common place for complaints or disabling normal function for an individual. Many people experience different degrees of discomfort in their lower back on a daily basis.

The Most Common Solutions for This Area:

- A. Pain medication
- B. To ignore the discomfort for reasons like age, expectancy level, "it's normal," or explaining it with other silly justification.

These solvents will continue the decline of the lower back function. People don't commonly complain about a small decline in their health or function. The real complaining starts when the decline has taken such great measures that the pain or hurt is no longer tolerable, or able to be ignored. In today's fast-paced society, we want an immediate cure. Many people are choosing treatment that relieves the symptoms. This is often called "relief care."

Relief Care

The relief from "relief care" is only temporary. Look at it: Your health has been on a decline for months, or even years because of ignored discomfort. Now, all that is important is to take away the hurt. You suddenly want the body to stop hurting, and to function normally again. You forget that the pain or hurt is from a steady decline, dysfunction, or gradually worsening health. With this method all we do is fill in the void. We work on the body's symptoms in present time. Some people take high doses of pain medications.

Stop Ignoring the Decline

Now, I am not saying not to discontinue the use of "relieve care" products, just know that it is "relief care." By reverting the pain or hurt, you can now start the incline to better health and/or function. For the real ambitious individuals, maybe even achieve a higher level of function

than ever before. Stop ignoring your health and declined functions, and do something about it!

A Good Program is Determined by Results

Before you start on an improvement, incline, or other treatment program, you must understand the components involved in the lower back. The lower back consists of a spine, which for every vertebra has four joints (articulations) ligaments, muscles, nerves, arteries, veins and skin. The combined functions of these tissues determines the health and function of the lower back. A good physical therapy clinic will provide you with a good program. A good program is determined by results and steady progress towards your goal, by addressing all tissues and components of the lower back. These programs take time, training and attention.

That is how you can regain your function and health. Anyone that is selling you the "quick fix," may be halting the decline. However, "relieve care" certainly is not reverting the decline. By accepting "relieve care" as a solution - and you can, it is your choice - and you give away your control and responsibility. "Relieve care" maintains the gradual decline. This route can lead to drastic measures such as constant use of pain medications and surgeries which can become a permanent given in your life. I say, "Get educated about your back. Measure the outcome of your treatments. Prevent further decline of your health or function!"
Get busy, don't wait!

- Rob Collewijn, PT, Founder of Health Motion

Call Health Motion today to receive a free 15-20 minute consultation. Let our licensed physical therapists help you become pain free!



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