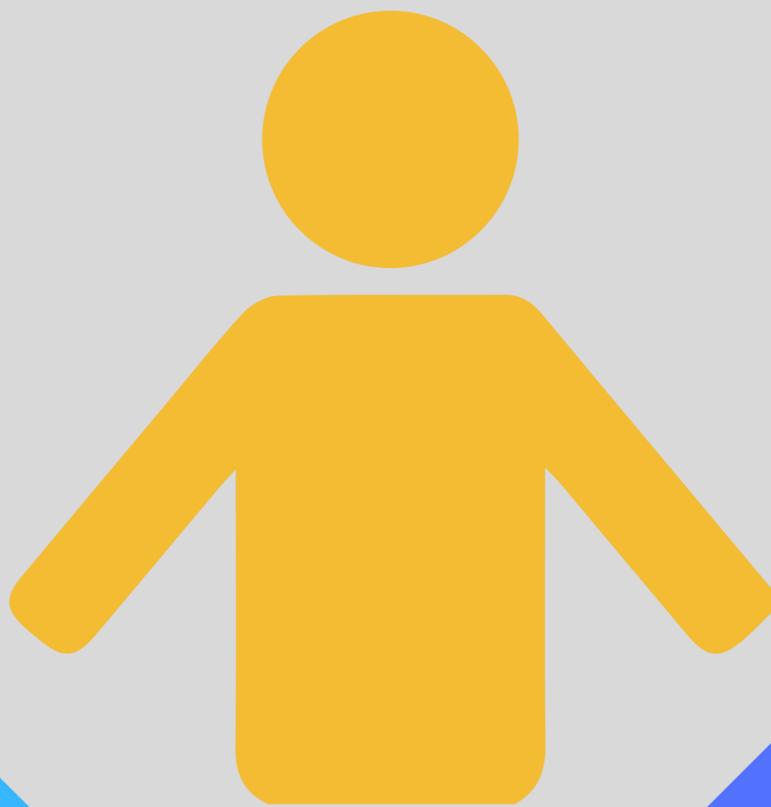


# 7 COMMON CAUSES OF LOW BACK PAIN

AND WHAT TO DO  
ABOUT IT!



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# INTRODUCTION

No matter whether you're a weekend warrior, an elite athlete or somewhere in between, there's a very high chance that eventually you'll experience back pain. We see many patients every week at Pro Chiro that are experiencing back pain, and in a lot of cases, the pain seems to come out of nowhere.

If you fall into the 80 percent of the population that regularly suffers from back pain, take heart: One-third of aches due to a strain or a sprain can improve in a week without medical intervention (the remainder may take up to eight weeks). But unless you do some spine tuning — strengthening your back through exercise and fostering healthier habits with our advice here — your odds of a recurrence within six months are about one in three.

**Keep your back as robust as possible by avoiding these seven spinal sins!**

# CAUSE 1

## YOU SPEND TOO LONG IN FRONT OF SCREENS

The average person spends nine hours a day hunched over or slouched in front of a screen. A Temple University study suggested that increased texting on our latest tech obsessions — smartphones and tablets — is creating more aches and pains in our shoulders, necks, and backs.

We recommend you take brief, regular breaks from sitting to allow your back to rest. For a simple desk exercise, hold your elbows at 90 degrees by your side and squeeze your shoulder blades together while you take a deep breath in and out. Repeat this five times a day.

Simple ways to improve sitting posture include using a support in the small of your back, adjusting your seat so your computer monitor is at eye level, your arms and knees are bent at a 90-degree angle, and your feet rest on the floor.



# CAUSE 2

## YOU IGNORE YOUR CORE

When a lot of people hear the word "core" they picture six pack abs. In actual fact, your core is composed of so much more: back, side, pelvic and buttock muscles, as well as your abs, all need to work together to allow you to twist, bend, stand up and go through the day without back pain.

Unlike crunches, which focus solely on abdominal muscles, core exercises — lunges, squats, planks, and others — strengthen several spine-supporting muscle groups at once.

See Pro Chiro's Youtube channel for helpful exercises to improve the strength of your core!



[CLICK HERE](#)

# CAUSE 3

## YOUR MOVEMENT HABITS ARE LEADING YOU TOWARDS INJURY

Often, low back pain is a result of long term micro-damage due to poor posture with bending and lifting objects from the floor.

Patients with low back pain will have many things in common, one of which is a lack of core bracing while lifting an object. Bracing your core helps you to protect the low back from injury and allows you to perform your work and daily tasks in a way that won't lead you to having back pain.

To brace your core, simply imagine as though you're resisting being punched in the stomach or blowing up a balloon, and practice holding this tension while you bend and lift objects.



# CAUSE 4

## YOU'RE A STOMACH SLEEPER

Sleeping on your front places more pressure on joints and muscles than sleeping on your side or on your back. If you must snooze on your front, use a thin pillow under your hips to reduce pressure on your ligaments, muscles and discs.

Research in the Lancet Journal found that people with chronic low-back pain who slept on medium mattresses had fewer aches after three months than those who slept on firm beds. So take a tip from Goldilocks: Your bed should be not too hard (this wreaks havoc on hips and shoulders) and not too soft (this can put your back and joints out of whack).



# CAUSE 5

## YOU SMOKE

Cigarettes aren't just hell on your heart and lungs. Smokers actually have a higher incidence of recurring back problems.

The cause and effects of this are many. Nicotine restricts blood flow to vertebrae and discs, so they may age and break down more quickly. It may also interfere with the body's ability to absorb and use calcium, leading to osteoporosis-related bone and back problems.

You know what you have to do: Quit. Go to [smokefree.gov](http://smokefree.gov) to customize your own smoking cessation plan.



# CAUSE 6

## YOUR SHOE CHOICE

High heels and flat shoes can actually both be equally bad for your back depending on how often you wear them. This issue with flat shoes such as sandals and flip-flops is that they provide little, if any arch support.

Repeated and excessive wear of these shoes will potentially lead to back, knee or foot problems down the line.

The solution? - Vary your footwear day to day and throughout the week. Try to avoid wearing the same pair of shoes every day if you can avoid it. If you walk to work or the bus stop, consider wearing a comfortable pair of shoes before changing into work shoes once you get to work.



# CAUSE 7

## YOU BABY YOUR BACK

Lying down minimizes stress on the low back; however, staying inactive for more than a day or two can actually prolong and worsen your pain. In a new study from Sweden, back pain sufferers who remained active recovered more quickly and felt less depressed than those who took it easy.

Low-impact activities like walking and swimming boost blood flow to back muscles while relieving pain and stiffness. Other helpful forms of exercise include pilates and yoga.



# SO HOW CAN WE

# HELP?

## STEP 1

We listen to **YOUR STORY** and put the pieces together to find out **WHY** and **HOW** the pain is affecting your life.



## STEP 2

We make sense of **YOUR MOVEMENT HABITS** so we can get straight to the **UNDERLYING CAUSE** of your pain.



## STEP 3

We explain in simple terms what's causing your pain and more importantly **THE SOLUTION**, as well as an honest opinion of realistically how long it will take to resolve.



## STEP 4

We ease your pain with **EXPERT** and **EFFECTIVE HANDS ON TREATMENT** so we can get you comfortable quickly.



## STEP 5

We will design a personalised **MOVEMENT PLAN** that will easily fit into your life to stop the pain coming back again.



## STEP 6

We show you how to **CONTINUE GETTING STRONGER** so you don't have to return with the same problem in future.



**CLICK HERE FOR MORE INFORMATION**

# CONCLUSION

So there you have it! 7 common causes of back pain and simple things you can do to help prevent back pain from occurring and reduce the pain it causes.

If you have any questions about this content or anything involving your health, please feel free to contact us when you can.

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# ADVICE DISCLAIMER

We make every effort to ensure that we accurately present the injury advice and healthcare tips throughout this guide.

The information given is not intended as representative of every back problem. As with any injury, symptoms and causes can and do vary massively.

It is impossible to give a completely 100% accurate diagnosis and prognosis without a thorough history and physical examination and likewise the advice given for the management of an injury cannot be deemed fully accurate in the absence of this exam from our registered chiropractors.

Injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

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