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Top 10 Reasons Your Lower Back Pain Is Not Going Away

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You Are Focusing on "Core Strength"

In 1957 a comprehensive research study proved that abdominal strength has absolutely no correlation with how our lower back feels or functions. Yet I still see Doctors, physical therapists, chiropractors, personal trainers giving people core strengthening exercises to help relieve their lower back pain. Good luck because **there is no evidence to suggest that abdominal strength has anything to do with how your spine is functioning.** You must look at the areas above and below the spine for the answer.

2 The Lower Back Is not the actual dysfunction, it is only a symptom

The Lower Back is the most unfairly accused region of the body. **When the lower back is hurting it is a symptom, not a dysfunction.** Think of the lower back as an intersection of the body where traffic from above and below all meet at the intersection called the lower back. That means that if areas above or below the spine are not working properly it will cause a traffic jam in the lumbar spine. You must look at the three most common areas for a permanent solution. Those three areas include the hips, the upper spine, and the feet

3 By taking pain medications you only alter the problem

Pain medication is a wonderful and sometimes necessary thing but the problem is that **it doesn't fix the problem and often times can make it worse**. The pattern that I see commonly is that people will take pain medication in order to move with less pain. The problem is their movement is dysfunctional and is causing stress in the lumbar spine. This prolonged stress begins to damage the spine further and creates a bigger problem in the long term.

4 Your treatment is making you move your lower back more

Think about how frustrating it is when you cut your knuckle on your hand. Every movement you do with your hand seems to tear the cut that you have open and the healing process takes forever. So the best way to heal a cut knuckle is to stop moving the knuckle. The same thought process should be applied to the lumbar spine when it is injured. But yet most of the treatment that is out there makes the person move their back more in order to get relief. This approach is seen during lumbar traction, McKenzie exercises, core strengthening, stretching the lower back, etc. It would be wise for us to think of the knuckle and stabilize the painful spot and move the areas around it more.

5 You are afraid of moving

30 years ago the most common treatment for lower back pain was to admit someone to the hospital for 2 weeks and put them in traction where a machine pulls their spine apart and provides instant pain relief. The problem with that approach is that research has now proven that to be the worst treatment available because even though it does provide short term pain relief, it causes many more problems in the long term due to the muscle atrophy that is associated with not moving for 2 weeks. So we know movement is the best approach but the movement must be pain free and prescriptive in order to address the movement dysfunction in the areas above and below the injured spine.

6 You sit too much

We now know that sitting is the new age smoking. What I mean by that is that research has proven that for every hour you sit at your desk you are taking away hours of life expectancy. Sitting wreaks havoc on the lower back because it locks up the mobility in the hips and upper spine.

7 You can't sleep

When we are in pain it often times makes it difficult to sleep. The problem with this vicious cycle is that sleep is the only time our body heals itself. Lack of sleep delays the healing process and can contribute to lower back pain. So finding strategies to enhance sleep is vital to the healing process.

8 You're not getting help

If you're anything like me, you like to try to fix things yourself. This is the typical male. Here's the thing, the human body is so complex that it really is a time when seeking a professional's help is necessary. Most likely if you do find relief it will be on accident and you won't know what to do to prevent it from happening again. I hear that story on a daily basis. Get help from a skilled physical therapist. There is nobody in the health care system that understands the musculoskeletal system better and can help more than a physical therapist.

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9 You are treating the symptom of pain

I call is chasing pain. It is the thing that the healthcare system is trained to do. Everyone wants to place people in a category and a diagnosis to help communicate and understand the problem. The issue with that is that naming the symptom does not identify the cause. You must stop chasing the painful area and focus on what movement or region of the body is dysfunctional.

10 You have not seen a physical therapist

Now maybe you have but I'm guessing they did not look at your entire body to try and find the dysfunction. When looking at the entire body research shows that there is an 85% success rate with lower back pain patients. And a good physical therapist will teach you what to do in order to keep the problem away forever.