

Question:

I suffer from constant low back pain. Are there exercises or treatments I can do to help.

Answer:

You're not alone with back pain. More than 80 per cent of adults will suffer sometime in their life, with the problem recurring 70-80 per cent of people in the first year.

Most low back pain, which can sometimes also affect the buttock, thigh, calf or foot, is mechanical in origin, caused by a specific movements or certain postures.

A system known as the McKenzie method of mechanical diagnosis and therapy, is used by physiotherapists, to assess and differentiate treatments for mechanically based problems. It checks out the best way to treat the injury better and identifies what could cause further problems. This comes hand in hand with advice on simple corrections, like adjusting posture or doing specific exercises to reduce the pain and prevent further occurrence.

Poor posture when sitting or standing is a major factor contributing to back pain, as does incorrect and excessive forward bending, poor sleeping positions and a lack of activity and exercise.

Learning to stand properly by holding your body correctly and distributing your weight evenly between your right and left feet can make all the difference. When you bend, use your knees and lean forward through your hips. When you sit, support the natural hollow or lordosis in your back with a rolled up towel or a correct lumbar roll.

Walking with correct posture, comfortable clothing and good shoes is a cheap and regular form of exercise that will also help strengthen your body and muscles.

These ideas are simply but can help in a number of practical ways to reduce lower back pain.

Learn how to manage back pain, whatever the cause. Don't let it control your life.