



**TOTAL HEALTH  
CHIROPRACTIC CENTER**

**CURTIS J HAAKE D.C.**

*We'll Keep You Healthy*

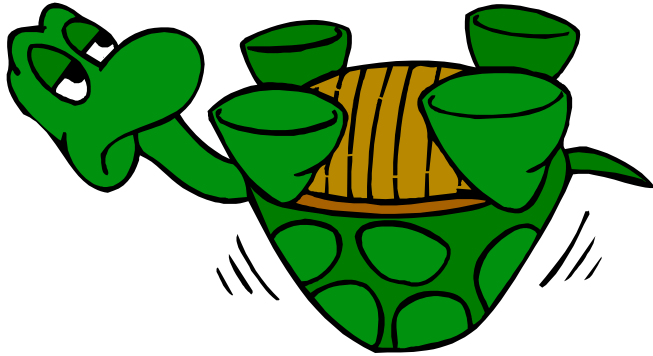
***Welcome to our clinic. How can we help?***

**TOTAL HEALTH CHIROPRACTIC CENTER  
3011 CITRUS CIRCLE, STE 102  
WALNUT CREEK, CA 94598**

**925-930-7902  
925-947-1007**

**3 SECRETS TO LOWER BACK  
PAIN RELIEF**

[www.yourwalnutcreekchiropractor.com](http://www.yourwalnutcreekchiropractor.com)



If you are 18 to 80 years old, then you have probably experienced some sort of lower back pain. Back pain in general is the second most common cause of job related disability in the United States. The United States Government statistics estimates Americans spend \$50+ Billion dollars each year on back pain alone.

But when should you be concerned? When if ever, is back pain acceptable? If you have low back pain, you should have a chiropractic or medical examination to assess it and then determine a treatment plan. Low back pain has many causes, from a simple muscle strain to more serious condition. Sciatica, lumbar disc herniation, [osteoarthritis](#), internal disease, or even cancer is but a few causes of low back pain.

Let's first distinguish the two different kinds of low back pain.

## Acute Low Back Pain

[Acute low back pain](#) is more often associated with a trauma from a sporting event to sleeping on the couch. Acute low back pain usually last a few days to under two weeks and does not limit your work or daily activities.

## Chronic Low Back Pain

[Chronic low back pain](#) is progressive in that you felt it for a few weeks it got 90% better then keeps flaring up several times a year. Chronic low back pain can persist for 2-3 months and is always in the “background.” Arthritis, disc herniation, sciatica are common causes.

## Neurologic

Most Low back pain has a [neurologic](#) cause. Nerves run all through the spine, muscles, ligaments and around the joints. Whether you strain a muscle, sprain a ligament or sprain a joint, acute pain that turns into chronic pain is probably more nerve related and re-occurring.

## 3 SECRETS TO LOWER BACK PAIN RELIEF



The 3 secrets are really more like action steps. Once you are tired of your back pain and motivated to look at it as a possible medical condition, then you are on your way to healing.

**SECRET #1: EXAMINATION.** Have a chiropractic or medical examination to determine the real cause. A [chiropractic examination](#) at Total Health Chiropractic includes an orthopedic and neurologic examination. We look at all possible causes to your pain. We also work as a health team member with other healthcare providers treating you for your lower back pain. Sometimes special studies such as [x-rays](#) or an MRI will show osteoarthritis, disc herniation, spinal stenosis or other bone / tissue disease contributing to your low back pain.



**SECRET # 2: TREATMENT.** Once you discover the real cause of your low back pain then commit to a [treatment plan](#). Also recognize that low back pain contributing factors are lack of movement or being sedentary, being overweight, poor diet, high stress, and other lifestyle factors.

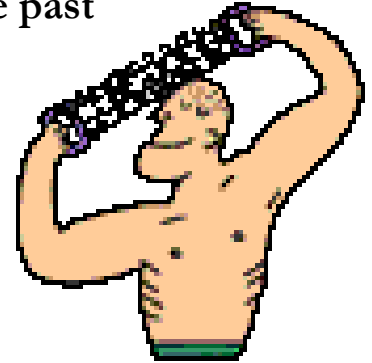
**A treatment plan** usually decreases tissue inflammation, restores proper joint motion and tissue flexibility, and includes strengthening exercises to the surrounding tissues. This is a time for action! You are tired of the pain and want to do something about it! Research demonstrates chiropractic works!

In my 16 years of chiropractic experience in treating low back pain, seeing sports injuries and injuries in my 29 years with the U.S. Military it takes time to truly heal. In our office we customize a treatment plan to your clinical needs and lifestyle. Our treatment plan is designed to address the cause, restore joint mobility and then strengthen the muscles and ligaments of the spine. All as quickly as possible to get you back in the game of life!

**[CALL TODAY TO SCHEDULE YOUR APPOINTMENT.](#)**



**SECRET # 3: CORE & STABILITY EXERCISES.** Over the past 15 years' research has found that prolonged and restricted postures create increased spinal disc pressure and causes the intrinsic spinal stabilizing muscles and ligaments to shut down and degenerate. This is why chiropractic adjustments work; first by increasing spinal joint mobility and then eliminating spinal pressure and unwanted postural and neurologic patterns. After the chiropractic adjustment you can exercise the spinal and core stabilizers to restore tissue integrity and strength. I have put together a small group of research tested stabilizer exercises that work in conjunction with our chiropractic treatment for general low back pain and sciatica.



**PLEASE DO NOT SELF DIAGNOSE** and recognize there are many different causes to lower back pain. We recommend a professional examination before trying these exercises.

These exercises can be modified to a lesser intensity and then build up to the full movement. Exercise routine is performed 4 times per week for 12 weeks, increasing to two sets. The routine is done after chiropractic spinal adjustments have reduced the lower back pain.

# CORE STABILIZER EXERCISES

## Wall Squat with Front Raise Combo

Start as in picture; feet shoulder width apart, squat to 90 degrees and raise arms up and in front of the body. 3-5 pound weights can be used. Repeat for 8-15 reps.



## Abdominal Bicycle

Start as in picture; begin leg movements to imitate a bicycle pedaling motion. Keeps this motion moving for 20-60 seconds.



## Pushup

Start as in picture or with knees on floor for beginners' pushups. Keep spine and neck in neutral lower to floor then press up, repeat for 8-25 reps.



## **Prone Trunk Extension**

Begin as in picture; knees can be on floor or extended. Hands behind the back or neck slowly raise to an extended position, lower repeat for 8-15 reps.



## **Side Plank with Knee Raise**

Start as in picture; keep neck and spine in neutral. Begin by raising the top leg and flexing the knee towards the chest, lower then repeat for 8-15 reps.





## **Plank Position Forward Press**

Start as in picture; keep spine and neck in neutral, begin by allowing elbow to flex and imitate a pushup movement then raise to start, repeat for 8-15 reps.



## FOLLOW US ON THE WEB



MEMBER IN  
MAR  '10  
GOOD STANDING  
[Click Here to Verify](#)