

# 10 Steps to A Healthy Back

by Dr. Antoinette White, DC, CCSP

- **Get a Good Night's Sleep**
  - Sleep disturbances are common among back pain sufferers, but peaceful slumber helps to repair strained muscles and soothe inflamed joints. For a better night's sleep, start with a good bed and experiment with different sleeping positions. Try sleeping on your side — and on a firm surface — to prevent any curvature of the spine that could lead to or worsen back pain. Additionally, some people find that sleeping with a pillow between their knees helps them sleep more comfortably.
- **Gentle Exercise**
  - Step outside your front door and walk for 10 minutes. Turn around and walk back. Do that everyday that you aren't out walking or shopping - or - just do it anyways. Movement of your hips and low back keep the joints maintained and improves stamina.
- **Be a Healthy Weight**
  - You cannot get rid of your back pain if you are carrying around 15 or more extra pounds. If you picture a healthy person with a 45 lb bag of dog food on their shoulder walking up stairs, you'll see what I mean
- **Core Strengthening**
  - Stand up with your hands on your hips. Slowly lean forward and then slowly rotate around in a circle that is comfortable for you. Don't force a painful movement. 10 circles to the left and then 10 circles to the right. Do this daily to firm up the muscles that attach and surround your spine.
- **Yoga**
  - Highly recommended for any age. Now you can go online and do a basic class for free. You can also purchase DVD's and go through the program in the privacy of your own home.
- **Natural Anti-Inflammatories**
  - Fish oil is one of the best natural anti-inflammatories. You need to take 3,000mg a day. Omegas, EPA and DHEA are the special ingredients, and only found in fish oil.
- **Natural Topicals**
  - Arnica, BioFreeze, Tiger Balm - these all have pain relieving properties. Just remember that they won't cure the CAUSE of your pain, just treat the symptoms
- **Ice and Heat**
  - New Injuries: Ice ONLY- 30min on and 30min off for the first 72 hours. Old injuries (usually after 6 to 8 weeks): use moist heat 30min on and 30min off as needed.
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- **Aquatic Therapy**
  - Jacuzzi, Hot Tubs, Deep Soaks with Epsom Salts - all of those will help with stiff sore backs. Heat is the great “treatment choice” if you have stiff muscles. That deep heat drives in blood to help soften those muscles and also shut down the pain signals.
- **Massage**
  - The best way to get to a muscle is by touching it. Massage therapy is one of the top ways to address a muscle right where it is stiff. Unlike medicine, a massage is true mechanical treatment that alters the cause of the pain, not just mask it like medication does. If you are suffering from muscle and joint pain, and have not tried massage - you need to try it.
- **Chiropractic**
  - Chiropractic has been around long enough now to endure multiple studies to find out how effective it is for neck and back pain. Guess what? Medical doctors are now referring people with back pain to seek out care with a Chiropractor FIRST before drugs or surgery. Studies show that conservative treatment for low back pain with a doctor of chiropractic results in a fast recovery that has long-lasting effects. Chiropractors are Spinal Neurologists that also move the joints of the spine to create better motion as well as stop muscles from spasming and hurting.

I hope you have found this Top 10 list useful and informative. If you are experiencing back pain, or neck pain or headaches, contact our office and ask for my “Dr. White Invitation to Health” for a free consultation to find out if Chiropractic can help you. It’s a no-cost, no-obligation way for you to find out what is wrong, and what options you have to get better.

Thanks again for your time, and have a super day!

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**Back To Action Chiropractic and Massage**  
**10 Steps to a Health Back**