



**BURLINGTON  
SPINAL  
DECOMPRESSION**

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## **CAUSES OF BACK PAIN**

According to research, there are many different causes of back pain. However, the most common causes of back pain are accidents, injuries and traumas in the person's distant past.

Unfortunately, the accidents, injuries and traumas in the past create fibrous adhesions (incorrectly called scar tissue).

Fibrous adhesions are inflexible, non-elastic semi-rigid tissues. These adhesions do not transmit forces the same way undamaged tissues do. When there are inflexible and rigid tissues surrounding the spine, the forces that enter the spine are changed due to the inflexibility of the adhesions.

The altered forces entering the spine cause the spinal bones and joints to remodel/reshape themselves in an attempt to handle the altered mechanical forces. It is called Wolfe's Law.

As such, the arthritic process starts. Sadly, the process of bony remodeling happens long before (often decades) the pain or lost range of motion presents itself. Pain is most often the patients first knowledge of a problem that has been going on for years.

The problem is old but the symptoms are new.

## **THE IMPORTANCE OF SPINAL CURVES**

One of the most confusing concept for patients to understand is that pain is not the problem.

Their history often refers to bending over to pick up a pencil and "whammo...my back went out". This is essentially never the case. Most often there is underlying degeneration and abnormal mechanical action that have been going on for years. The degenerative process is well underway when the pain starts.

One aspect of overall health that that few people are aware of is the importance of having the proper spinal curves.

It is fundamentally important for the spine to have three protective curves in it. The three curves are “C” curve in the neck, a reversed “C” curve in the thoracic spine and the “C” curve of the lumbar spine.

If these curves are not present there are always mechanical complications and inevitable break down. Most people incorrectly think that age is the cause of spinal degeneration and arthritic activity however all research points towards abnormal mechanical forces, not the ageing process. (Wolfe’s Law)

Burlington Spinal Decompression in Burlington, Ontario has specially designed care protocols to rebuild the protective curves that protect against, and reverse disc degeneration.

Additionally, the in-house digital x-ray unit we have will calculate disc height, spinal curvature angles, forward head posture, the degree of lumbar curve and any spinal laterality that may be present. In fact, the software we use x-Ray analysis measures down to 1/10 of a millimeter. This allows incredibly accurate measurement of spinal, neurological, and muscular health.

In addition, we also have in-house surface electromyography and infrared thermography. This technology provides a specific assessment of the efficiency of the nervous system and para-spinal musculature.

There are many different therapies, treatments, modalities to treat back pain. We have found without question that the curves must be rebuilt to their mathematically proper states or degeneration will be inevitable. This is what we are experts in. In fact, we often teach other doctors proper care protocols and are considered the leaders in the field.

### **The DO’s and DON’T’s of Exercise**

The most popular (incorrect) assumption about back pain is that you can solve it by simply doing things like Yoga, Pilates, exercise or generalized stretching. It is recognized throughout healthcare that the body provides symptoms to the individual in an attempt to get the individuals attention. Symptoms are only an alarm system that there's a deeper issue present.

In fact, stretching exercises or self-management protocols can be dangerous. **The reason they can be dangerous is that they can often make the pain go away but there are underlying mechanical distortion continues to degenerate the spine without providing symptoms. As such, it can cause more problems in the long term by caring for yourself.**

The wisest course of action is to have a healthcare professional assess how well your spinal column, nervous system and muscular system are functioning. Without question the best choice for this healthcare provider is a chiropractor and a doctor who is skilled with Non-Surgical Spinal Decompression. See [www.thelifelounge.ca](http://www.thelifelounge.ca) and [www.burlingtonspinaldecompression.ca](http://www.burlingtonspinaldecompression.ca)

## DAMAGING LOW BACK PAIN EXERCISES

Without question one of the worst exercises a person can perform for their spinal health is something called a **dead lift**.

A **dead lift** is when a person is standing with their legs straight, and they proceed to bend over at the waist and while holding weights...then straightening their spine. See the picture below



Unfortunately, this is one of the most damaging exercises you can do to your discs. If you'd like to herniate, bulge, sequester or prolapse a disc, this is the way to do it.

The second most damaging exercise is having straight legs while bending over to touch the opposite toe. Any kind of trunk flexion with rotation puts a tremendous amount of stress on the disc. The flexion and rotational forces damage the outer layers of the disc. This almost always increases the probability of disc herniation. See picture below



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## EXERCISES TO AVOID

**SIT-UPS** - sit ups most often strengthen the muscle that increases back pain. The psoas major muscle is the primary trunk and hip flexor in the body. Unfortunately, this is the muscle that is strengthened through sit-ups if a person is not skilled at targeting the abdominal muscles.

**Kettle Bell Trunk Flexion/Extension** – the individual swings a weighted ball with their arms from the ground, up to waist height. This is very damaging to discs in the lumbar spine.

### **Management strategies**

There is an excellent video that illustrates how to perform stretches that will dramatically reduce pain and discomfort (and they are safe to perform). The video is hosted at the following web address: <https://www.youtube.com/watch?v=WWAGBCdUJ-M>. Although the video indicates that it is for sciatica, the stretches in the video help tremendously for generalized low back pain. In fact, performing these stretches for 5 minutes twice per day will have you **SYMPTOMATICALLY** HELPED in a very short amount of time.

### **DO THESE THINGS**

- 1) **Core Work** – ensure you are doing exercises that are strengthening your abdominal muscles. **STRENGTHENING YOUR CORE DOES NOT MEAN THE MUSCLES IN YOUR BACK**
- 2) **Target the rectus abdomini muscles, serratus muscles and obliques.**
- 3) **Stretch your hamstrings...most people never stretch their hamstrings...and if they do, it is done improperly. (see video)**
- 4) **Stretch the quadriceps muscles**
- 5) **Stretch your hip capsules/joints (see video)**
- 6) **Stretch your piriformis muscles (see video)**
- 7) **Ensure your spine is moving properly, ensure the vertebra are placed properly, and there are no degenerative forces that are abnormally altering the vertebral shape. The best choice, without question is a chiropractor. Try Burlington's Best Chiropractor and Burlington's Best Chiropractic Clinic, [www.thelifelounge.ca](http://www.thelifelounge.ca) or [www.BurlingtonSpinalDecompression.ca](http://www.BurlingtonSpinalDecompression.ca)**

### **FALSE HOPE**

Yoga, Pilates, Stretching, Osteopathy, Physiotherapy

These activities, while helping a person get more flexible, fit and energized may actually increase the underlying problem. It is always recommended to investigate your spinal and neurological health with a chiropractor before starting ANY exercise regimen.

Unfortunately, the training that osteopaths and physiotherapists receive is inadequate and incomplete...often causing irreparable damage. These therapies/activities may reduce pain, but remember, pain is only your body's way of signaling that there is a deeper, more serious issue.

Most low back pain comes from accidents injuries and traumas in the past. **However, a moderate amount can come from muscular imbalance.**

**One of the best things that you can do to control back pain is through slow gentle isometric exercises such as tensing your abdominal muscles for a minute at a time. This can also work for your oblique muscles and serratus muscles.**

### **SUPPLEMENTS AND FOODS**

Proper nutritional supplementation and avoiding inflammatory foods can help tremendously when trying to alleviate back pain.

The hands-down favorite is turmeric and curcumin. It often comes in a combination pill. Thankfully there are no known side effects. The biggest benefit is that it is a natural anti-inflammatory. This will help to reduce inflammation caused by tissue damage resulting from improperly moving spinal and pelvic joints.

The second-best supplement to help control back pain is an omega-3 fatty acid. This supplement is a natural anti-inflammatory, it reduces cholesterol, and helps build a more efficient nervous system. It is also a natural blood thinner which allows the heart to pump blood around the body with less effort.

**REGARDING NUTRITION**...the best and most logical choice is to eat food that comes in skin rather than in a wrapper. God makes things in skins, man makes things in packaging. Quite simply, the more natural food you can eat, the better your chemistry is. If your chemistry is good, your mood and pain threshold is better. Your health will dramatically improve by eating more alive foods!

### **Things to avoid**

- Vegetable oil's
- Fried foods
- Refined flour
- Sugar
- Salt
- Artificial sweeteners
- Artificial additives
- Saturated fat
- trans-fats

## **Add these things to your diet**

Tomatoes

Olive oil

Green leafy vegetables

Almonds and walnuts

Fish (sardine, anchovy, mackerel)

Strawberries

blueberries

cherries

oranges

OMEGA 3 FATTY ACIDS

Burlington Spinal Decompression is widely recognized as the foremost experts in non-surgical spinal decompression, spinal health and disc repair.

It is our sincere hope that you follow this manual carefully and improve your spinal health. Please keep in mind that this is only a generalized guideline that works for the overwhelming number of people. This manual should not be used to self-diagnose or self-treat. It should only be used in conjunction with consulting with a spinal care expert.

We strongly recommend that you contact us at [www.burlingtonspinaldecompression.ca](http://www.burlingtonspinaldecompression.ca) and book a spinal health assessment.

**If you make special mention of this PDF document you were entitled to receive a \$197 initial exam for only \$50**

Thank you and be well,

The team at Burlington Spinal Decompression