

## Ten Ways to ease Back Pain

*There is nothing more debilitating than back pain*

Thanks for requesting information on Ten ways to ease back pain.

### 10 Ways to avoid Problems

1. Maintain good posture when sitting or standing – use a back form support.
2. Watch your weight; excess weight places additional strain on your back.
3. Warm up before doing physical work or exercise.
4. Stay active and follow a regular pattern of exercise to keep your muscles and joints flexible.
5. When lifting, bend at your knees, hold the object close to your body and lift from your legs.
6. Avoid sleeping on your stomach, which can strain your neck and back.
7. If work requires you to spend long periods of time in a chair, talk with your massage therapist or ergonomics specialist about the best ergonomic options.
8. Apply Heat or Ice to painful area.  
Use heat when you want to relax aching muscles  
Ice is effective in reducing inflammation; or more commonly in the sub-acute phase of an injury.
9. Stretch daily
10. Visit a skilled Massage Therapist

Many people are looking for a solution for their back pain. Have you been looking and not finding a result!? This is what one of our clients had to say: “I have previously explored a number of other medical channels without finding a remedy for my lower back pain; then I was referred to Swift Results Massage Therapy and finally I had found the solution to my back pain. If only I had heard about you earlier!”

Over several treatments our therapists will treat you with both Remedial & Deep Tissue moves mostly; other modalities may be combined depending on your condition. The treatment will depend on your fluid levels and the density and shape of your muscles. With all Musculoskeletal pain a release in the muscle is needed to release pain. The main muscles affected in the lower back are: Quadratus Lumborum, Multifidus & Erector spinae muscles; working these muscles will reduce nerve irritability and give you better movement through the back and hips.

To assist with Posture we recommend Back supports to keep your back in alignment for when you are seated, driving, or at the office/home. These back supports are mobile & are very beneficial as they affect from the lowest part of the spine the coccyx through to the shoulders.

Most people when they go to a doctor believe that their Doctor has the training to help with their back pain. Well; for those who have had back pain know that when they see the doctor they barely lay a hand on your back. So the “answer to this is a resounding no”.

If you are in severe pain & your pain hasn't improved after 3 months it is best to see your GP and to ask for a MRI Scan; this will show up any abnormalities; you can obtain a referral from your Massage Therapist or Physiotherapist to take to your Doctor.

Our Remedial Massage Treatments have a high success rate in relieving Back pain and are totally safe.

Issues we work on as Massage Therapists are Herniated and or bulging discs, Degenerative disc disease, Facet Syndromes.

Find pain relief within only a few treatments.

Pain affects the lives of thousands of Australians. It's very often misdiagnosed and mistreated. Most Doctors prescribe over the counter medications or prescriptions to hide your pain.

Pain is your body's way of saying don't do that! One problem is that many medications relieve pain but these cause extra complications: Repetitive intake of aspirin and other drugs causes blood thinning, irritation of the stomach lining and even internal bleeding.

The two most common pain relievers taken today are Acetaminophen and Ibuprofen which when taken daily often lead to other complications such as high blood pressure.

What is your vertebrae made up of???

Disks are fluid – filled sacs that fit between each of your vertebrae, serving as shock absorbers, holding your vertebrae together and making it easier to move. Sometimes disks slip out of position or rupture. This causes pain, particularly if it presses on a nerve.

Spinal Cord/Nerves

Made of nerve fibres and bone, the spinal cord has the task of sending messages to and from the brain and the rest of your body. Sometimes these nerve fibres become irritated because of conditions such as a herniated disk, a misaligned disk, an injury or degeneration of the vertebrae. When this happens you may well feel symptoms like pain, headache, tingling, numbness or weakness. Your massage therapist has a number of techniques for relieving these symptoms; which will be discussed & actioned on by your Massage Therapist.

If you implement these into your life you will see significant improvement. If your back doesn't improve then please seek further advice from a Medical health professional.

Feel better with a Massage. Wishing you good health.

[Click HERE to view all appointments](#)

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