

## The Best Products to Relieve Lower Back Pain

**What is the source of lower back pain?** If you want to know the source of lower back pain, you need to know the anatomy and functions of lumbar spine as well as the surrounding tissues. There are two underlying causes of lower back pain: direct and indirect.



- Direct is abnormalities of lumbar spine soft and hard tissue structures (Vertebrae, Discs, Nerves, Ligaments, & Tendons and alignments).
- Indirect is when the lower back pain is secondary to a primary cause at another location. Such as poor posture and or forwards head carriage, immediate and massively cause secondary lower back pain. Knee and ankle problems also contribute to lower back issues. Finding the underlying cause of your problem is the key to correct direction in solving the problem in phases.

### Methods to Alleviate Lower Back Pain at Home Without Medication

#### [#1 Correct your posture:](#)

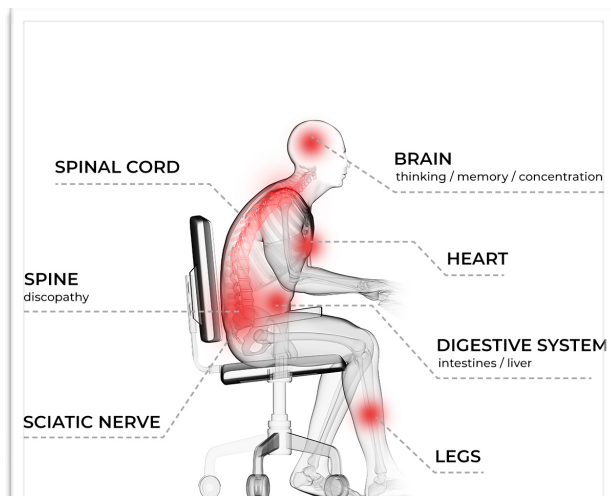
- Take the posture risk score and know your risk damages: mild, moderate, or high risk of degeneration. <https://bax-u.com/pages/survey>
- Get support until your body is trained. Chiropractors recommend BAX-U.com as it is tested by university studies and is covered under FSA/HSA or over the counter.
- Get checked by a professional in posture correction: Chiropractor, Physical Therapist or Athletic Trainer.

[Your posture can cause your internal organs to malfunction: \(Fig 3.0 Viceroy-Somatic Posture\)](#)

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Your brain communicates with every cell, tissue and system of your body through nerve pathways known as spinal column. The nervous system gathers information from all your body parts to the brain via the spinal cord inside the spinal column. The cord is encapsulated and protected by your spinal (aka vertebral column). It is valuable to say any changes to your spine (such as poor posture, scoliosis, kyphosis, lordosis, degenerative joint disease, disc injuries, etc) will affect the normal communication flow of your nervous system and its abilities. Neglecting your posture and spinal health, alignment and integrity will lead to a variety of symptoms that have devastating effects of your health and wellness. (Fig 4.0 Nervous System)

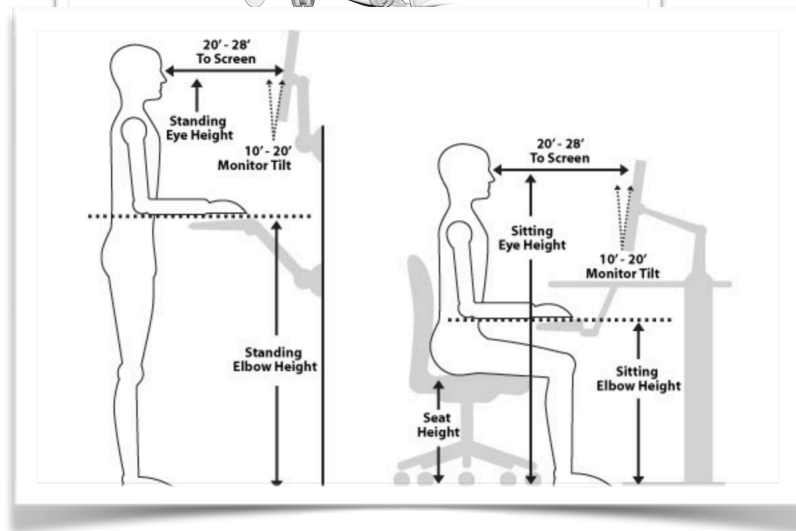
### Helpful Hints and Tips:



- Take 5-10 deep belly breaths.
- Eat a light breakfast 30-60 minutes after you wake up
- Eat a light lunch with good carbs
- Have dinner 3-4 hours prior to sleep
- Take a 10 minute walk after lunch and dinner.
- When you feel foggy or tired take 10 deep breaths
- Move every 40 minutes, stand and stretch

### Work Smarter not Harder:

Your average day is 8 hours a day working, 7 hours sleeping, 7 hours of personal time, and 2 hours driving. This is an overall average cases may vary. 8 hours of desk work and 4 hours on a smartphone contribute to text neck. If you truly want to work smarter, you need to take a good, hard look at your daily tasks and learn to adjust for optimal positions. Here are some basic ergonomics recommended for your wellness for more effective workflow.



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### Helpful Hints and Tips:

- Top of monitor at 15' degrees above eye level
- Maintain 90' angle between torso, thighs, and legs
- Always use your elbow to rest to avoid shoulder shrugging
- When standing shift your weight
- Take 5-10 minutes every 60 minutes of work sitting or standing
- Stand during the morning shift and sit in the afternoon shift

### SMART DEVICE TEXT NECK-ERS?

An average adult spends 7 hours a day on some sort of smart device. Text neck is the pain and injury experienced from looking down to use a smartphone or another device too much. Did you know, tilting the head forward to 15 degrees places about 27 pounds of force on the neck? This increases to 40 pounds at 30 degrees, 49 pounds at 45 degrees and 60 pounds at 60 degrees. Damage caused by untreated text neck can be similar to occupational overuse syndrome or repetitive stress/strain injury. Sore muscles and strained joints can cause injuries. These injuries, when not properly treated, can graduate to becoming chronic pain. Injuries are often caused by accidents and other times they can be caused by poor habits. To avoid this, here are some solutions.



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### Helpful Hints and Tips:

- Walk with your chin parallel to the ground or look up at 15' higher than your forward gaze.
- Avoid neck pain and headaches by placing your screen at eye level.
- Perform neck extension exercises at home
- Use the “speak” option for long emails, texts, or documents.

Text neck will cause Degenerative Disc Disease, straight or reversed cervical curve and early Osteoarthritis. It all begins with visual combinations of forward head syndrome, slouching posture and or the “hump” in back of the neck which is more common in women than men.

### #2 Get good night rest:



### *YOUR SLEEP POSTURE KEEPS YOU AWAKE?*

Do you wake up feeling more tired? Stiff? Or even in pain? Adults suffer from lack of sleep which affects them dramatically in slowing down body metabolism, cognitive skills in computations tasks and even affects their concentration. Do you think it's your pillow, mattress or just your inner body crying for help?

What you do during the day will affect your good night sleep. Repetitive injuries during the day, can affect your body's expression at night. Unfortunately, a lot of sleeping disorders, including insomnia, are affected by self care prior to reaching for medication.

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The secret is to get one that has the right height, shape, size, and material. Also, you have to put it in the right location otherwise it can cause muscle strain and stiff neck.

For back sleepers, a low pillow height is recommended. You will feel more relaxed if you add two or more pillows under your knees to decrease back pressure.

For side sleepers, a medium pillow height is ideal. A helpful trick is to choose a pillow made out of a firm material such as latex which will alleviate pressure from your neck and provide your head with more support.

For stomach sleepers, consider not using a pillow for your head at all as this causes your neck to be tense. What you can do is place a thin pillow under your pelvis to keep your back aligned.

Apply this useful information and posture hacks to your daily life to get a better quality sleep. Life is hard enough, people shouldn't have to suffer needlessly from lack of rest. Now that you know these helpful tips, share them with your family and friends so they too can learn the powerful benefits of maintaining proper posture for a good quality sleep.

### **More Helpful Hints and Tips:**

- Practice proper ergonomics at home and work.
- Know your preferred sleeping position.
- Get a good quality mattress.
- Get a pillow that matches your body.

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How to Obtain Proper Posture:

### [#2 Exercise](#)

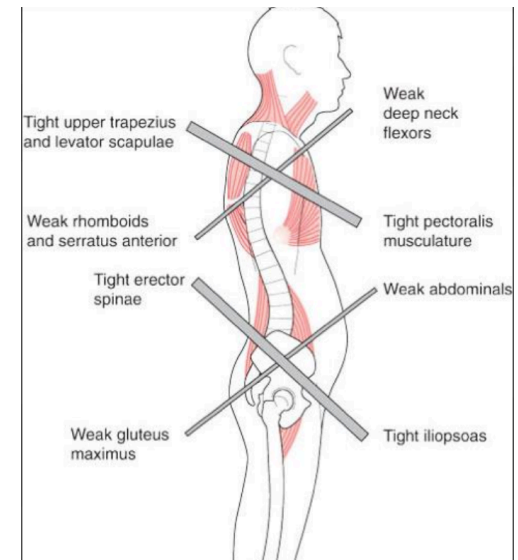
Exercise is always more fun with a friend or trainer to spot check you for optimal form. Wear BAX-U Posture Support, available at ([www.BAX-U.com](http://www.BAX-U.com)) it's a Chiropractic choice. Determine your posture and use select core exercises as your primary choice than the larger muscle groups

Hints and Tips to build up your muscles:

- If you have Acute Low back pain — Ice after mild stretch / non resistive Active stretches
- If you have Chronic acute pain — Heat area, Moderate stretch / Active Core Strength/ end with Ice.
- If you have Chronic tolerable pain — Active and Resistive strengthening exercises end with stretch.

Crossed Syndrome stretches:

There are separate muscles for the upper body and lower body. In a nutshell, crossed syndrome refers to tightness in one area leading to weakness in other areas, which can affect posture and overall joint function and mobility. Lower Crossed Syndrome (LCS) involves the pelvis; the muscles that are short and tight are the hip flexors and low back extensors, which will cause weakness to the abdominals and the Gluteus Maximus.



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### [3. High-tech TENS unit](#)

TENS units are to reduce muscle spasm and offer pain relief by activating opioid nerve receptors. You can get them at many drug stores. With any TENS unit, be aware that you may build up a tolerance to the relief. They're best used in a physical therapist's office because a person can become dependent on them. Research has shown that TENS is most helpful for chronic pain when used for at least 30 minutes while you are active.

#### Some helpful hints and tips:

- Clean around the painful area.
- Put the patches on clean, dry skin.
- Make firm contact.
- For Acute pain ice the tense area for 15-20 minutes.
- For Chronic Pain use heat on the tense area for 30 minutes

### #4. Percussive Massager

A handheld massagers that applies pulses of deep pressure (strong vibrations) similar to a deep tissue massage, have relaxing effect and reduce pain. Percussive/vibrating massage tools, may be slightly better than traditional massage at relieving muscle soreness.

Vibration type massage applied to the back may be useful for chronic low-back pain.

- Heat the area to be massaged for 20 minutes.
- Use a percussive massager.
- Stretch your back.

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My name is Dr. Romina Ghassemi, I can not emphasize the benefits of improving your posture enough. Our bodies are sophisticated machines that need to be protected. If you take care of your physical alignment, eat fortified nutrient your mental state will rise with no effort. If you want to enjoy your life and live vivaciously, take care of your posture and nervous system.

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