

Hi, I'm Dr. Ben from Mornington Peninsula Chiropractic Centre. I wanted to talk to you today about how you can get rid of your back pain. How you can help reduce the amount of pain that you're suffering, whether it be your neck, your low back, whether it be headaches. How you can improve the health of your spine, how you can improve its function, how you can improve its structure. And most importantly, how in years to come you can still have a healthy spine. I reckon that would be useful.

I want to show you the first key. The first key is to make sure that your spine is well-hydrated. Now, we all know about the importance of drinking water. But one of the things we often don't realize is that your spine, or your body, I should say, has a priority around what it looks after. And the number one priority for your body causes it to look after your brain and your nerve system. And the second priority causes your heart. Third priority, organ systems, digestive, kidneys, liver, spleen, that kind of stuff. And the last on the list is your muscular and skeletal system. That's your joints and your muscles and your bones.

So if you were at all dehydrated, the first thing that your body will start to sacrifice is your water supply to the joints of your spine. And there's two key joints that we need to look after. That we need to look after and we're gonna minimize the pain that we're suffering in our spine. And, the joints are very simple. We've got the disjoints, between the two vertebra, and then at the back of the spine we've got these special little gliding joints called facet joints, that help the spine glide and move where it's supposed to. Now, if you're at all dehydrated, the disc, the shock absorber between the two vertebra, will start to become more dehydrated. It will start to become warm and hot. It will start to become unstable. And as the disc becomes unstable, it's more likely that you're gonna injure your spine. It also means that as the disc becomes unstable, the little joints at the back of the spine that often have a lot more pain fibre in them, that will sense pain, they will start to bear some of the load. So it's really important that we keep these discs well-hydrated and fully pumped.

It's like a pair of, you know, like your Asics gel runners that you might have heard of. They've got that special gel in them. And you want to make sure that the gel in your runners is healthy, right? So that when you're running and pounding the pavement, it can absorb the shock. Well, the same with these discs. They've got to be well-hydrated if they can absorb the shock of daily living. Because if they're not, the little joints at the back of your spine will start to bear the shock. And they've got the pain fibres in them, pain sensors in them, and so that will start causing back pain.

Secondly, the little joints at the back of your spine have some lubrication fluid in them. So if you were to all get dehydrated, the joints at the back are just not as well-lubricated. Which means, again, your spine's gonna start to become dysfunctional, and that always leads to pain.

So number one key is make sure that your spine is well-hydrated. So it's important to drink lots of water. How much is right, I don't know. Probably in the vicinity of two to three litres

every day. Best way to do that is get yourself a couple of drink bottles, 600 mL or even a litre drink bottle. Make sure they're full at the start of the day, and drink them throughout the day. That way you've got a measure of how much you've drunk. This is so important, that you hydrate your discs, that you hydrate the little joints at the back of your spine. Now I promise you that if you do that, you will see a difference in your spine's function, you'll see a difference in your posture and your body structure, and importantly, it will help remove some of the pain and discomfort that you're suffering on a daily basis.

Next, I'll be sharing with you the second thing that you can do, to manage the pain you've got in the spine, and to make sure your spine is functionally, structurally, and long-term, it's healthy. So check out that second step, I look forward to catching up with you. I'm Dr. Ben, from Mornington Peninsula Chiropractic.