

How To Fix Your Back Pain – Step 3

Hi, I'm Dr. Ben from Mornington Peninsula Chiropractic Centre, and today I want to give you the third key to minimizing that back pain, maximizing spinal function, structure, and making sure long term, you've got a healthy spine.

And it's really simple. It's balance the load that's being applied to your spine, and minimize the amount of load that you're putting on your spine. Your spine has got those shock absorbers that you've heard me talk about, and those little joints at the back that glide your spine and guide it to where it needs to go. Well, it's so important that we put a balanced load on our spine.

In fact, if you were to pick up a 20 kilo weight in one arm, that actually can do more damage to your spine than if you were to pick up two 20 kilo loads, and carry 40 kilos. Because the 40 kilos will be balanced between 20 kilos on one side and 20 kilos on the other. But if you just pick up 20, carry it on one side, one side of your spine is gonna be under load, and it's not designed to do that, particularly for a sustained period of time. So think about the balance that you're applying to your spine. And that can be from the loads that you pick up to the way that you sit.

Many of you know that sitting these days is considered the equivalent of, as far as your health is concerned, the equivalent of smoking. Yes, sitting is now the new smoking. So for those of you who have office jobs, you might want to consider an opportunity if you can create it within the office, of standing rather than sitting. Some sitting, some standing, and alternating between the two is gonna minimize the amount of load that your spinal disks have to bear and it's gonna maximize the balance, the balance that your disks were designed to carry.

So, third key is pretty simple. Maximize the balance between the disk, the shock absorbers between your spine, and minimize the amount of load that they have to bear. Of course, it goes without saying that one of the loads your spine has to bear, of course, is the load of our own bodyweight. So, have a think about that, well, there's maybe a few extra kilos that you could drop. Because the extra kilos that you carry puts extra weight on those joints, and sustained load on those joints will cause them to become damaged, and increase the chance that you'll feel or experience pain. But importantly, long-term, potentially cause dangerous and damaging spinal degeneration and long-term spinal breakdown. So, balance those disks, minimize the load. I'm Dr. Ben, Mornington Peninsula Chiropractic Centre.