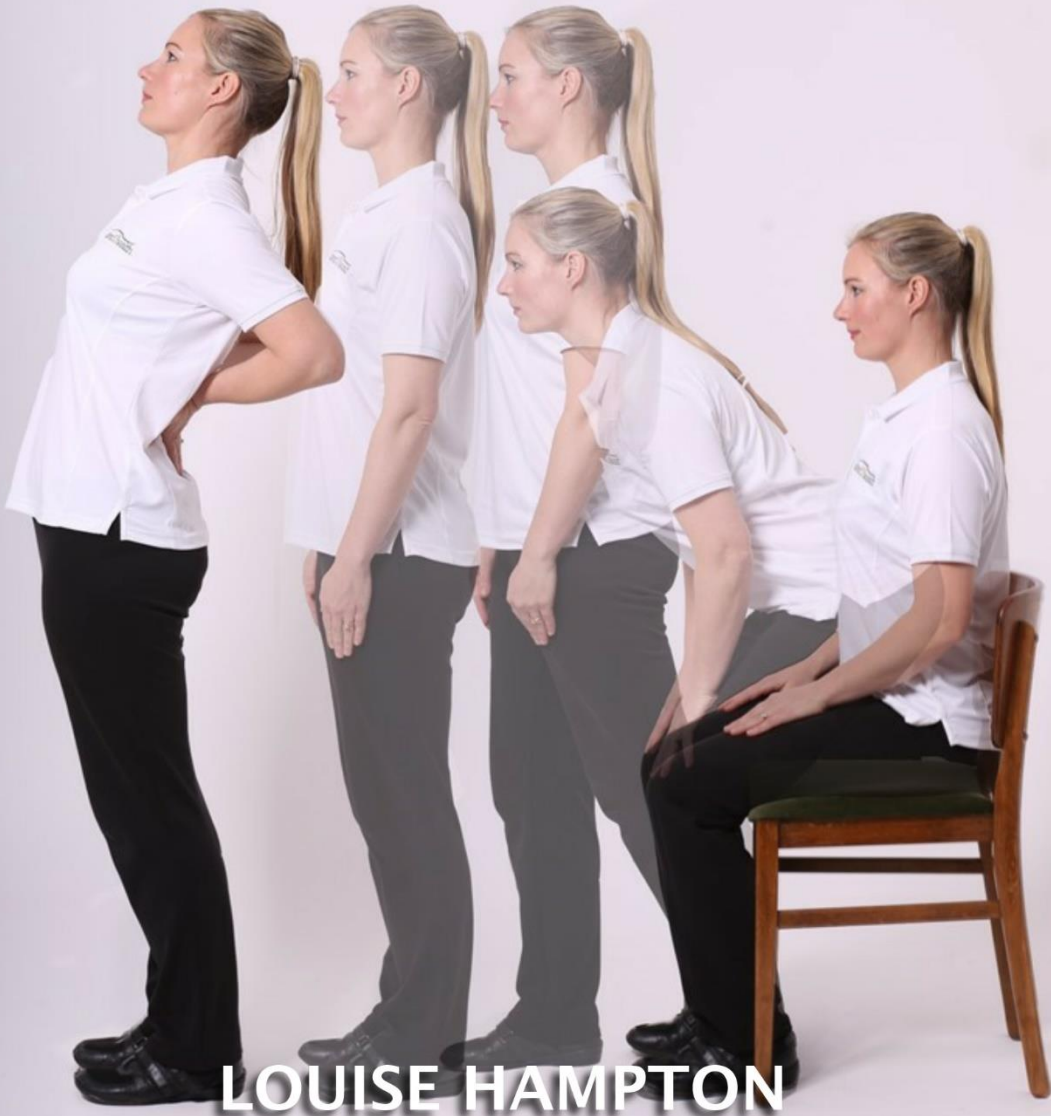


HOW TO HELP ELIMINATE
LOW BACK PAIN
AND ACHIEVE LONG TERM RELIEF

YOUR ALL IN ONE GUIDE TO UNDERSTANDING LOWER BACK PAIN
AND PREVENTING A RELAPSE



LOUISE HAMPTON

How To Help Eliminate Low Back Pain And Achieve Long Term Relief

**Your All In One Guide To Understanding
Lower Back Pain And Preventing A Relapse**

**BY
LOUISE HAMPTON**

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This book is available in a variety of formats both paper and
electronic

This book is not intended as a substitute for the medical
advice of physicians. The reader should regularly consult a
physician in matters relating to his/her health and particularly
with respect to any symptoms that may require diagnosis or
medical attention.

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A big thank you to my husband for all his help and support with this book. I could not have done it without him. Thank you to my mum, dad and family for their support over the years. Thank you to my good friend Sarah Townsend for looking through the book from a chiropractic point of view, to my mother-in-law Wendy Hampton for proof reading and to Catherine Quinn the President of the British Chiropractic Association, for her input. Thank you to Landmark Editorial and The Endless Bookcase for their help, and to Pret-a-Portrait and Shot by Hobbs for all the photographs in the book. I dedicate this book to my wonderful children Toby and Zara.

ABOUT THE AUTHOR



Dr Louise Hampton DC is a Doctor of Chiropractic who graduated from the Welsh Institute of Chiropractic in 2004 with a BSc (Hons) degree in Chiropractic. Louise has sat on the council of the British Chiropractic Association (BCA) and is a fellow of the BCA.

Over the past 14 years, Louise has treated hundreds of patients, easing their pain and making them feel better. Louise has found the people that have benefited most from treatment have tended to be those who also tried to help themselves through exercises and little changes to their lifestyle as well.

Usually, back pain comes on gradually, and it can be little things people do over time that add up to the pain. And it can be small things, like the exercises and pointers in this book that help alleviate the pain.

REVIEWS

“Chiropractor Louise Hampton has written a perfect book for chiropractors to have in their clinics for those that struggle with back pain. It is very informative yet easy to read and the recommended postural and exercises are brilliant. I can’t wait to purchase this for Luck’s Yard Clinic.”

Tone Tellefsen Hughes DC, BSc, FRCC (paeds)

Chiropractor and Clinic owner

Luck’s Yard Clinic

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INTRODUCTION

This book has been written so that it is easy to understand but also incorporates a lot of different exercises based on expert advice. Everyone is different, and everyone's back pain is different, so there is no one exercise that will work for everyone. There are lots of different exercises in this book, and so hopefully you will be able to find some that suit you and your back. Research has shown there isn't one type of exercise which is best for back pain, the main thing is to find something you enjoy doing. If you have quite a sedentary lifestyle it is important to try and move more during the day.

If one exercise doesn't help, stop it and try another. It is also important to seek advice from a professional when it comes to back pain. There are a number of causes of back pain, and you need to make sure your pain is not being caused by something serious before you start an exercise routine. A chiropractor, osteopath or doctor can rule out serious causes of back pain - which fortunately, are very rare - and come to a diagnosis. Symptoms to look out for and get advice for include night pain, sweats and unexplained weight loss. Once you know your pain is definitely mechanical (i.e. coming from the muscles or joints) then combining exercises with some treatment will give your back the best chance of recovery.

Back pain may take time to get better, so don't despair. By thinking about how you sit and stand, and the impact different daily activities have on your spine, you can start to reduce the pressure on the low back, giving it a chance to heal. And to truly help the healing process, you can also look at what you eat and how stressed you are, as these factors contribute to the pain.

Got back pain? Feel like it's never going to go away? Or not sure what to do for the best? Please, don't panic. This book is designed to explain what could be causing your pain and to help you feel better.



I love to treat people, and I find it fascinating when I see patients in their nineties doing so well. What they all seem to have in common is that they are busy people who still exercise every day.

Back pain is very common. Most of us will suffer from it at some point in our lives, and as we are living longer, the number of people experiencing back pain is likely to increase (Hoy and colleagues, 2012). However, low back pain tends to subside within two to six weeks and by twelve weeks pain levels are low in most cases. Imaging such as an X-ray or MRI scan is rarely necessary. It is important to stay positive and try to keep moving.

As we get older, it is common to decrease the amount of exercise we do and start to slow down. Aches and pains, as well as injuries,


occur more frequently too, making us want to exercise less often. However, the saying 'use it or lose it' is so true. It is more important than ever to keep moving, as the stronger and fitter we are, the better equipped the body is to deal with everyday life. Strength training is very important as we age, as our muscle strength tends to decrease with age.

In this book, I am going to go through the common causes of mechanical back pain to enable you to understand where the pain is coming from and how the body experiences pain. I will then give examples of stretches and routines you can do at home to stay fit and give examples of how people have overcome injuries to keep moving and stay as fit as possible, allowing them to get the most out of life.

This book explores all the different aspects of your life you can analyse to find out why your back pain started, and how you can get rid of the pain and stop it coming back, or at least manage the pain.

Over the years, I have come to notice how different everyone's pain is and how differently everyone responds to treatment. You could have three people with an MRI showing a disc bulge at L5/S1, but the level of pain they are experiencing or which orthopaedic tests show up as positive can vary considerably.

I have treated an athlete who could still touch her toes and had very minor neurological involvement despite the fact she had a significant prolapsed disc, and yet another patient with the same condition found it almost impossible to sit down, let alone touch her toes.



When you have back pain, you find that everyone has an opinion on the best way to help it. They may have a good idea, but just remember that everyone responds differently - so just because something worked for them, it doesn't mean it will work for you.

The best thing you can do is listen to your body and find out what it likes and doesn't like to do. Most backs do not like bending or lifting heavy objects, but with exercises it is very much a matter of trial and error to find out which positions suit you best and help to prevent your pain returning. Keep trying to stay positive and remember that the pain is very likely to go – it will just take a bit of time.