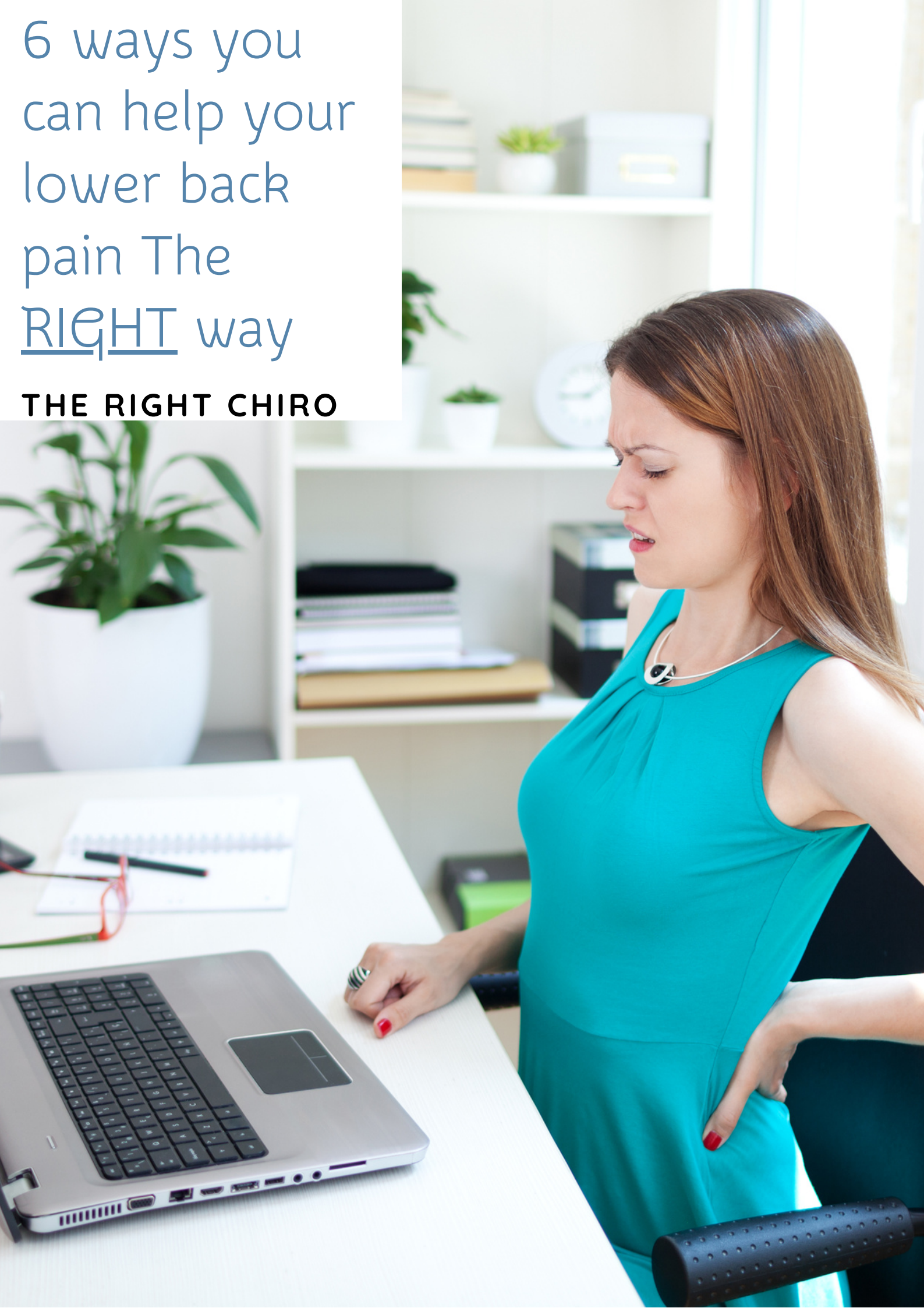


6 ways you  
can help your  
lower back  
pain The  
RIGHT way

**THE RIGHT CHIRO**



DO YOU SUFFER FROM BACK PAIN?  
WE HAVE AN ANSWER FOR YOU.

# WHAT COULD BE THE CAUSE OF YOUR BACK PAIN?

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BACK PAIN IS COMMON NOWADAYS, BUT THAT DOES NOT MEAN THAT THE EFFECT IT HAS ON YOUR LIFE IS NOT PROFOUND. PAIN USUALLY OCCURS BECAUSE YOU HAVE PUSHED SOME PART OF YOUR BODY BEYOND WHAT IT IS NORMALLY CAPABLE OF. HERE ARE SEVEN COMMON CAUSES OF A SORE OR ACHING BACK:

## 1. VERTEBRAL SUBLUXATION

A POINT IN YOUR SPINAL COLUMN WHERE THE BONES ARE NOT FUNCTIONING THE WAY THEY SHOULD. THIS LEADS TO INFLAMMATION, INTERFERENCE IN THE PROPER FUNCTION OF YOUR NERVOUS SYSTEM AND COMPENSATION. OVER TIME PAIN IS A SIDE EFFECT.

## 2. INJURED MUSCLE OR TENDON

LIFTING BOXES OR HEAVY OBJECTS, EXERCISING AND EVEN SLEEPING IN AN UNCOMFORTABLE POSITION.

## 3. INFLAMMATION

INFLAMMATION IS PART OF YOUR BODY'S NATURAL HEALING RESPONSE BUT CAN STILL CAUSE DISCOMFORT, WARMTH AND PAIN.

## 4. ARTHRITIS

ARTHRITIS IS A FORM OF CHRONIC INFLAMMATION THAT CAN AFFECT JOINTS THROUGHOUT THE BODY, INCLUDING THE BACK.

## 5. OSTEOPOROSIS

OSTEOPOROSIS IS A DISEASE THAT CAUSES A DECREASE IN BONE MASS AND IS FREQUENTLY SEEN IN THE SPINE. THIS REDUCED MASS MAKES THE BONES WEAKER AND CAN LEAD TO PAINFUL FRACTURES.

## 6. INJURED INTERVERTEBRAL DISC

HERNIA AND INTERVERTEBRAL DISC RUPTURE. MORE COMMON THAN YOU THINK, BUT NO WHERE NEAR AS DANGEROUS.

## 7. POOR POSTURE

ANY POSTURE FOR A PROLONGER PERIOD OF TIME INCREASES THE STRESS ON YOUR SPINAL COLUMN AND SURROUNDING SOFT TISSUE AND CAN CAUSE TISSUE DAMAGE AND PAIN.

# The 6 RIGHT ways to help your back pain:

#1

Avoid bed rest. It has been shown to delay healing.

#2

Move! You may not want to, but movement is important for healing. 10 - 30 minute walk is a great example.

#3

Maintain good posture. Pay attention to the way you hold your back when you sit, stand, walk or perform daily activities.

#4

Sleep smart. Use the right amount of pillows to support your back.

#5

Relax. Meditation, yoga, stretching and massage help reduce stress and pain.

#6

Find someone to help you and support your health, such as a chiropractor. Such as a chiropractor at [The Right Chiro.](#)

# REFERENCES

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<https://www.reidhealth.org/blog/7-common-causes-of-back-pain>
2. The Right Chiro Tilburg
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