

Spinal Care:

Some pointers on the care of the spine

The proper treatment of spinal problems requires a clinical knowledge and an understanding which can only be gained after studying the vertebral column and conducting treatment over many years.

I have been practising since 1988; and have treated many complicated, difficult and chronic cases of back pain that have not responded to osteopathic, chiropractic or other forms of treatment and surgery.

It is worth remembering that the spine is a completely mechanical structure. A wonderful structure of bone, muscle and tissue and the best way of treating back problems is therefore achieved by using a mechanical approach. The objective is to restore the mechanical efficiency of the spine.

This is precisely why we use a brand-new, but highly effective technology called Power Assisted Micro Mobilisation (PAMM). The results we have achieved with PAMM are quite exceptional; and there is no question in our mind that the technology will soon become standard practice worldwide.

Surgery should be a last resort

If one thoroughly understands the mechanics of the spine, there should be no need for often unnecessary surgery. In our combined professional opinion, surgical procedures can often create further mechanical inefficiency of the spine by modifying something that nature has provided for a particular purpose.

Of course, it is agreed that, in certain circumstances, surgery may be vital. For instances, following trauma or when major nerve compression is the cause of changes in normal bodily function. But surgery should be a last resort.

However, you can be reassured that when cases are presented to us that we feel require further clinical/surgical intervention, our referral practice is initiated immediate.

Self care

Here are some basic tips that we would like to pass on. They are generally applicable to all cases of back pain:

Never buy those ridiculous products that are supposed to stretch your back, turn you upside down, or those that apply traction – principally if you have not sort professional assessment of your back.

All exercises for the back should be carried out while lying down. Contrary to popular wisdom, don't lean back in your chair at an angle with support, but sit actively upright. This maintains the natural curvature of the spine and exercises the very important stomach muscles at the same time.

When lifting objects, bend your knees and hips. Allow most movement to occur in the hips and keep your back straight and chin up, even if it looks comical. This provides maximum muscular stability to the back to prevent the vertebrae moving and will reduce the risk of strain.

It is essential to keep the stomach muscles in trim in order to reduce pressure on the back. Even the best treatment in the world will not be enough to prevent a recurrence of your spinal problems if your stomach muscles are not taking their fair share of the workload.

We hope this information is useful.

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