



**BODY IN
MOTION**

PHYSIO • REHAB • PILATES

“Keeping You Moving”

*Body In Motion’s team of physiotherapists are here not only to help you back from injury, but also to help you reduce your risk of getting injured. As education is a key component of injury prevention, please read this month’s look at **Lower Back Pain**, and feel free to contact any one of the team to help reduce your risk!*

Lower Back Pain

In simplest terms, the low back (or lumbar spine) is made up of 5 bones “stacked” on top of the pelvis. In between each of the stacked blocks are discs, around them are a series of ligaments that work like guy wires. The lumbar spine is controlled by three groups of muscles which work in isolation and in combination to produce (and to prevent) movement: • The superficial abdominal muscles are designed to flex and twist the spine forward, and to prevent it from extending (or bending back) too far.

The lumbar extensors (muscles at the back) are designed to extend and twist the spine and to prevent it from bending forward too far. • The deep abdominal muscles are designed to work together with the other two layers to stabilise the low back through its full range of motion, to add strength to the movements, and to help protect the spine, its discs and its ligament from injury.

Many back injuries occur by bending forward too far, or by twisting while bent forward. This is especially common when a person is lifting or carrying something (like heavy Christmas gifts, for instance). The simplest way to manage (or to avoid) these types of injuries is through better biomechanics and better lifting practices. An important part of these improvements involves learning (and practicing) using the three groups of muscles as an effective team. Strength and coordination of your trunk musculature are both important in preventing and managing most back injuries. “Core strengthening” is such a common term these days because there are many ways to improve the function of the trunk’s muscular team. Unfortunately, with the plethora of exercises to choose from, it is sometime hard to know where to start, and even harder to know what to avoid... That’s where we come in: If you are currently experiencing low back pain, if you have in the past and don’t want to go through it again, or if you are one of the 25% who is (and wants to stay) backpain-free, call in to see one of the friendly physio staff at Body In Motion. Whether it is



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through supervised Pilates, tailor made guided gym work, or self-directed home exercises, we're here to help you and your back get going... better!

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