

Simple Ways to Ease Back Pain

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Contact

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Qualifications

Graduated From:

Palmer College of Chiropractic

Years in Practice:

30

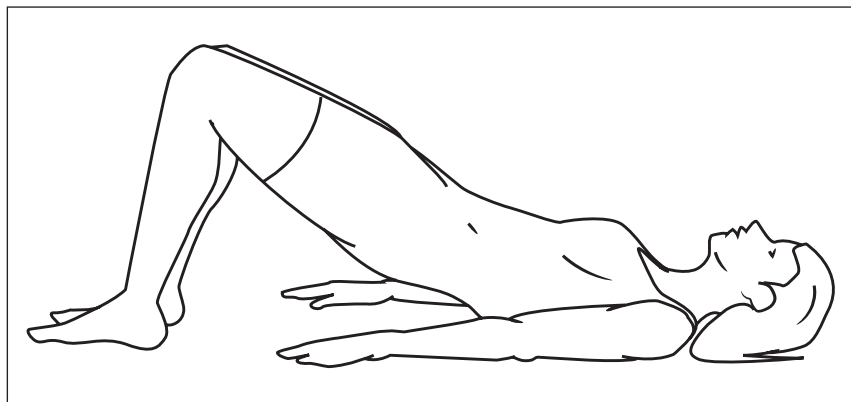
Treatments

Chiropractic Adjustments
Ultrasound
EMS
Deep Tissue Massage
Spinal Axial Decompression
Orthotics
Trigger Point Therapy

“Do what you do so well that people would want to come back and tell others.” ~ Walt Disney

It can take some time to diagnose and treat the causes of back pain. And all the while, you’re trying to navigate health insurance, work and family life, and everyday stressors. Here are a few fairly simple things you can do to help achieve some level of comfort and pain relief.

Let your spine really rest while sleeping. While you’re lying down, all the structures in your spine finally have an opportunity to relax and be rejuvenated. To make the most of this time, you need a mattress and pillows that allow your spine to rest in a supported and comfortable way. As long as you’re choosing a mattress to ensure the best support and sleeping position for your condition, there are many available types of mattress can be helpful.



Exercise your core to strengthen abs and back muscles. Your core muscles—your lower back and abdominal muscles—need to be strong and supple in order to support your spine and take pressure off your lower back. Unfortunately, for most of us our core muscles are rarely used during everyday activities; they need to be toned through specific, targeted exercises. These exercises are simple and can be performed in 20 to 30 minutes as part of a daily routine.

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Wear shoes that support your spine. The shoes you wear play an important role in supporting your lower back. Good shoes provide a supportive base that helps the spine and body remain in alignment. For example, make sure the area of the shoe that fits the back of your heels is snug, but not overly tight, as a good fit in the heel prevents over pronation or supination—or too much rolling of the foot to the outside or inside. Also, consider using shoe orthotics or inserts if you need further balance or support.

Enjoy the benefits of massage. A good massage will help increase endorphins—the body’s natural painkiller—in your bloodstream, which in turn may allow you cut back on pain medications. Massage can also encourage blood flow, which in turn brings healing nutrients to the affected area and can speed healing. While it’s not the same as going to a massage therapist, having a massage chair in your home can be a practical and easy way to get some of the benefits of a shiatsu or Swedish massage.



Practice good ergonomics while sitting—and limit total sitting time. The discs in your lower spine are loaded 3 times more while sitting than standing, so long periods of sitting can create or aggravate a painful back condition. Moreover, when sitting at a desk and/or looking at a computer screen, our natural tendency is to slouch and lean forward, stressing our lumbar discs even more. Choosing the right office chair and practicing good posture while seated play an important role in promoting good posture and supporting the natural curves of your back. It’s also important to do whatever you can to avoid sitting for long periods. Get up to stretch and walk around every 20 to 30 minutes.

Learn more:

www.spine-health.com/blog/five-ways-keep-your-spine-healthy-and-happy

Talk to Dr. Cafagna about specific questions related to your unique health situation.

Learn more or schedule an appointment

760-410-2373

<http://www.spine-health.com/doctor/chiropractor/mark-cafagna-san-marcos-ca>

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