

Oh My Aching Back....

Aches and pain in the lower back can be a chronic problem for many people

Many back problems are caused by one of the following:

poor posture,	overweight
improper footwear,	weak abdominal muscles
poor walking habits,	inactivity, accident, or fall
improper lifting	soft mattress
arthritis	slipped disc
sports injury	scoliosis.

Care for your back by using proper stretching, strengthening, standing, sitting and sleeping methods. If you have a problem, you may want to consult a physician.

Back problems cause tension and muscular tightness. The pain - spasm - pain cycle worsens and discomfort grows. Massage can help relieve the pain, reduce tension, and loosen tight muscles. It can bring relief and lessen the chances of an acute attack.

Next time your sciatica, lumbago, or sacroiliac starts to give you pain. Try reaching for the natural pain killer... schedule an appointment for a therapeutic massage treatment. We can also assist you with the proper stretching routine to help avoid reoccurring problems.