

HEALTH REPORT

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SOMETIMES YOU HAVE TO TREAT A HIP MUSCLE TO EASE BACK PAIN!

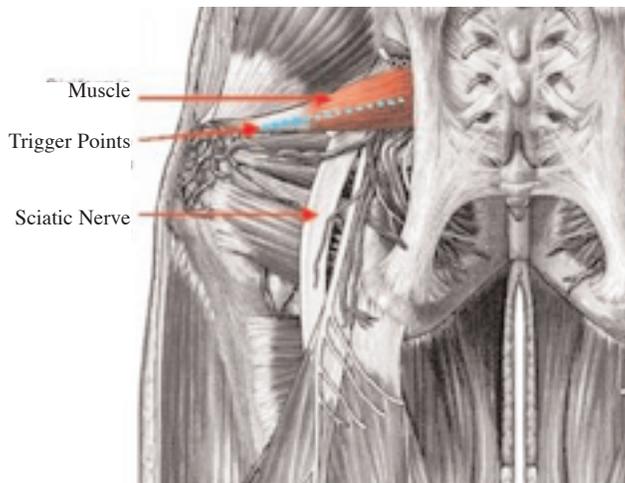
Sometimes, lower back pain is caused by something other than muscles, tendon or vertebrae problems in the lower back. It's quite possible that the discomfort may actually emanate from a muscle associated with the hip joint area. The discomfort can actually come from the Piriformis muscle (see diagram) and travel upward to the back.

This muscle can tighten from over-stretching, trauma or prolonged bad posture. Whatever the cause, it can push against the major nerve of the leg, the sciatic. Pain and numbness sometimes travels down the thigh and calf, other times upward to the lower back.

A series of Acupuncture treatments followed with stretching exercises is known to bring relief to the area. Typically, patients with this problem will constantly lean to one side to reduce pressure on the area. They will usually be taking ibuprofen drugs several times a day while showing no improvement.

Acupuncture treatment frequency is usually 1 to 3 times a week administered for 4-6 weeks. Within 6 to 8 treatments, the patient is likely able to feel improvement. Pain, burning and tingling sensations accompanying the condition are usually greatly reduced. The range of motion of the hip is increased and pain medication is reduced or completely discontinued.

Exercises are also recommended that will speed recovery. Bringing the knee to the chest and then stretching the area by crossing it over toward the other leg is part of the protocol for improvement. Sometimes patients must be instructed to practice better posture. Usually, Acupuncture and exercise solves the problem which is a better solution than cortisone shots or surgery.



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WHAT A RELIEF! ACUPRESSURE PROVEN TO HELP WITH LOW BACK PAIN

Patients seeking relief for low back pain would do well to consider Acupressure treatments instead of standard physical therapy applications. A recent test showed that Acupressure provided immediate relief as well as reduced levels of pain six months after the final treatment.

Researchers recruited 129 people with chronic low back pain (LBP) from a specialist orthopedic clinic as participants. The study was conducted under the leadership of Dr. Lisa Li-Chen Hsieh, a member of the Institute of Preventative Medicine at National Taiwan University in Taipei, Taiwan.

All test members were adult patients who had suffered from chronic LBP for a minimum of four months. Sixty-four patients were randomly assigned to receive Acupressure delivered at standard Acupuncture points. The remaining 65 patients were assigned to receive physical therapy that included spinal manipulation, electrical stimulation, infrared light therapy and exercise therapy. Each study participant received six sessions of either Acupressure or physical therapy delivered over a one-month period. A follow-up survey was done six months after the final treatment.

Acupressure treatment resulted in an 89 percent reduction in physical disability compared with physical therapy, the researchers reported. More specifically, patients who received Acupressure reported improvements in low back and leg pain, the most common types of pain that limit patients' ability to work or attend school.

For the millions of people who often turn to over-the-counter medications as their first defense against LBP, this study provides some excellent possibilities. Simple Acupressure procedures administered by qualified Acupuncture providers could provide both immediate and longer-term relief without the side effects of drugs.