



## Daily Care for Lower Back Pain in Chinese Medicine

### 下背痛的中醫日常保健(英文)

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Most people have experience with lower back pain and the average people will heal by taking some days of rest or improve back posture in addition to strengthening the muscular endurance.

#### Possible cause of lower back pain

- **Herniated Intervertebral Disc** : This pain triggers lower back pain in young people and accounts for a large ratio in the diseases that leads to sciatica. The fiber rupture surrounding the Disc causes the nucleus pulposus in the middle to protrude backward, resulting in local lower back pain. In general, 80 % of the patients will gradually recover in 3 months after some proper rest or take painkiller and receive lumbar traction.
- **Spondylolisthesis** : Spondylolisthesis mostly occurs to the fifth and 5th lumbar vertebra and the pain area consists of the lower back and the two sides of thighs. Patients often feel pain when standing up or walking for a long time but the pain will eventually disappear once sitting down or squatting down. Patients with minor symptoms can wear the backrest and strengthen the ab muscular training in addition to avoid bending over.
- **Acute paravertebral muscle strain** : Also known as lower back strain. Muscle strain often comes with clear trigger point that in general does not require special treatment but only proper rest or take some days of painkiller, hot compress or hot bath, and acupuncture to heal.

#### How to cure your lower back pain?

- Good posture : The so-called good posture means to maintain the spine with a natural and balanced angle.
- Standing : Straighten up naturally, draw in the chin and stretch the back neck, keep the two sides balanced and symmetric, head up high, keep abdomen tight, and flatten the lower back to avoid slouch.
- Bending over : Correct bending motion does not mean bending the spine but to keep the spine straight-up without moving under a natural angle. Use the hip joint and knee joint to bend. To pick something from the floor, walk pass by the object and squat down to pick it up.
- Lifting objects: Keep the body close to the heavy object as close as possible when moving it. Squat the body down, keep the waist straight-up, hold the heavy object with stability and then stand up.
- Walking : The standard walking posture is to draw the chin and chest up in, and keep abdomen tight. To walk in long distance, wear shoes with air cushion and absolutely avoid wearing high-heel shoes.
- Sitting Posture : Keep the upper body upright. Lean the back against the chair and place a small cushion behind the back of waist to straighten up the back.

### Method of preventing lower back pain

- Exercise frequently and avoid twisting the body ( walking, swimming or walking in the swimming pool is most ideal ).
- Engage in exercise that will enhance the abs ( bend the knees when doing sit-ups ).
- Try yoga (because it not only enhances muscular endurance and flexibility but also helps you relax).
- Wear comfortable low-heel shoes.
- To sit for a long period of time, adjust the height of chair so your waist can work comfortably.
- Do not bend over on the side to pick things up.
- It is better to lose some weight if necessary.

### Food prohibition in Chinese medicine

Banana, bamboo shoot, Chinese cabbage, pickled vegetable, beer, pineapple, and peanut.

