

# Dr. Colin Gage \* Dr. Duane Drobot

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Nicola Valley Chiropractic  
2076A Granite Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax: (250) 378-8259  
Email: info@merrittchiro.com  
Website:

*"treating the cause of your problem, not just the symptoms"*

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## Exercise and Your Sore Back

If you are like most people who suffer from lower back pain, you've probably been told that you should be getting more exercise. At the same time, you might worry that exercise could aggravate your condition. Fear not, and get out there and move! A recent report in the British Medical Journal says that even a few weeks of exercise classes can reduce your back pain and give you a wider range of "normal" physical activity.

This study looked at 187 adult men and women, who had complained of low back pain for one to six months. These 187 people were separated into two groups. The first group was a "control group" and received no extra treatment other than that provided by their medical doctor, while the second group completed a progressive exercise program, with stretching and strengthening exercises, relaxation techniques, and classes on back care.

After only six weeks, the exercise group had less distressing pain and disability than the "control" group. What's even more interesting is that after six months, the differences were even greater, and greater still after one year. The exercise group also missed less than half the amount of work that the control group missed. As well, the exercise group made far less use of health care resources.

In our office, all patients with joint and spine problems are encouraged to modify any activities that may aggravate their problem, as well as begin doing any exercises or stretches that may assist with their recovery. The main reason why exercise helps conditions like low back pain is because it makes your muscles and joints move. To heal properly after even a minor injury, your back has to keep moving in a "controlled" manner (this means that you cannot just go back to lifting heavily or repetitively). This is why chiropractic "adjustments" or treatment are so beneficial for problems like low back pain. When a chiropractor restores the normal and full movement to an injured muscle or joint, it is able to heal much faster and more completely. Best of all, it is the body healing itself naturally, without the use of medications.

If you would like more information on what exercises you should or should not be doing for your condition, or how chiropractic treatment may help you with your problem, please call me at my office.