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

Sex and A Sore Back

Whenever you or your significant other is suffering from back or neck pain, sexual activity will no longer be your top ten things you would like to do over the holiday season. All joking aside, this is a very common problem and one that is infrequently discussed or written about for people with back or neck pain. The reasons for this closed mouth attitude are multiple. The most common reason is that people who are suffering with it feel that they may be the only ones having the problem and therefore embarrassed to talk about it, even with their chiropractor. Sexuality is an integral part of any normal and healthy relationship. Therefore, it should not be simply abandoned when you are bothered by an acutely inflamed neck or back.

Many people have the desire, functioning equipment, and perfectly normal neurological wiring, but are unable to enjoy sex because they are not able to get into a comfortable position due to neck or back pain. This is usually easily overcome with some thought and experimentation. Although the specifics of this topic are not appropriate for an article of this sort, there are sexual activities or positions that put less stress on your neck or back than others. The general rule is that "If it hurts, don't do it" and the old saying "No Pain, No Gain" does not apply here. Do not be afraid to experiment, there is no right or wrong, normal or abnormal. A general guideline is to avoid activities or positions that bend your back or neck too far forwards or backwards. As well, some light stretching prior to and avoiding any quick or jarring movements are both good ideas. This is as far as I will go on this topic.

The best way to ensure a healthy sexual relationship with your partner is to avoid having the neck or back pain in the first place. By exercising and stretching regularly, as well as having your chiropractor restore and maintain proper motion in the joints of your spine, your spine will remain healthy and less prone to bouts of pain. If you address the cause of the problem (poor motion in the joints of the spine), the symptoms (stiffness, pain, muscle spasm) will either disappear on their own or, not show up at all.