

Dr. Colin Gage

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: www.merrittchiro.com

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

Back Pain

Hello again! I am back. After a month of trying to set up a temporary office due to a fire in the building, yes it was arson, where my original office was, I am officially up and running. I hope to be back in my original office in a few months after the renovations are complete. Just so you know, my new location is 1999 Voght Street, at the corner of Granite Ave. and Voght St. Below is this weeks article.

Back pain, strain or injury can happen when you least expect it. Bending, lifting, twisting the wrong way, sitting hunched at a computer or even stepping out of your vehicle after a long day of driving. Over 80 per cent of Canadians experience back pain sometime in their lives; the majority as a result of what they do for a living. From physical labour, like construction and manual labour, to office work and truck driving, employees in almost every industry are at risk for back pain, strain or injury.

People who perform physical labour for a living find that a great deal of their day-to-day tasks involve using the muscles in their back. Improper lifting or moving the wrong way can easily lead to back strain or injury. If that strain or injury isn't managed or treated quickly it can lead to serious pain and the inability to perform regular everyday activities.

People who sit for extended periods of time are also at risk. Sitting in a chair that doesn't provide proper back support or hunching over a keyboard can cause back strain and long-term back problems. Avoid unnecessary strain and stress on your body by positioning your chair, keyboard and computer monitor at optimal settings for your height and working style.

Since there are many ways to injure or strain your back at work, examine your work environment and activities to assess your risk for job-related back strain or injury. If you find your job contains risk factors, consider ways to reduce your risk.

Sometimes it's a matter of modifying tasks, like changing the way you bend to lift, or taking more frequent breaks from sitting, states Dr. Mills. One of the best ways to prevent back pain and injury is to ensure your back muscles and core muscle group are strong. Just like professional athletes, everyone's back muscles require regular maintenance to keep them flexible and strong.

If you do experience back pain or injury, consult a chiropractor. He or she can assess and treat your injury and get you back on your feet and back to work. More information on how to prevent a back injury, as well as stretching/strengthening of your back is available online at www.merrittchiro.com.