

# Dr. Colin Gage

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

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## Back Pain and Sex

Although this topic may sound like it should be located in "Cosmopolitan" magazine, it is actually a common issue raised by many of my patients. Chronic low back pain and its associated muscle spasm is not a pleasant thing to experience, particularly if it occurs during sex or prevents you from having sex at all. Not only is it painful, but it can have devastating effects on a relationship.

In women, the most common cause of low back pain during sex is stiff and immobile sacroiliac joints. These are the joints at the back of the pelvis. In men, I find that they too are stiff in all the wrong places. For them, it is most commonly the facet joints in the low back portion of the spine, in conjunction with weak and tight low back muscles.

If you or your partner is experiencing some low back pain or associated muscle spasms during sex, take note of the following suggestions.

- Try doing five minutes of low back stretches before commencing sexual activity. Some simple low back stretches are available on my website: [www.merrittchiro.com](http://www.merrittchiro.com).
- See a chiropractor so that the full mobility of the joints and flexibility of the muscles can be restored. This will allow them to function normally and without pain whenever you "stress" them.
- Regular exercise will help keep your low back limber. This might include walking a half of an hour each day, particularly in the evening before retiring to bed.
- If your job requires you to sit or stand in one place for long periods of time, take breaks and use them wisely by stretching or moving around. Then, at the end of your day you will not be so prone to back stiffness.
- Without going into too much detail, certain physical positions during sex are much more prone to cause problems. Discussing this with your chiropractor may seem embarrassing but it could relieve a lot of stress and anxiety between you and your partner.

Last but not least, prevention is the best cure. By seeing your chiropractor regularly, exercising daily, maintaining a healthy body weight, getting adequate rest, you should not experience low back pain and its spasms at all.