

## **Best Treatment for Chronic Back Pain**

By Lou Rossi, D.C. and Matt Trnka, P.T.

Millions of people of all ages suffer from chronic and re-occurring back pain. Exercise appears to be the best way to manage this condition. A regular exercise routine provides people with a means to help avoid re-occurrences of back pain, and helps reduce severity and duration of potential future episodes.

The natural stimulus for the back to heal is active exercise, done in a controlled gradual and progressive manner. Movement distributes nutrients into the disc space and soft tissue in the spine to keep the disc, muscles, ligaments and joints healthy. The opposite is also true –lack of exercise can worsen back pain by leading to stiffness, weakness and de-conditioning. All the benefits of an exercise program can not be duplicated by medication or passive modalities. The key word is active. People suffering from chronic pain must take an active role in their health.

General exercise programs for back pain should encompass a combination of stretching, strengthening, stability and low impact aerobics. If you are tired of the pain and are willing to work a little, Centerpointe Chiropractic and Physical Therapy can set you up with a home program that will put you on the road to improving your functional capacity and quality of life. With the assistance of both a chiropractor and a physical therapist a program can be designed for you.

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