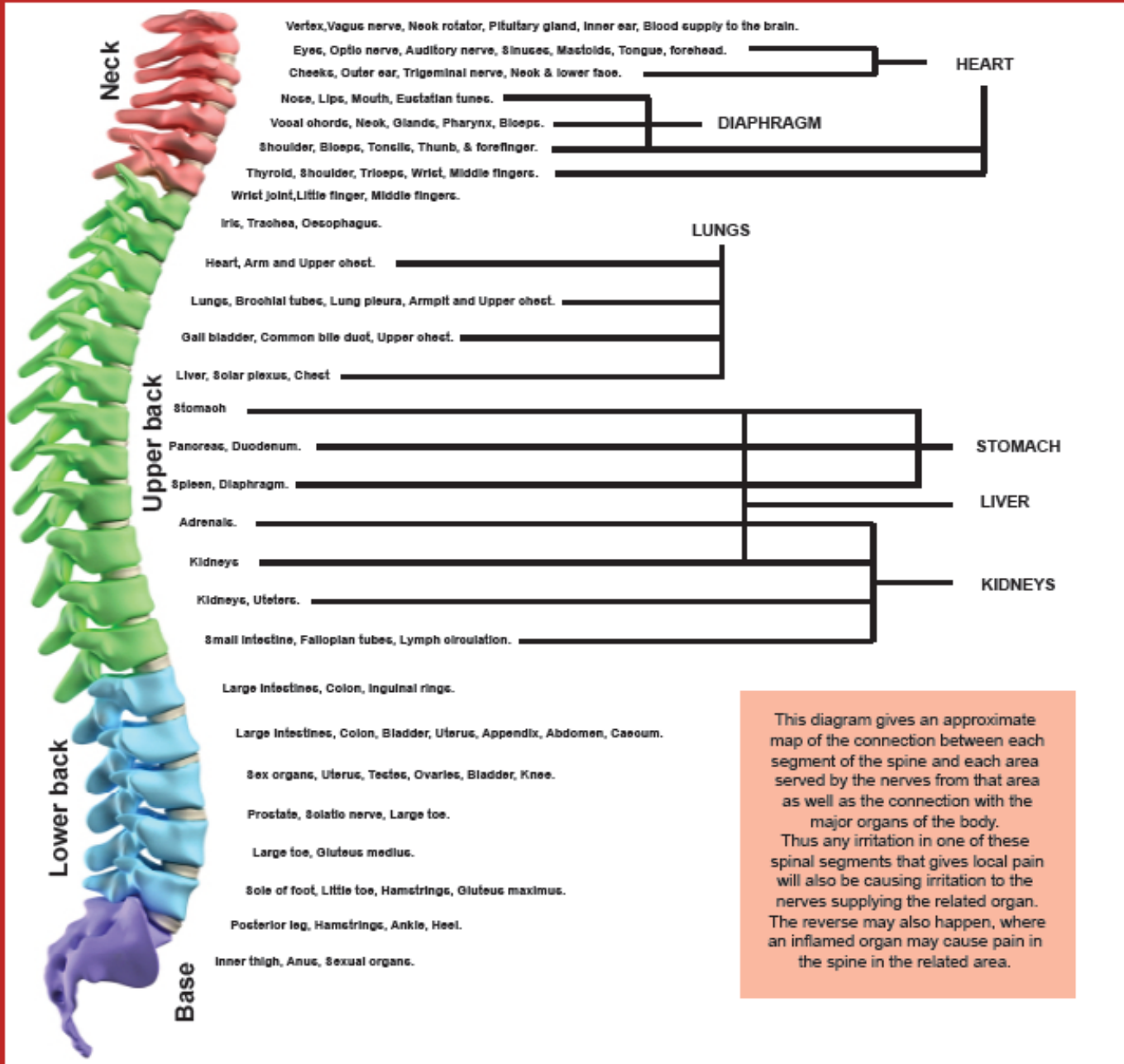


YOUR SPINE, RELATED ORGANS & YOUR GENERAL HEALTH

The spine supports the body and carries all the nerves that supply muscles, joints, blood vessels & organs.



This diagram gives an approximate map of the connection between each segment of the spine and each area served by the nerves from that area as well as the connection with the major organs of the body. Thus any irritation in one of these spinal segments that gives local pain will also be causing irritation to the nerves supplying the related organ. The reverse may also happen, where an inflamed organ may cause pain in the spine in the related area.



The Body Connection

“Better Body means Better Health”

Our body connects everything in our lives: our health, emotions and our whole being. Do you take care of your back?

THE BODY MYTHS

- M1. The human body is an amazing structure that is unaffected by the Laws of Mechanics!
- M2. It doesn't matter how our structure is put together or out of alignment so long as there is no fracture or dislocation.
- M3. Our body pains in the muscles have no connection to other health problems affecting the organs of the body.
- M4. If we have a back problem, we can just use physical exercises to get rid of it.
- M5. Most people never need any structural help to correct restrictions or misalignments in their backs.
- M6. Osteopathy is only useful for backpain and couldn't help other health problems.
- M7. Very young children and new-born babies can't be helped with osteopathy.

All the above ideas and many more similar ones have been taught us over the past hundred years or so. The daily barrage of media articles and medical claims for this method for back pain relief or exercise system further that adds to the confusion. Few people, including most medically trained practitioners, understand what the potential value of osteopathy is for helping ease pain or restoring good health.

THE BODY FACTS

- F1. No, our bodies are governed by the same Laws of Mechanics as any other mechanical structure.
- F2. Any mis-alignment or restriction in our body mechanics will put that area under excessive stress and lay the foundation for structural wear and tear.
- F3. Any area of our spine that is in pain and has muscle tension & inflammation will have an adverse effect on all organs served by nerves from the disturbed area.
- F4. It is not possible to use the structures that are in spasm and pain to fix themselves with exercise. This is akin to picking yourself up off the floor with your boot strings!
- F5. If you have perfect posture, perfect body use, never get stressed, never strain your back you may never need help from a manual therapist.
- F6. Osteopathy was founded as a total medical system and although this concept has been lost over the years it is easy to understand how good body mechanics can benefit our general health.
- F7. Many children and babies have been given a better start in life from cranio-sacral treatment or gentle osteopathic treatment. Most babies with colic get rapid permanent relief from therapy.

BACK HELP

What you can do for yourself.

If your back is out of alignment or you have had recurrent aches and pains for many years you would be well advised to get help from a physical therapist to correct the underlying mechanical problems before attempting to help yourself. Once your back is in reasonably good shape there are a few key things you can do to keep it that way:

1. Get regular gentle exercise such as walking.
2. Be aware of how you hold yourself, try to improve your posture.
3. Take care when sitting for any length of time to sit square and upright with adequate lumbar support, this is particularly important for those working at the computer or office desk.
4. After heavy gardening or sporting exercise, give the back a rest; lay flat on the floor with knees bent with a small pillow for a few minutes.
5. Lift heavy object with your leg muscles not with a bent back.

What therapy you can use.

The choice of therapy depends on many things, for correction for structural problems osteopathy, chiropractic or other similar systems is needed, for maintenance of good structural mechanics Pilates, Tai Chi or Yoga make sense, for back problems closely related to other health problems acupuncture may be more suitable. Discuss this with others who you know who have had benefit from these therapies, recommendation is best.

Visit <www.BackCareKent.co.uk> for more information

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