

Remedial Massage Good for Most Back Pain.

By David Hall, Qualified Massage Therapist

Back pain is one of the most common complaints treated by remedial massage therapists, chiropractors and other health professionals.

The causes of back pain are many and varied, so treatments vary widely from massage to surgery.

For example, back pain could be caused simply by muscle imbalances or by more complex issues related to disc and vertebral, spinal cord, facet joint, ligament, vascular, dural, inflammation and spinal canal problems.

As I'm not a medical practitioner or back specialist, there are many aspects of back pain I know little about.

But as a qualified massage therapist who has treated hundreds of clients, I do know there are many people suffering occasional or ongoing back pain who would find a remedial massage is all they need to fix or greatly relieve their problem.

Where muscle-related problems are the cause, which is often the case, massage treatments are relatively simple but very effective.

Many people put up with ongoing back pain rather than seeking help because they assume surgery or constant use of pain killing drugs are the only ways to fix or relieve it - and they don't want to be cut open or become addicted to drugs.

Surgery MAY be necessary as a last resort, but it is certainly worth trying one or several non-invasive, drug free remedial massages first to see if they offer a solution.

Sometimes just talking to a qualified, competent therapist who can explain aspects you never even considered about the interaction and effect of a range of muscles and how they influence back pain brings mental relief in itself.

A multi-disciplinary approach may be the answer - for example, remedial massage, chiropractic, acupuncture and anti-inflammatory drugs.

Even where the original cause of the pain can be traced to, say, disc problems from wear and tear or



an accident or injury, muscular imbalances on the left/right and/or front/back of the body can significantly aggravate the situation and cause even more pain. A remedial massage can usually bring significant relief.

If muscles on one side of the spine are tighter than the other, or tight muscles cause the hip to tilt forward, backward up upwards, they can put undue pressure on intervertebral discs and cause even more pain.

A competent masseur would seek to not only balance up the muscles as much as possible but also work on factors making the muscles uneven in the first place.

Tight hip flexor muscles across the FRONT of the hips or weak abdominal muscles often are a significant contributor to lower back pain. Muscle tightness in the chest often leads to pain in the neck, shoulders and mid back.

Unfortunately, it would take more space than is available in this column to explain how that all happens.

If you have suffered regular back pain and haven't done anything about it, or tried other methods without success, give remedial massage a go. It might not be what you need or a total solution to the problem, but it could be.

A couple of years ago I had a patient who had put up with pain for more than 15 years after trying other types of treatments - which failed.

One and a half hours of remedial massage fixed his problem.

If you'd like more information about massage - remedial, relaxation, sports or lymphatic drainage, call one of our qualified therapists today.