

## **Pain Management**

A back strain is a sudden and intense pain felt at the waist. Also known as “acute low back pain,” a back strain can be brought on by physical activities as well as diseases of the spine and internal organs. The most common cause is lifting heavy objects improperly, however simple motions, even sneezing can cause sudden low back pain.

The severe pain runs to the waist and the strain takes form as altered posture. The rigid contraction of muscles in the lower back restricts free movement and increases pain. The rigid contractions lead to strong inflammation of the muscles. The initial response to such an injury may be stretching and massage, but this could in fact worsen the condition.

Acupuncture has a powerful sedative effect and can be used on the affected area to naturally loosen muscle tone. Because acupuncture has certain analgesic properties upon application, patients are often able to walk home after treatment.

By its very nature, acupuncture is the introduction of a foreign object into the human body. Once the foreign object has been detected, the body’s natural immune systems begins to function in order to remove the object. If the source of the ailment or injury is restricted or blocked blood flow, the acupuncture focuses the body to address the blockage, therefore treating the source of the injury, not just the injury itself. Increasing blood flow to a back strain helps relax and loosen the contracted muscles, accelerating the healing process.

Acupuncture works by naturally stimulating the meridian lines of the body’s and activating our own healing ability. These meridian lines connect the entire body, so treating a strained back may not warrant treatment just at the waist and back. Diagnosis can uncover blocked meridians in other parts of the body that lead to strained back later. Discovering a blockage may

uncover a new pain or make the patient more sensitive to pain. This may seem like a condition worsening, but is actually a sign of recovery, called an upturn reaction.

Since its wide practice in ancient China, acupuncture and moxibustion have been used to not only treat the injury but the source of the injury as well. This practice has been handed down through Japan from the Heian and Nara periods. The medical records of the Nara period show that acupuncture was practiced in Japan by “needle doctors” as a public health service. And some of the first treatments were used specifically for lower back pain.

According to Traditional Chinese Medicine, the kidneys are often associated with the health and well being of the waist. This is the source of health, immunity, and anti-aging as well. Lower back pain and lower immunity levels go often hand-in-hand. Cold and flu, often brought on by cold weather, can lower the immune system, increasing susceptibility to lower back pain. Lifestyle and poor health management can compound increased risk. Chronic lower back pain, or a slipped disk can repeatedly affect the body and keep the body from ever fully recovering. This can seriously affect quality of life and lower back pain should be treated with great importance.