



Spinal Rehab RESEARCH

Lumbar Strengthening in Chronic Low Back Pain

Physiological and Psychological Benefits

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ABSTRACT: The effects of exercise for lumbar extensor muscles were examined in 54 low-back-pain patients. Treated subjects reported less physical and psychological dysfunction whereas the control group increased in pain, and physical and psychological dysfunction. There were no concomitant changes in daily activity levels. These results show that lumbar extension exercise is beneficial for strengthening the lumbar extensors and results in decreased pain and improved perceptions of physical and psychological functioning in chronic back pain patients.

To read the full article, please visit our website at www.Back2Strength.net.

How is What We Offer Different from Other Rehabilitation Methods?

(1) Patients take responsibility for their own care. (2) Some discomfort is expected, at which point it is worked through. Our focus is to restore functional ability, in addition to obtaining pain relief. (3) We rely on objective measurements of strength, endurance and flexibility to gauge progress. (4) We incorporate specialized exercise equipment that provides resistance over a full, or selected, limited range of isolated lumbar motion. (5) We develop a strength curve to monitor and compare the patient's strength and range of motion to established norms.



For **VALENTINE'S DAY...**

Give your loved one(s) the GIFT of a FREE Spinal Strength Analysis.

Did you know that 80% of back problems are a result of weak, atrophied muscles? For the month of February 2008, *Back2Strength* is offering FREE spinal strength analysis testing. So...

Tell your friends and family to give us a call and schedule an appointment at: (541) 484-0360.

Client Spotlight



Susan Walker - Spinal Rehab Patient

I underwent low back surgery about 5 years ago after years of low back and leg pain. I was told then by the neurosurgeon that "he would probably be seeing me again down the road."

I am 58 years old and ran my first marathon at 41. I have always been active and back surgery with lingering pain and disability did not sit well with me

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CLIENT SPOTLIGHT *continued*

I have seen Dr. Gittins off and on over the years. When I saw him again after a period of several years since my last visit, I was experiencing a lot of pain in one leg, my low back and worst of all, I was very limited in how much activity I could engage in.

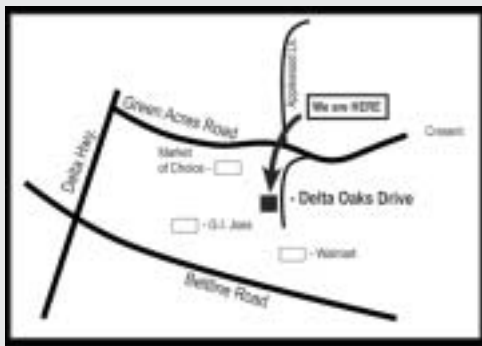
Performing carpentry work and standing for several hours was a sure guarantee I would have back and leg pain for a week or more.

I underwent six weeks of spinal-rehab training with Ed Collins.

This last weekend, I spent over eight hours crawling around under a house. I tumbled 50 pound cement pads into place while we installed new supports under the house. Monday morning, I was stiff and a little sore, but that was it. Before the training with Ed, I could not have managed even four hours of that work, and it is probable I would have paid a heavy price in terms of pain and incapacity.

I plan to do monthly "tune-ups" in the future with Ed. I refuse to give up the gains I have made in the Back2Strength program!

Thank you Ed, and Dr. Gittins!



~ **Our Mission is to relieve pain, restore function and reduce the need for spinal surgery.** ~

HEALTH TIPS:

Glucosamine Sulfate Supplementation *Supports joint function*

Hundreds of thousands of people have used Glucosamine, and many have found it extremely effective in effectively easing their arthritis-related joint pain, and also to provide them with far more than just long lasting relief.

Glucosamine has been shown in clinical studies to regrow cartilage, slow the progression of joint deterioration, and possibly even modify the disease itself with almost no side effects.

Strong evidence from many clinical trials indicate that glucosamine sulfate supplements may be as effective as some of the other medications used to treat this condition, albeit with fewer gastrointestinal side effects. Nonsteroidal antiinflammatory drugs (NSAIDs), such as ibuprofen and piroxicam, are used to treat osteoarthritis. NSAIDS may cause stomach upset, cramps, constipation, diarrhea and stomach ulcers.

Though glucosamine supplements will take longer to work than NSAIDS, pain control lasts longer.

There are no food sources of glucosamine. Supplements are made from chitin, the hard, outer shells of shrimp, lobster and crab.

Supplements can be purchased from our website at **back2strength.net**.

Some nutritional supplements use different forms of glucosamine including the hydrochloride and the N-acetyl form (NAG). Of the three forms, only the sulfate form has been shown, in a number of well-designed studies (placebo controlled, double blind), to improve joint function. Glucosamine sulfate also provides the additional benefit of sulfur, which is an important nutrient for proper joint function.

IMPORTANT NOTICE: If you suffer from diabetes, are pregnant or lactating, or are under a doctor's care for any reason, it is important that you consult with them before adding any supplementation to your diet.

Statements made herein have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease.