Back Pain/Injuries & Chiropractic

by Dr. Alex Jimenez
915.850.0900
While low back pain is remarkably common, the issues are caused by a variety of conditions or injuries involving the intricate network of spinal muscles, nerves, bones, discs, or tendons in the lumbar spine. An affliction to any of the local structures of the lumbar spine can result in radiating pain that may travel to other parts of the body but the symptoms and severity of low back pain vary greatly for each individual. These are 5 common conditions that could be the source of your low back pain.
Sciatica

Sciatica refers to a group of symptoms rather than a particular condition. Sciatica is identified by one or multiple symptoms consisting of chronic pain that extends from the lower back down to the buttocks and leg, tingling sensations on the lower extremities, numbness and weakness, or difficulty performing everyday activities like walking or sitting. These occur when the sciatic nerve roots become compressed and irritated due to an underlying condition in the lumbar spine that causes the impingement of the nerves.

Source: What You Need to Know About Sciatica

Spinal Stenosis

Lumbar spinal stenosis is a gradual condition classified by degeneration in the spine that results in a narrowing of the spinal canal. With age, the spine progressively changes and degenerates, eventually leading to a narrower spinal channel that begins to pinch the spinal nerve roots and causes the identifiable low back pain, tingling, and numbness symptoms. Some people are born with a congenital form of the condition but the majority develop lumbar spine stenosis when degeneration becomes present in older people, usually over the age of 50.

Spondylolisthesis
5 Causes for Low Back Pain

Another condition due to degeneration in the spine, spondylolisthesis develops in the lower back when a single vertebra in the lumbar area shifts forward over the vertebrae below it, causing the natural structure of the spine to misalign. Typical symptoms of the condition include the symptoms of sciatica. However, when stress causes a small fracture in the spinal segments that causes the vertebra to slip forward, this altered condition is known as isthmic spondylolisthesis and commonly occurs in young individuals.

Sacroiliac Joint Dysfunction

Not all conditions causing low back pain originate from the lumbar spine. Dysfunction in the sacroiliac joint also yields symptoms of sharp pain in the lower back and lower extremities, tingling, and numbness. The sacroiliac joint is located between the sacrum and the back of the hip. This joint supports the movements of the lower limbs together with the muscles, nerves, and tendons in the lumbar area. With overuse or underuse, the muscles surrounding the sacroiliac joint become inflamed or tight, which lead to sacroiliac joint dysfunction.

Facet Joint Arthritis

Osteoarthritis, or arthritis through degeneration, can develop anywhere in the body resulting in the breakdown of the bone and cartilage of the spine from natural wear and tear changes. From all the degenerative lumbar spine conditions known today, facet joint arthritis is among the most common of them all. The facet joints are aligned on the back of the spine and their purpose is to link each vertebra together. The joints are covered with articular cartilage but when this erodes as we age, the facet joints develop arthritis, greatly affecting the flexibility and movement of the spine.

Source: Facet Joint Osteoarthritis
Most of these lumbar spine conditions are a result of degeneration that naturally occurs as we age but with the proper treatments and exercises, these can be avoided and prevented. Strengthening the lower back muscles often helps ease the symptoms associated with these conditions and can also prevent certain conditions. It’s essential to consult a health professional when symptoms become present in order to begin treatment as early as possible.

By Dr. Alex Jimenez

10 Stretches in 10 Minutes for Lower Back Pain Relief!

#1 – Cobra Stretch Start with a pushup position on a comfortable floor. Extend and straighten your arms while you keep your hips planted on the floor. Go as far you comfortably can until you feel a nice stretch in your lower back.
10 Stretches in 10 Minutes for Lower Back Pain Relief

Sourced from: leadinginversiontablereviews.com

Dr Alexander Jimenez
Chiropractor / Clinical Author / Researcher & Chief Clinician @ PUSH-as-Rx ™ 915-850-0900

My name is Dr.Alex Jimenez D.C.,C.C.S.T, a clinical pain doctor who uses cutting-edge therapies and functional rehabilitation procedures focused on total health, strength training and complete conditioning. We specialize in restoring normal body functions after neck, back, spinal and soft tissue injuries. We take a global physiological treatment approach in order to regain total functional health.

We also use Specialized Chiropractic Techniques, Specialized Diet Plans, Agility Training, Cross-Fit and the PUSH-Rx Rehabilitation System to treat patients suffering from various injuries and health problems.

We have been blessed to perfect our methods with thousand of El Pasoans over the last 26 years. This has allowed us to create fitness and better functional bodies through the researched methods and total programs offered. These programs are natural, and use the body’s own ability to achieve goals of improvement, rather than introducing harmful chemicals, controversial hormone replacement, surgery, or addictive drugs. We want you to live a life that is fulfilled with more energy, positive attitude, better sleep, less pain, proper body weight and educated on how to maintain this way of life.
As an extension to dynamic rehabilitation, we also offer our patients and athletes a diverse portfolio of strength equipment, high performance exercises and advanced agility options. We are very proud to have teamed up with the city’s premier therapist and trainers in order to provide high level competitive athletes the option to push themselves to their highest abilities within our facility.
Causes of Spine & Back Pain after a Car Accident

Causes of Spine & Back Pain after a Car Accident

Car crashes happen all the time, and with car accidents come injuries. One of the most injured areas of the body during a car crash is the spine.

There are various types of injuries an individual can sustain during an automobile accident. From herniated discs and vertebrae fractures to whiplash and soft tissue injuries, it is always important to seek medical assistance after a car crash to diagnose any possible injuries and begin treatment as soon as possible.
After suffering an automobile accident, it's not uncommon to experience injuries or develop conditions which can leave an individual feeling pain and discomfort. Together with whiplash, spine and back pain are considered the most common symptoms resulting from a car crash. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900.

Sourced from: inspiredspine.com
Back pain is one of the most frequent reasons people seek chiropractic treatment. From back injuries to spinal conditions, many people have experienced symptoms of back pain throughout their lifetimes but recently, children have been visiting the chiropractor much more frequently than the parents are.

One of the major reasons children develop back problems can be linked to the use of oversized, heavy backpacks which hang over a single shoulder. While it’s recommended to minimize the size of the backpack, it’s often difficult to accomplish this solution as it requires kids to also decrease the amount of supplies they need to be carrying around with them at a time. However, using back packs with adjustable straps over both shoulders can decrease the stress caused on the back of a child.

Varied physical activity can also help keep kids healthy and free of back pain after sitting in a hard, resin chair for extended periods of time. Stretching the muscles and exercising regularly strengthens the muscles of a growing child which in turn can help prevent spinal misalignments as well as damage from an injury.

Sourced from: www.elpasochiropractorblog.com

Chiropractic treatment can be an effective treatment option for many children who are experiencing symptoms of back pain due to the stress of carrying heavy backpacks or other possible conditions or injuries. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900.
Back pain is one of the most common debilitating symptoms affecting a majority of individuals. A greater number of people though will often overlook the possible source of their pain and continue throughout their regular lifestyles, postponing medical attention when their symptoms lessen. But, what happens when one day, you bend over to pick up a small object and you can't stand up? Back pain or spasms are usually a sign of spine complications that, if left untreated, can ultimately alter your lifestyle.
Muscle Spasms on the Back

Back spasms are a sudden and involuntary contraction, or tightening of a muscle in the back as a result of strain, overuse, weakness, or muscle pain relating to an injury or condition. While the most appropriate action would be to seek immediate medical attention, back spasms can be temporarily relieved using ice therapy. Also, after experiencing a back spasm, make sure to keep moving. With back pain or other symptoms, an individual’s natural response is to lay down and avoid movement but, in fact, resting and immobilizing the body after a back spasm will only cause the surrounding muscles to spasm and tighten further. Then, it’s time to seek medical attention. A chiropractor can diagnose the underlying cause of your back pain and follow with an appropriate treatment procedure depending on the individual’s level of injury or grade of condition. While the back spasm that brought you to seek medical attention came on suddenly, the problem that caused your symptoms generally developed gradually over time. Receiving chiropractic treatment for any spine complications is crucial in order to avoid a back issue that could drastically affect your quality of life.

Back spasms can cause debilitating pain and other symptoms that can impair an individual’s lifestyle. When experiencing these type of symptoms, it’s crucial to seek medical attention to treat any possible injury or underlying condition that could be causing the back complications. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900. By Dr. Alex Jimenez

Sourced from: www.elpasochiropractorblog.com
About 80% of golf athletes experience re-occurring back pain. When the swings a golf professional takes during a round begin to add up, including all shots and all practice swings, one can begin to notice that the movements used during golf involve a lot of one directional repetition. With golfers, this often tends to cause individuals to be flexible on one direction and very stiff in the other. There are a few simple steps to take to avoid developing back problems while doing the sport you love.
Foremost, it’s essential to warm up the body before golfing. This doesn’t necessarily mean stretching. Many people will often rush to the course after work, while hoping not to be late, and they run up to the field and begin taking swings. Next time you golf, start with spinal twists. First, spread your feet shoulder width apart, interlace your fingers, point your hips forward and rotate your shoulders independently of your hips. This simple exercise will help loosen up your spine. Second, try several walking lunges. The walking lunges will help loosen up the hips and warm up the muscles. Finally, doing some standing crunches can help activate the abs. While standing, grip your finger tips loosely behind your head and then crunch each elbow to the opposite hip. About 15 of these should be enough to warm up your core.

Before attempting any of the above exercises, be sure to consult a specialist in order to determine an appropriate exercise and stretching routine in case of a previous injury or underlying condition. It’s crucial to prevent any further injuries in order for you to continue participating in the sports and physical activities you enjoy.

Many people who participate in physical activities or sports, frequently experience symptoms of back pain or discomfort as a result of an injury, and golf is not an exception. Simple stretches and exercises can help prevent injury for individuals to continue participating in the sports and physical activities they enjoy. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900.

Sourced from: www.elpasochiropractorblog.com

By Dr. Alex Jimenez
The bipedal posture of humans carries many benefits for us, but alternatively, this standing posture also adds pressure on the spine as well as other bones and surrounding muscles of the body. Together with an individual’s improper sitting position and the natural wear and tear degeneration of tissues through age, it’s not uncommon for individual’s to develop symptoms of back pain. In fact, back pain is considered to be the second most common cause people seek medical attention, only next to upper-respiratory infections. According to some experts, as many as 80% of individuals may experience back complications at some point in their lives.
Although back pain and its associated symptoms is common among the population, treating your injury or condition is crucial for individuals to achieve a healthy lifestyle. Chiropractic care focuses on the structure and function of the human body, primarily that of the spine. A chiropractor can diagnose a possible injury or condition causing back complications and determine the most appropriate treatment for each individual using spinal adjustments, manual manipulation and occasionally, recommending exercise and dietary lifestyle changes to improve a person's wellbeing. Chiropractic adjustments can be an effective treatment for back pain as well as other types of pain.

Additionally, before relying on chiropractic care for diagnosing and treating a back complication, the common injuries or conditions relating to back pain can be prevented in a variety of ways such as, maintaining a healthy diet and weight are important towards preventing back pain, avoiding prolonged inactivity or bed rest, staying active, warming up or stretching before exercising or participating in other physical activities to avoid further injuries, maintaining a proper posture, wearing comfortable, low-heeled shoes, and sleeping on a mattress of medium firmness to minimize any curve in the spine.

Many people frequently experience back complications resulting from their everyday life routines. Back injuries can range from a sharp pain to a dull ache, typically associated with symptoms of tingling, numbness, and/or burning sensations. While a majority of back complications can be considered minor injuries that usually heal rapidly, some complications can often develop into chronic back pain and chiropractic treatment can help. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900.

Sourced from: www.elpasochiropractorblog.com
According to the National Institute of Occupational Safety and Health, or NIOSH, more than 24 percent of all injuries associated with the workplace and illnesses requiring individuals to miss days from work are due to back complications. As a matter of fact, healthcare workers have 4.5 times as many back injuries caused by overexertion than any other type of worker.
In addition, a performance improvement alliance consisting of more than 2,600 U.S. hospitals and more than 84,000 other healthcare sites known as Premier, national statistics demonstrated that six of the top ten professions with the highest chance for back injuries are nurse's aides, licensed practical nurses, registered nurses, health aides, radiology technicians, and physical therapists. Among nurses, more than one one third of back complications are associated with the handling of patients and the frequency in which they are required to manually move patients. From a worldwide perspective, back injuries to nurses have a point prevalence of approximately 17 percent, an annual prevalence of 40-50 percent, and a lifetime prevalence of 35-80 percent.

These are only the accounted rates for reported incidents as many individuals working under healthcare jobs can experience back pain and other symptoms and never receive medical attention. Back complications are a world-wide issue as other studies from Greece, China, and Denmark have recently showed the relation between nurses and back injuries, to name a few.
Roughly 80 percent of back injuries cause temporary symptoms and nurses as well as other workers usually return to their normal functioning and continue working normally. But, for other healthcare workers, their back pain could develop into chronic pain and, for a small percentage of these individuals, their symptoms can last a lifetime. This can cause a considerable impact on the individual’s independence and income as well as create a significant effect on healthcare due to its overburdened system in losing care givers. With an average age of 46.8 years, as the nursing workforce ages, there’s been a critical shortage of nurses throughout the country, with a 20% shortage by 2015 and an estimated 30% shortage by 2020. Conserving the health of the nursing staff and reducing back injuries in healthcare personnel is essential.

When it comes to back injuries and nurses, there are a variety of factors that can ultimately affect the well being of an individual. Back pain and other work-related musculoskeletal injuries may be caused by factors such as age, genetics, being overweight or out of shape, poor posture, poor body mechanics, pregnancy, tension, and personal stress. Injuries may also often occur as a result of trauma from an accident, such as a slip or fall, or an automobile accident. There is also cumulative trauma to the spine and its related structures which may occur gradually over time due to a single or multiple of the above factors.
Back complications in healthcare workers are generally due to repetitive manual handling activities of patients which often involves heavy lifting associated with transferring and repositioning patients. It’s believed that lifting patients has become a leading problem for nurses and their spines because of an increasing obesity epidemic in the U.S. as well as a rapid increase in the number of older people who require assistance with their daily living activities. These factors, combined with working in abnormal positions and lifting or moving heavy equipment, can quickly cause back complications.

As a nurse, many individuals readily depend on you to assist them through their recovery process, and as such, its important to remain as healthy as possible. While it may appear challenging to avoid these factors in order to decrease the risk of back injuries, seeking medical attention as soon as symptoms for persistent back pain can be a good way of preventing further back complications as well as help ease the strain of work on your body. A chiropractor can diagnose any possible back injuries or conditions that could be causing your symptoms. Through the use of spinal adjustments and manual manipulation, chiropractors help gradually restore an individual’s health and overall wellness, in order to help you return to your normal everyday activities.

Sourced from: www.elpasochiropractorblog.com

Nurses provide a valuable service to many individuals but, at the end of the day, healthcare workers most often experience work-related injuries and symptoms that can affect the lifestyles of many nurses. In fact, healthcare workers have 4.5 times as many back injuries caused by overexertion than any other type of worker. For more information, please feel free to ask Dr. Jimenez or contact us at (915) 850-0900.
My name is Dr. Alex Jimenez D.C., C.C.S.T, a clinical pain doctor who uses cutting-edge therapies and functional rehabilitation procedures focused on total health, strength training and complete conditioning. We specialize in restoring normal body functions after neck, back, spinal and soft tissue injuries. We take a global physiological treatment approach in order to regain total functional health.
We also use Specialized Chiropractic Techniques, Specialized Diet Plans, Agility Training, Cross-Fit and the PUSH-Rx Rehabilitation System to treat patients suffering from various injuries and health problems.

We have been blessed to perfect our methods with thousand of El Pasoans over the last 26 years. This has allowed us to create fitness and better functional bodies through the researched methods and total programs offered. These programs are natural, and use the body’s own ability to achieve goals of improvement, rather than introducing harmful chemicals, controversial hormone replacement, surgery, or addictive drugs. We want you to live a life that is fulfilled with more energy, positive attitude, better sleep, less pain, proper body weight and educated on how to maintain this way of life.

As an extension to dynamic rehabilitation, we also offer our patients and athletes a diverse portfolio of strength equipment, high performance exercises and advanced agility options. We are very proud to have teamed up with the city’s premier therapist and trainers in order to provide high level competitive athletes the option to push themselves to their highest abilities within our facility.

Remember, you are in control of your life. Take control, learn how improve your health for yourself and your loved ones.

With a bit of work, we can achieve optimal health together.

It’s all about: LIVING, LOVING & MATTERING!

God Bless

Injury Medical & Chiropractic Clinic