

Pain Management

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“If you are over 60 years old and wake up one morning without feeling any pain in your body, you are already dead” -Dr. Hans Nordlinder

- Pain is common as we aging
- Pain is often ignored

Different kinds of pain

- Pain caused by internal organs: stomachache, myocardial ischemia, gallstones, etc.
 - Pain caused by ligaments and muscle sprains.
 - Trauma
 - Static damage
- *Different threshold of pain

- Our skeleton structure is supported by ligaments and muscles
- Posture change will cause dynamic change of the skeleton
- Strength of ligament and muscle are limited. Improper posturing can over stretch soft tissue and cause the damage
- Our body needs time to rest and repair

Improper posturing is the main cause of muscle and ligament sprains

Sudden movement with wrong posture: acute pain develop to chronic pain

Prolonged improper posturing: minor pain accumulate to major chronic pain

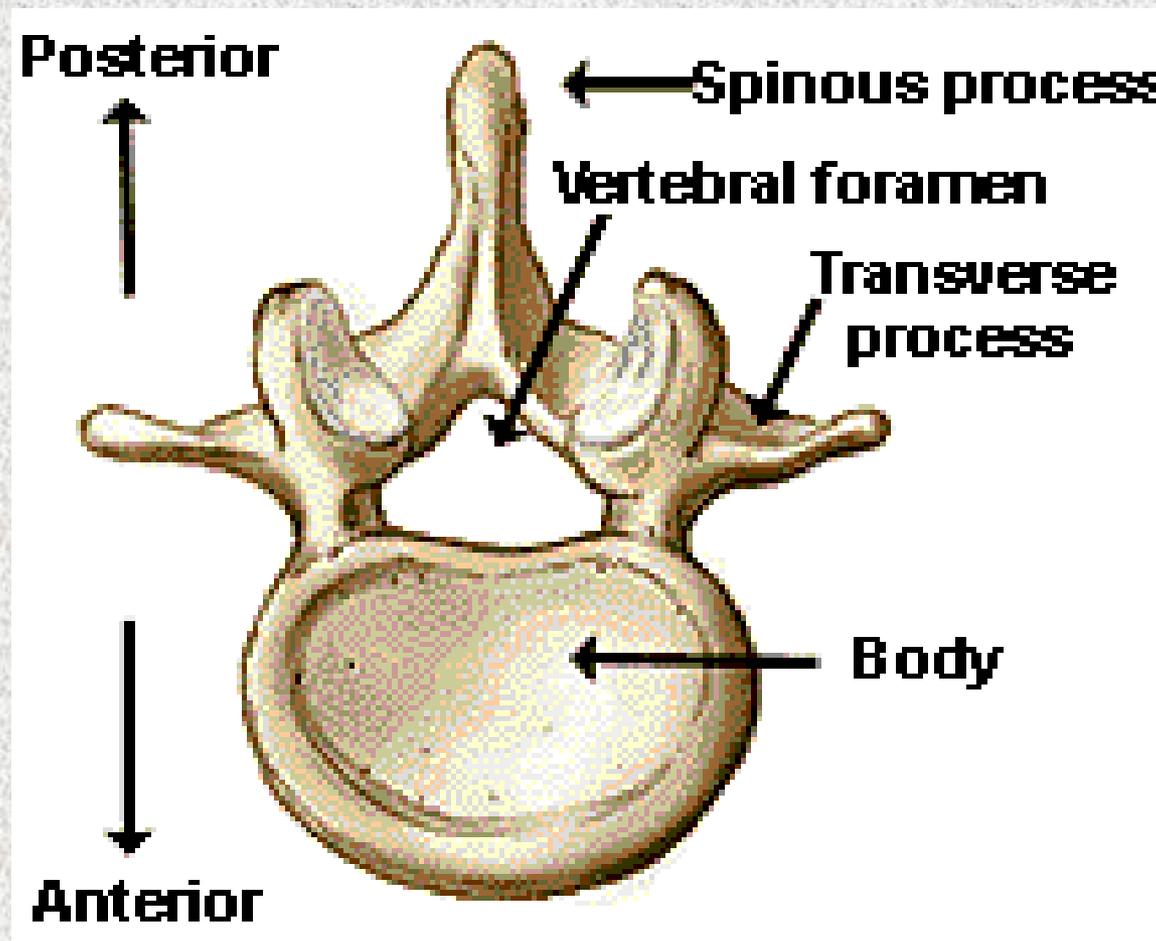
Lower back pain

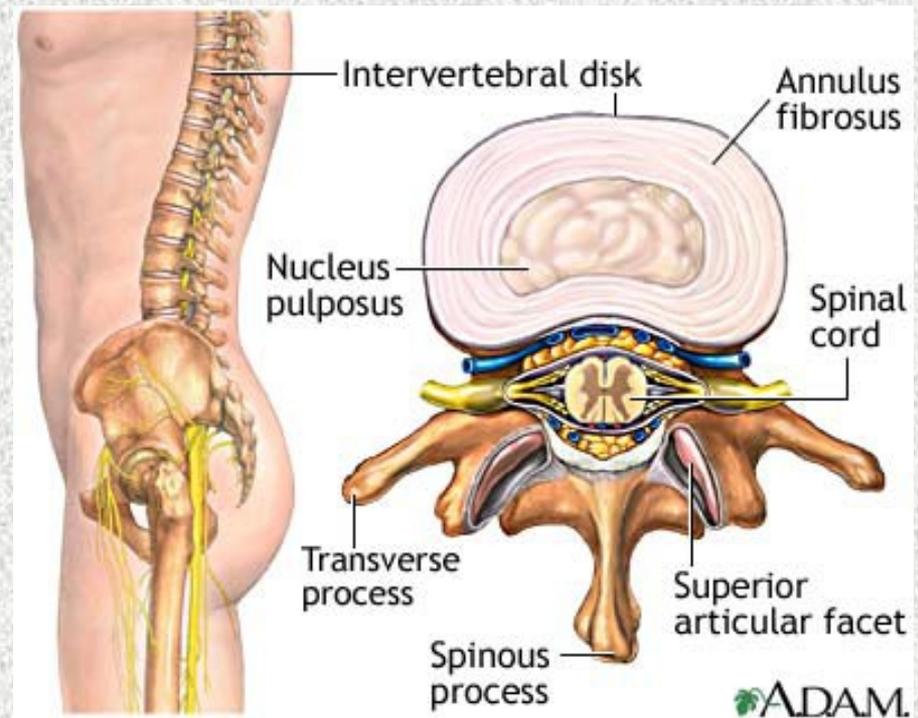
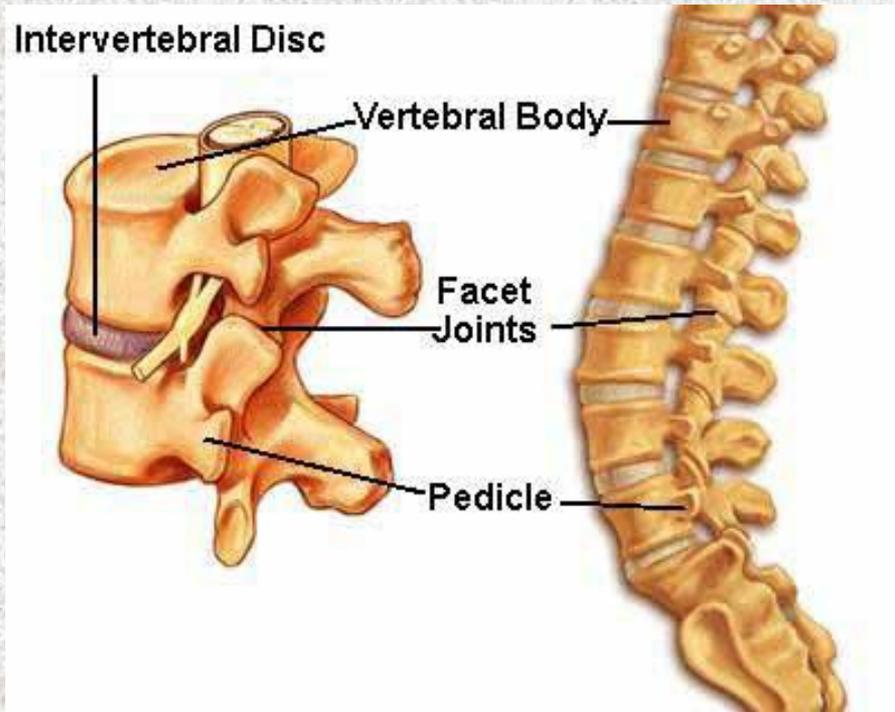
Lower back pain is one of the most common pain and approximately 90% of population will be affected in their lifetime



A bony column in the middle of the back, provides support for the body and flexibility for the trunk. These bones surround the spinal cord together with muscles and ligaments form a "S" shape structure. The lower portion of this "S" is the low back.

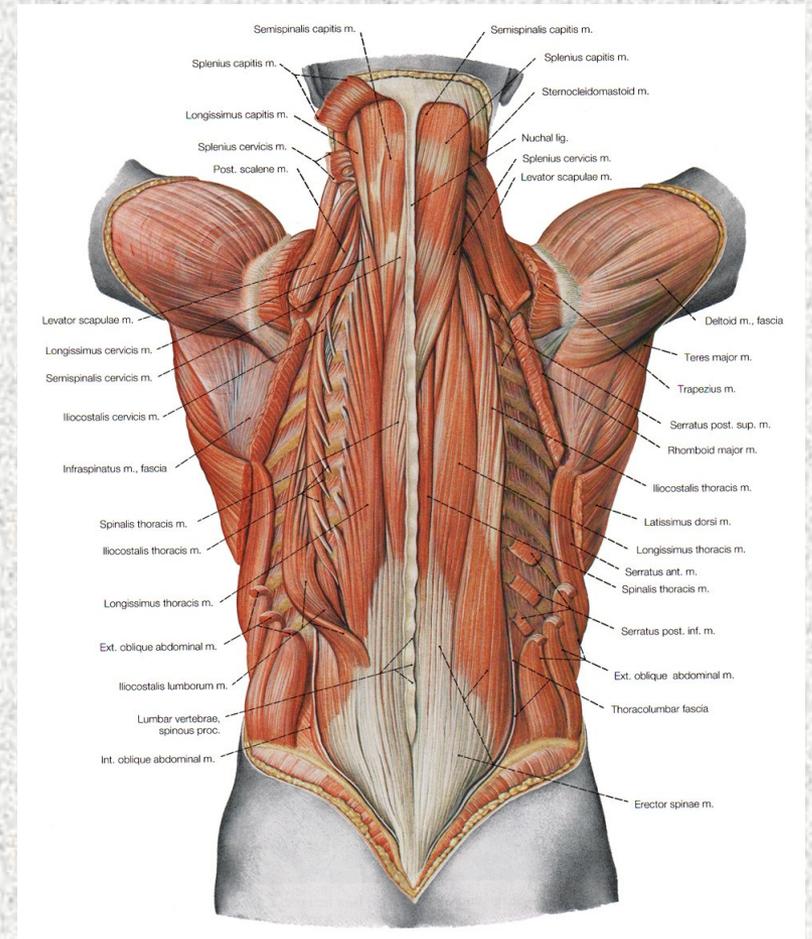
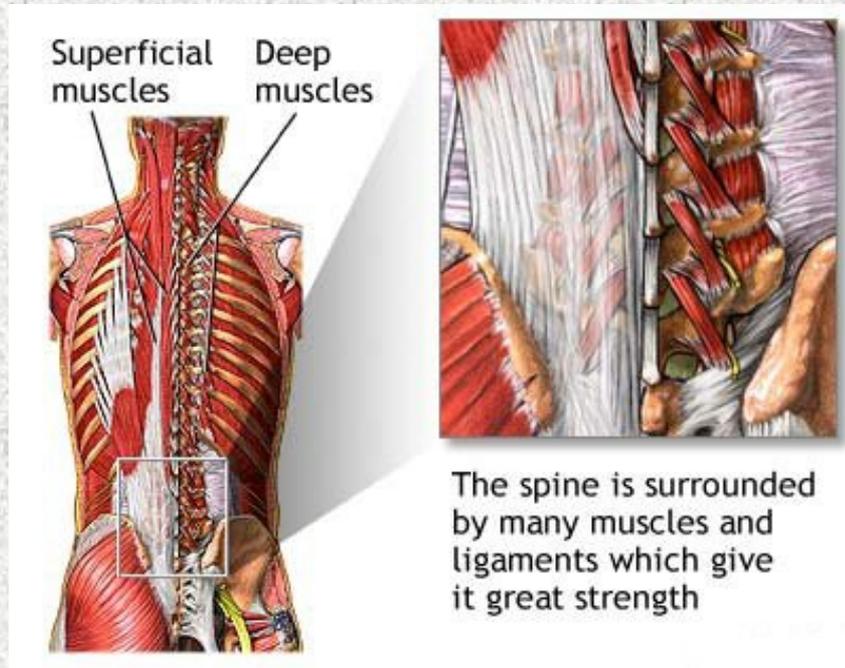
The Lumbar Vertebrae



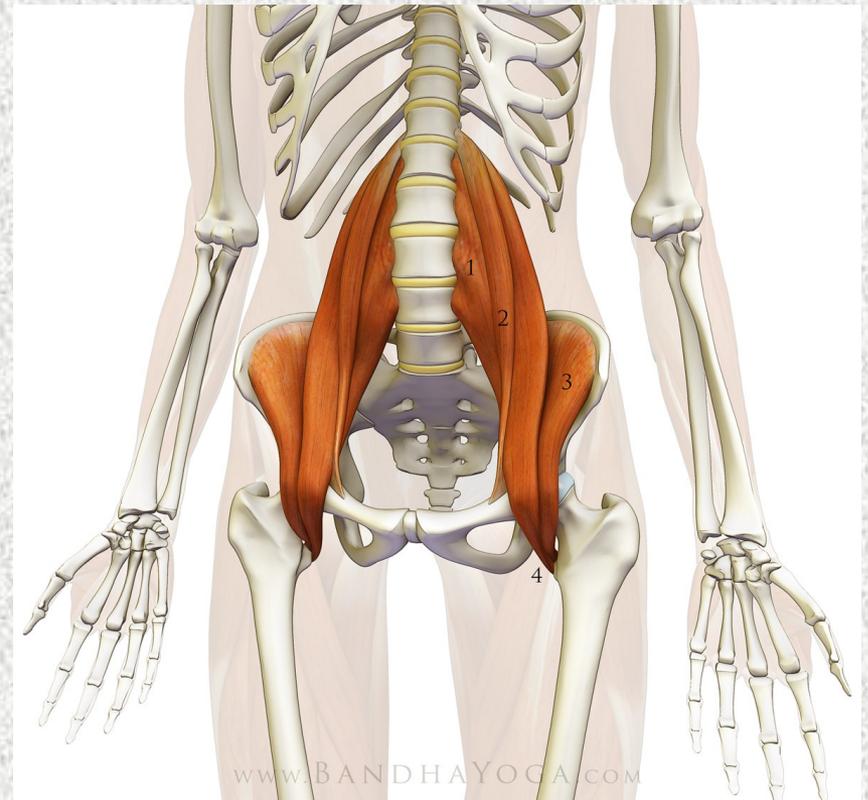
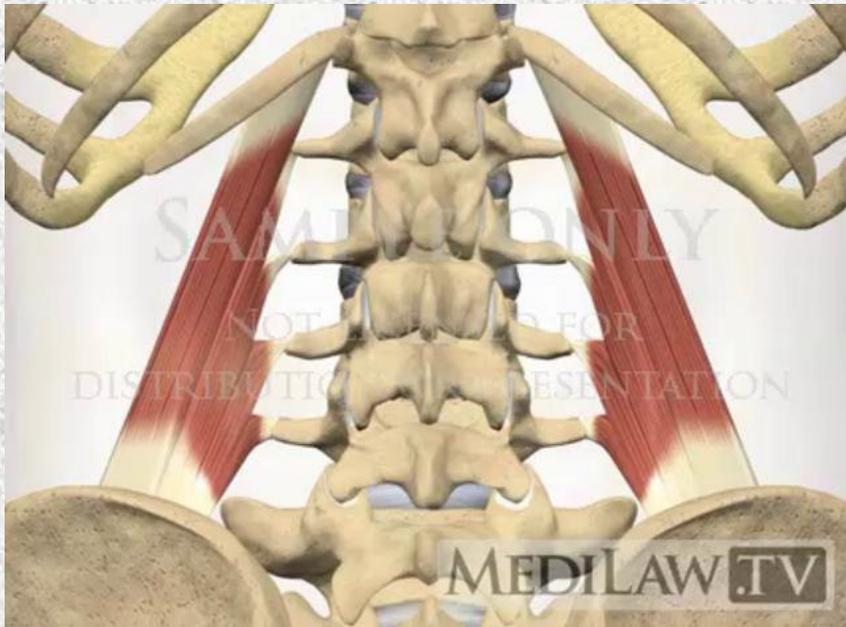


The lumbar spine is made of 5 bones called vertebrae, named L1-L5. These bones are separated by intervertebral discs, that cushion the vertebrae and allow for movements of the back like bending. These intervertebral discs are similar to cushions of a gel-like material between the bones. Nerve fibers going to and from the spinal cord.

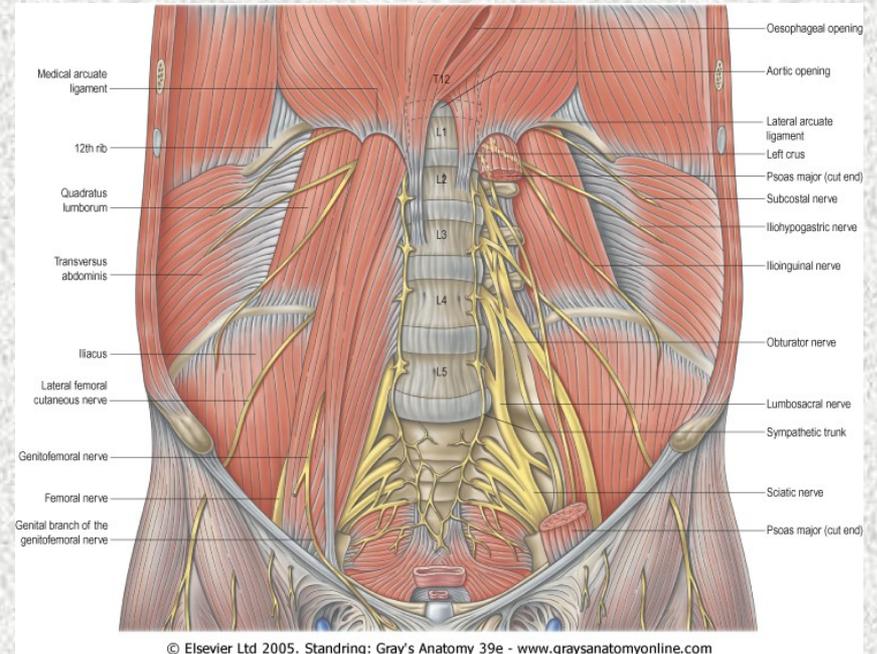
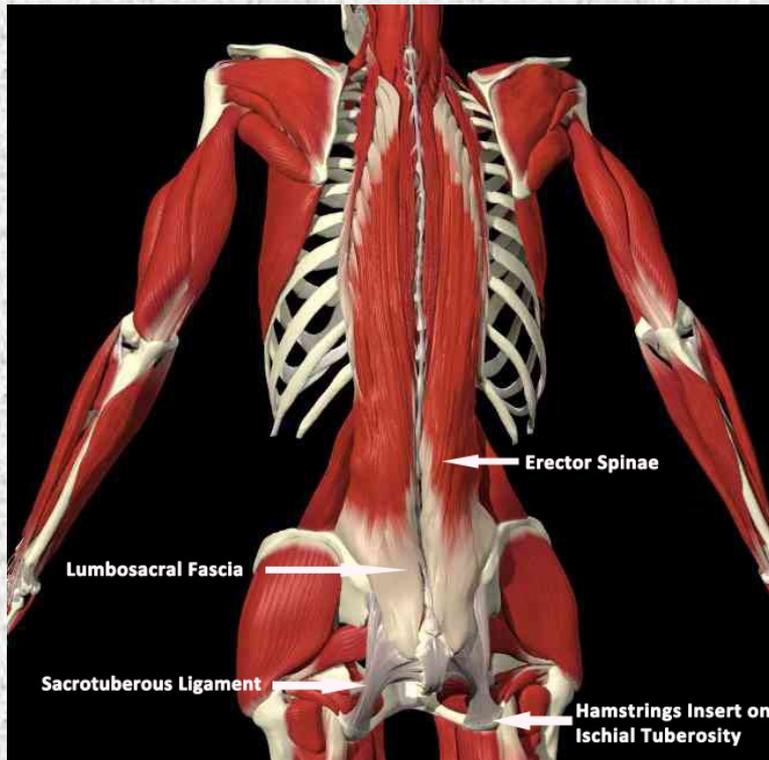
Muscles around vertebrae



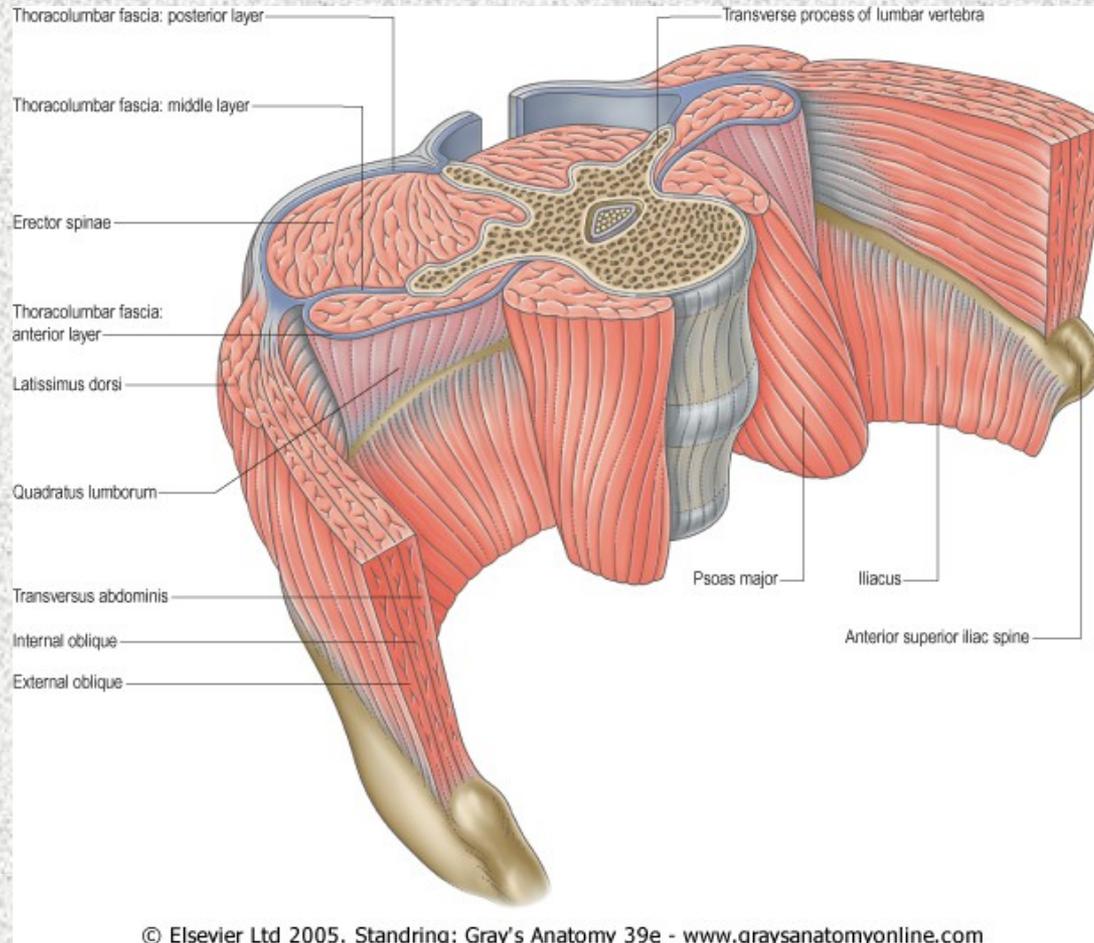
Muscles around vertebrae



Muscles around vertebrae



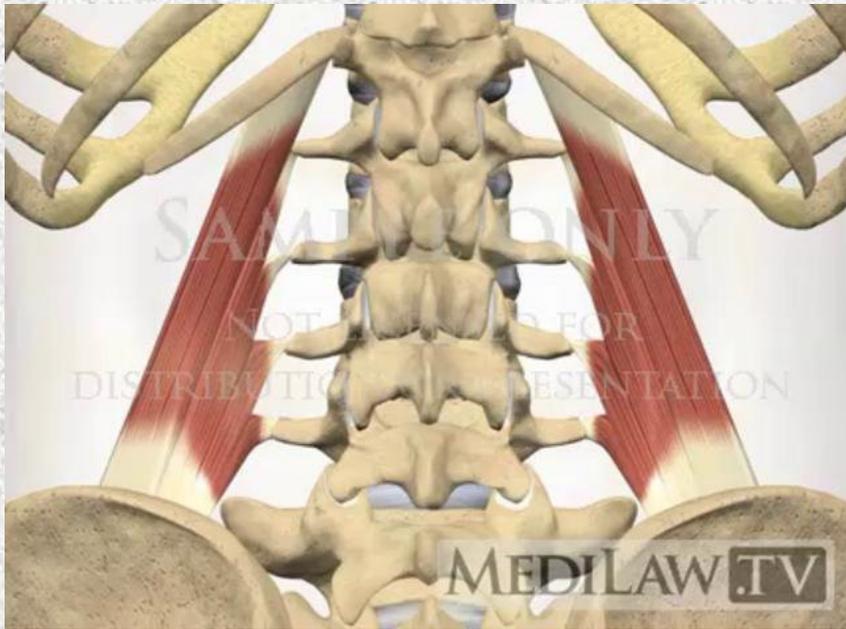
Muscles around vertebrae



Most common damages of lower back pain

1. Lumbar 3 transverse process tear
2. Lumbar 4 and 5, Sacrum 1 muscle sprains.
3. Sacroiliac joint mismatch
4. Sciatica
5. Spondylolisthesis

Lumber 3 transverse process torn



- Sharp and dull pain
- ROM significant reduced
- Affect seating and sleeping
- Need immediate medical attention

Treatment for L3 transverse process torn

- Icy or cold water pad
- Rest on hard mattress
- Lower back brace
- Medical treatment

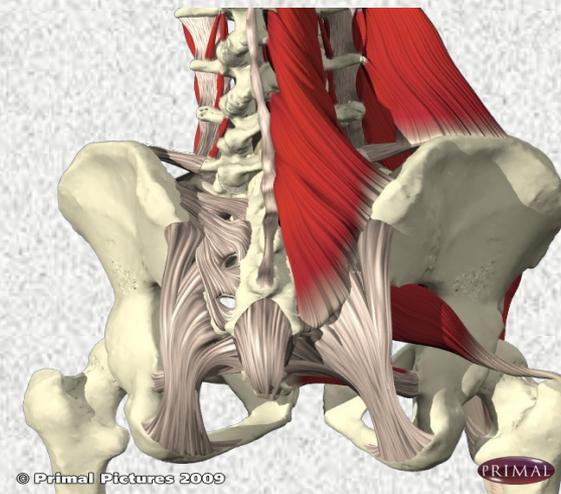
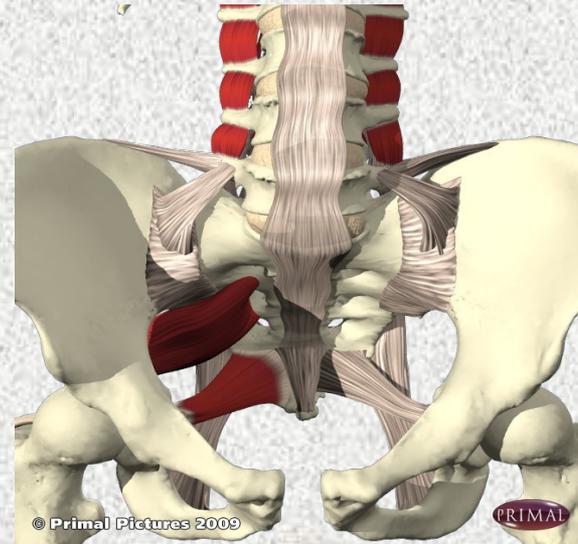
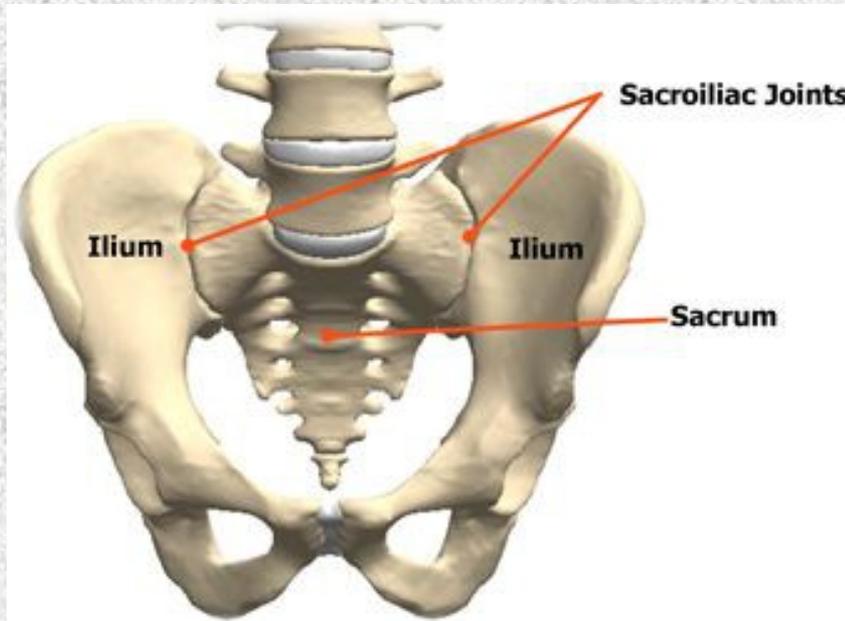


Stretches accordingly

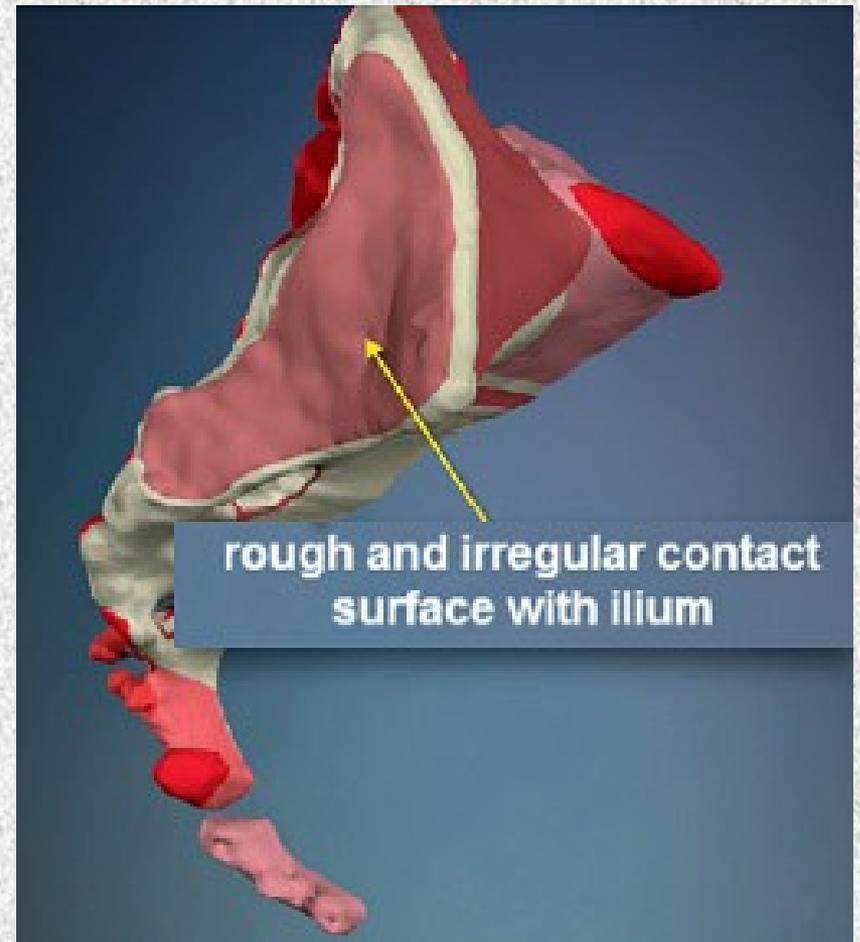
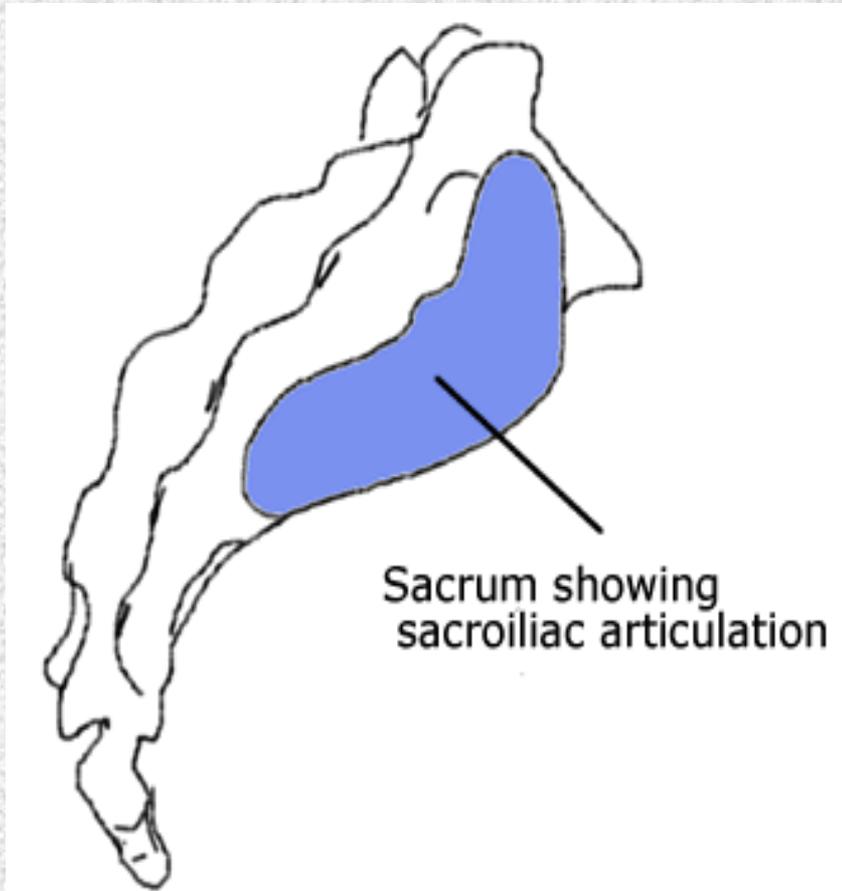


Cat and camel pose

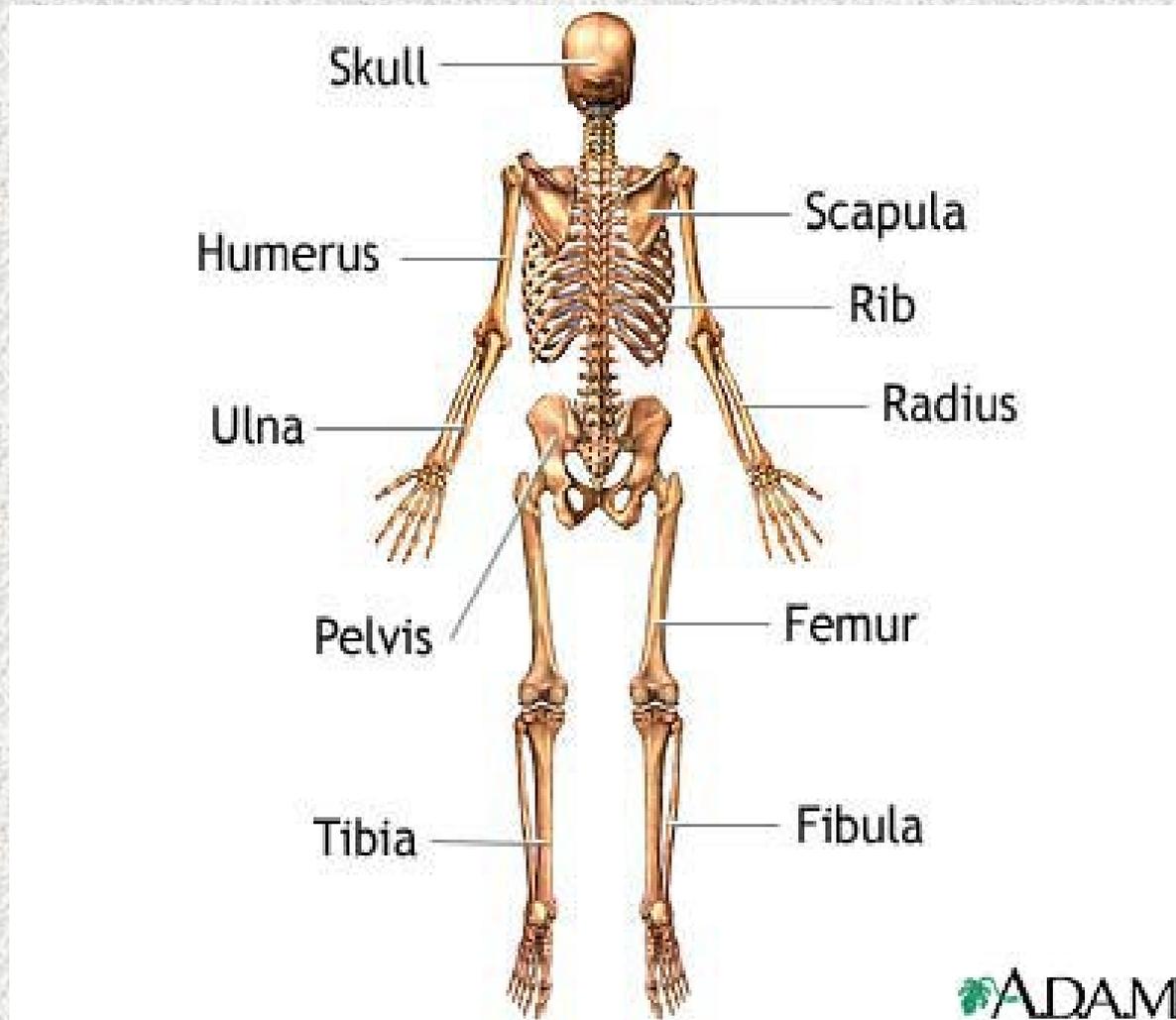
Sacroiliac joint mismatch



Sacroiliac joint surface



Different leg length



Pain or stiff around vertebrae T8

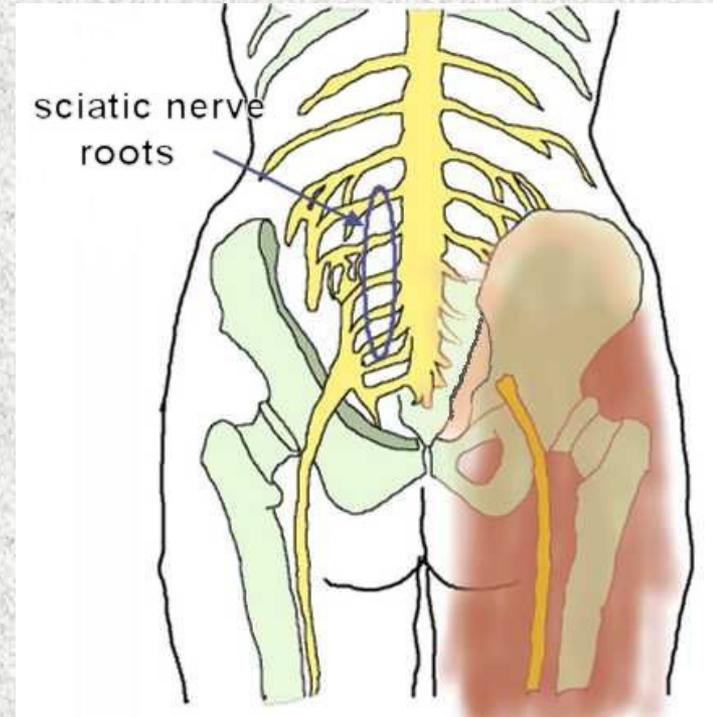
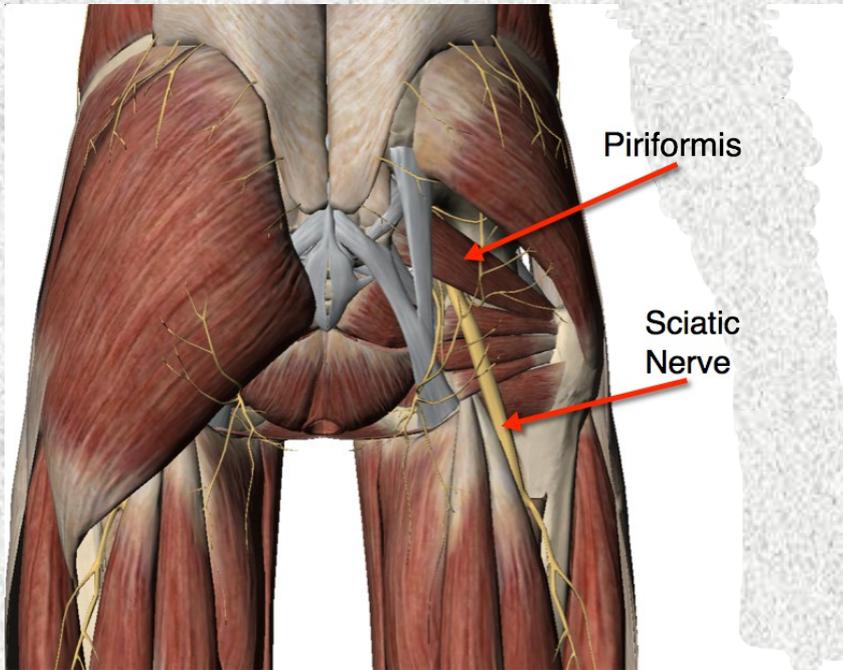


Chest stretch for maintenance

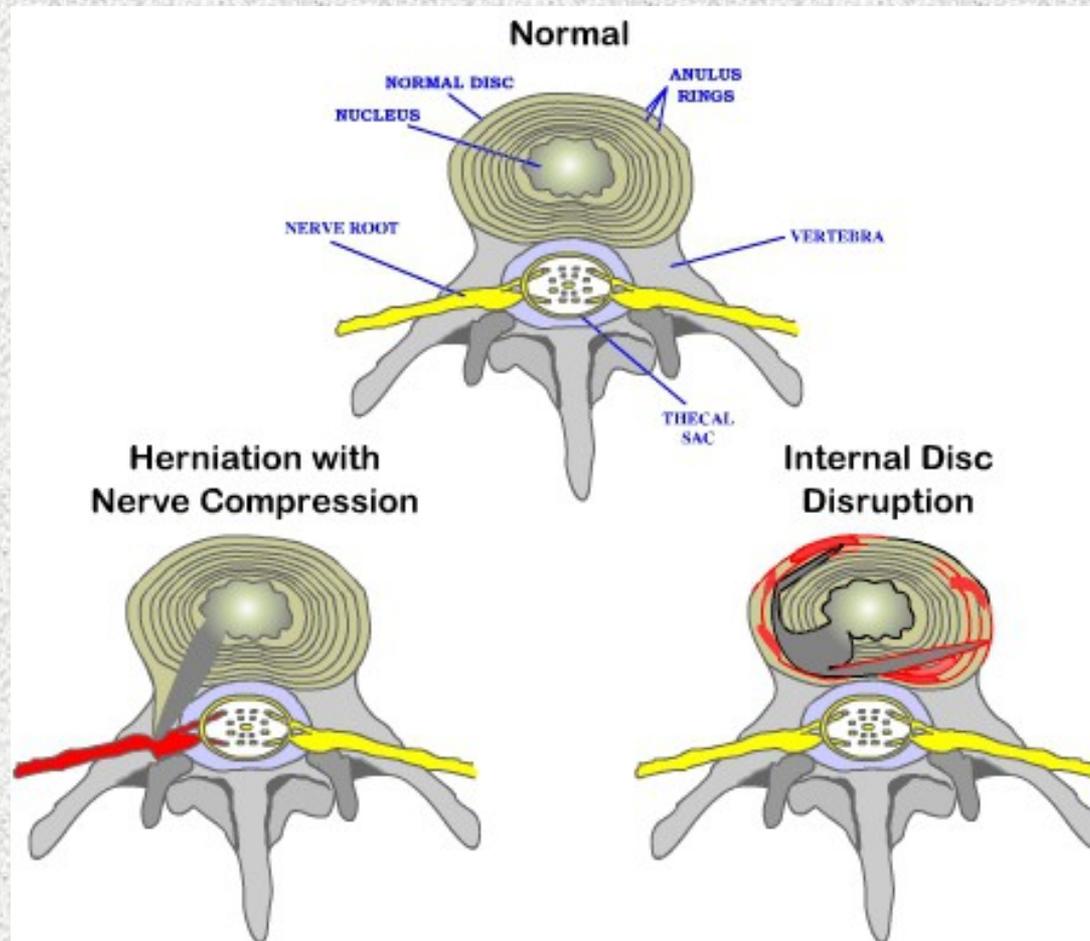
Chest stretch



Sciatica



Herniation

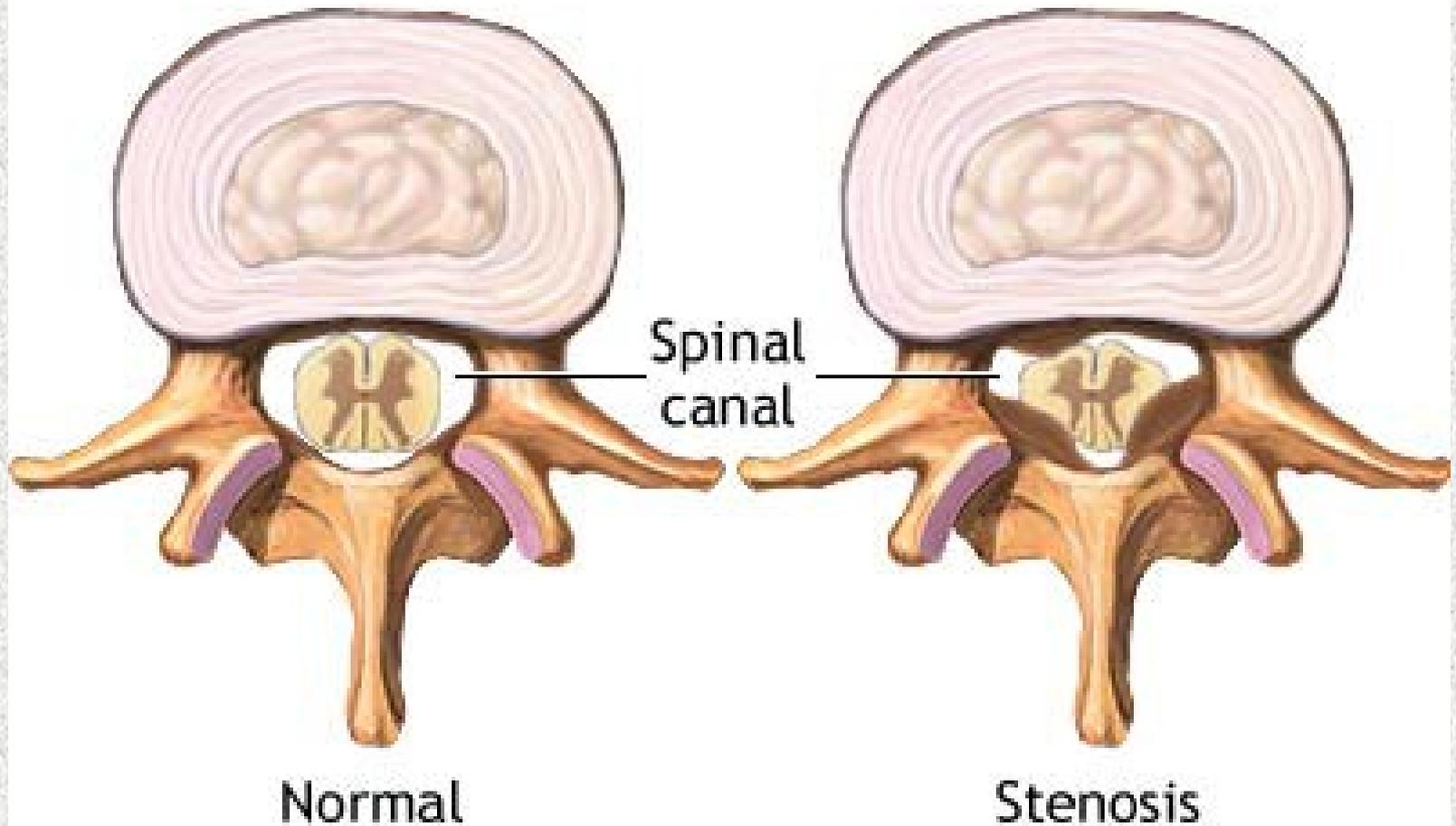


Spondylolisthesis



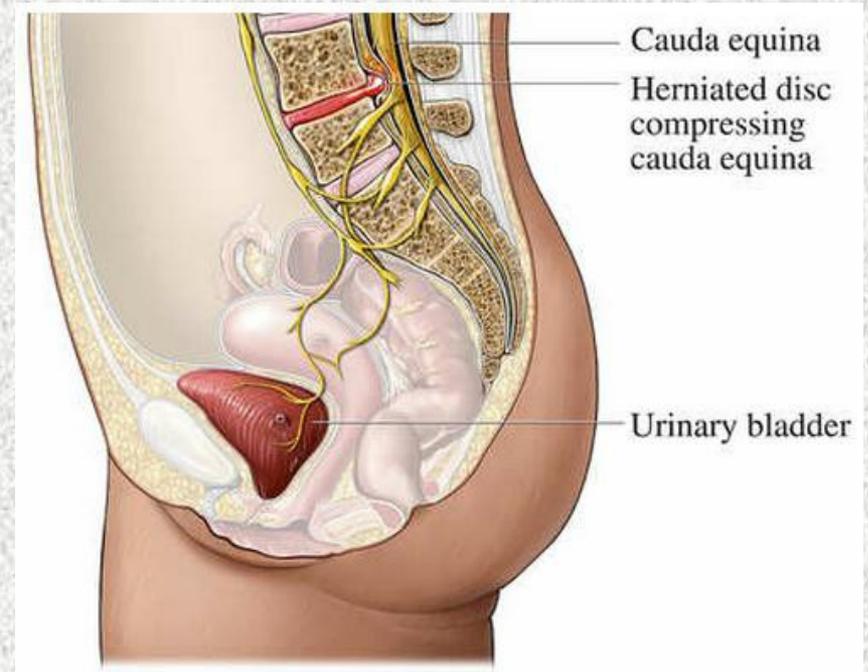
The x-ray shows the translation (slip) of one vertebra over the adjacent level, usually the one below.

Spinal stenosis is a narrowing of the spinal canal



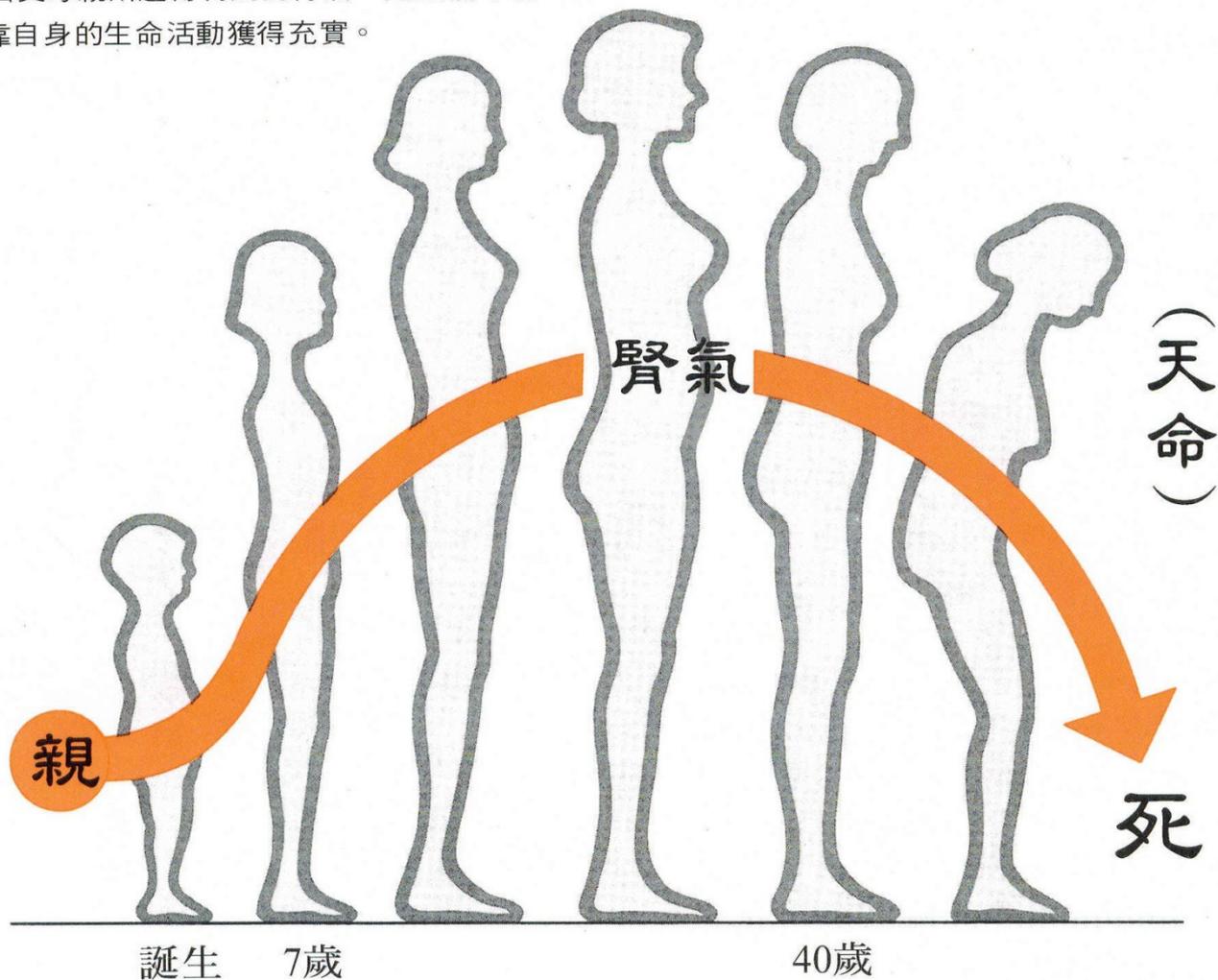
Cauda equina syndrome

Suddenly have difficulty or loss of control of urination
or bowel movement



Our body need maintenance

▼由父母親所遺傳得到的腎氣，出生後可以
依靠自身的生命活動獲得充實。



Key information:

Exercise

As the old saying in Chinese:

**Running water does not get stale ,
a door-hinge will never decay.**

Proper exercise and stretch everyday

Example: Experiment on joint fluid

Ancient Chinese Health Maintenance Art

Tai-chi (太極)

Exercise of the Five Animals (五禽戲)

Eight Brocade (八段錦)

Tendon Reborn (易筋經)

Enjoy a happy & healthy life

From: Ren Acupuncture & Chinese Medicine Clinic

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