



Dr Charles' Top Secret Chiropractic Home Remedies for Low Back Pain

The tips on this page are my very best after 16+ years in practice. They are not for everyone. Please consult with a licensed health care provider before attempting.

My Top Low Back Stretches

These 4 stretches and their variations have, in my clinical experience, proven themselves to get the best results. Hold each stretch 10-20 seconds just before the point of pain or discomfort. Never stretch a cold muscle. Warm up first or make sure you've been moving around doing daily activities instead of first thing after waking. Stretches are done as needed; 4-5 times a day is common. Stop or reduce force immediately if you feel sharp or severe pain.



1. Knee(s) to chest. Both, one at a time, or one knee to opposite shoulder.



2. Forward Bends. On the ground or in a chair.



3. Glute and Piriformis stretch. Cross your leg with your ankle on the opposite knee, pull thigh towards your shoulder



4. Rotations. Rotate both knees in the same direction or one knee at a time.



Heat or Cold?

Generally heat is used for pain that has been there longer than 3-5 days and cold is used at the earliest stages. Cold can be from an ice pack, bag of frozen vegetables, a cold water bath, or a swim in the lake. Heat can come from a hot water bottle, an electric heating pad, a

Natural Anti inflammatory Pain Relieving Supplements. In my experience, these nutritional supplements are extremely effective at treating pain and reducing inflammation and avoid the unwanted risks and side effects of medications. Most effective are Curcumin, Boswellia and Bromelian.



Ergonomics and Posture. Take frequent breaks from sitting and ensure that your chair and work station is ergonomically sound. If you stand more than you sit, consider insoles, custom orthotics, or anti fatigue mats. Don't slouch in your chair and do lift with your knees!

Other helpful tips. Avoid high heels, don't sit on a wallet, avoid sitting with your legs crossed and try to exercise on a regular basis and, yes of course, watch the weight.

Get a check up. Symptoms are a warning sign from our body that something is wrong. Often you can mask symptoms temporarily while the cause remains and even worsens. Please see your doctor and/or chiropractor to find out the cause of the problem. I'd be happy to provide you a complimentary consultation as well, just mention this handout. We can be reached at 519-885-1231.

