



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss – Kinesiotaping
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A Bad Year for “Garden Backs”

It seems this summer; I had more people coming in with lower back problems after spending time in the garden. Some just spend too much time bent in a wrong position or they just bent over “wrong” and develop acute lower back pain. Many of these episodes could be avoided if we would practice a couple simple principles about how the lower back works.

The lower back must stay in a “neutral” position, which means it shouldn’t be bent forward or twisted when performing movement. Think of the mast of a sail boat that is supported by a variety of ropes and riggings to hold it erect and strong. If one side of the support is too loose, the mast leans and can’t support the sail. Your back acts the same way. Certain groups of muscle on all sides of your lower back have to act together to support it, but when we bend forward at the waist, the muscle support becomes imbalanced and injury to the joints and ligaments occurs. The answer is utilizing the **hip hinging movement**. This keeps the normal, strong curve in your lower back as you bend forward, with the bending occurring at the hips and not in your spine. **It is simple:**

Step 1 - Look forward and keep your head up instead of looking down when you bend.

Step 2 - **Do a sit down movement**, sticking your buttocks back as if you were going to find a spot on a chair. Most of the movement occurs at the hips and the lower back stays strong. The large muscles of the hips and legs do the work and are much stronger than back muscles, which should stabilize. As I teach this in the office, many people make the mistake of just bending their knees in a squatting motion, which is incorrect. Move your hips back and let the knees bend naturally.

You should use this method whether you are picking up a pencil or a heavy bag of groceries. Learning and using this movement could greatly reduce episodes of lower back pain. **It is much more important** than learning many different exercises to “strengthen” your back because if you don’t use the back correctly, even strong muscles will not be helpful. **It’s not what you do, but how you do it.**

Interesting Thoughts on Alzheimer’s

I was reading an article from a neurologist on ways of preventing brain decline in one form or another. He was frustrated with the drugs that companies are selling because they just treat symptoms of the disease and not the disease itself. His book, “*Brain Drain*” outlined many of the dietary changes that we all could do to help fight disease of many kinds in our body. He talked about the genetically modified foods, especially grains that are found in most processed foods. He also talked about gluten sensitivity that can affect 25-40% of people and its influence on health in general especially brain health. He was very emphatic about sugar and sweets in our diet and how it clouds that way our brain functions. Our Ideal Protein Health Rejuvenation and Weight Loss Program deals very specifically with getting the sugars out of our diet and getting insulin back to normal levels. When that happens, our bodies and brains can function normally and that is what health is all about.

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

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