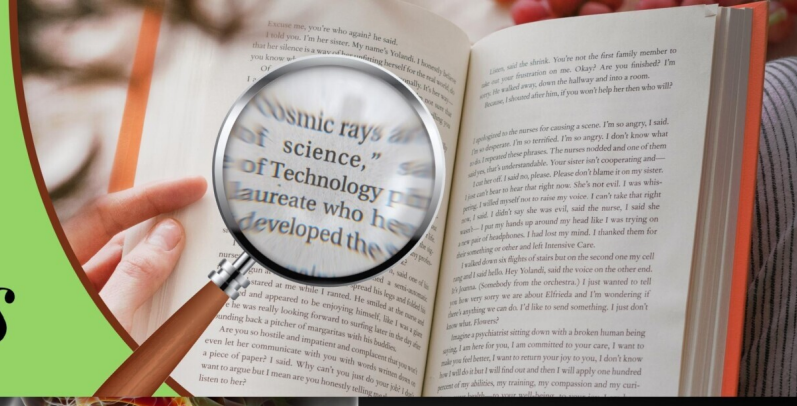
BaronE Health Reviews



Chronic back pain, should you just "deal with it"?

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Holistic Natural Health Experts

About us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Original article:

https://www.theguardian.com/lifeandstyle/2022/jan/04/how-to-move-with-chronic-back-pain

> *How to move: with chronic back pain*
>
> *Exercise is critical for the millions of people who live with chronic back pain. But how can you do it safely and effectively?*

This article is aimed directly at the "millions of people who live with chronic back pain". Yet this sad reality could be largely avoided. Indeed, it should not be trivial to live with chronic physical pain, whether it is in the back, knee, hand or any other part of the body.

Physical pain is, most of the time, caused by preventable causes and can be effectively cured with the help of a holistic health expert. The vast majority of these millions of people should not suffer unnecessarily.

However, access to natural medicines and competent therapists is still very limited and therefore ways must be found for these millions of people to "move with chronic back pain".

> *Back pain is the most common form of chronic pain, with about 4 million people living with it in Australia. The most effective way to manage chronic back pain is with a multidisciplinary approach, of which exercise is a key component.*
>
> *"Any single treatment in low back pain is never enough by itself," says Associate Prof Michael Vagg, a pain medicine physician and dean of the faculty of pain medicine at the Australian and New Zealand College of Anaesthetists. "But exercise is a fundamental part of recovering from low back pain and managing it if it becomes persistent."*

It is true that back pain is the most common form of chronic pain and one of the leading causes of absenteeism from work.

Indeed, a single treatment is not sufficient to treat chronic back pain, but this is also true for almost all chronic pathologies.

Fortunately, the basis of holistic health is a multidisciplinary approach consisting of different treatments. This is why natural medicines are often very effective.

In this multidisciplinary logic, the physical exercises are often indispensable, but this depends on a crucial factor that is completely ignored in this article: the diagnosis.

Indeed, one cannot consider back pain as a whole and apply a standardized treatment protocol.

Is the back pain caused by muscular tension? Visceral problems such as constipation? Intervertebral disc problems such as lumbar herniation? Structural problems such as scoliosis? Etc.

Only a careful and complete diagnosis can identify the precise nature of the condition, which will lead to a different treatment in each case.

> *But people who have suffered from back pain for a long time might feel fearful of moving.*
>
> *Dr Matthew Bagg, a physiotherapist and pain scientist at Curtin University, says the first big challenge for people with chronic back pain is understanding that pain is not an accurate indication of the robustness of their body. "Regardless of how they feel, they are not broken, damaged or falling apart."*
>
> *"If it hurts to do something, people are likely to do less of it," Vagg says. But those who remain active tend to have better outcomes in the long term. "Even when we experience back pain, it doesn't mean that we shouldn't be moving."*

Pain is one of the major warning signals that our body has to tell us that something is wrong. On a occasional basis, it is very useful because it allows us, most of the time, to quickly become aware of a problem and to remedy it.

Chronically, on the other hand, pain is harmful because it will exhaust us and limit us more and more. It is because of this that "people are likely to do less" and this is quite normal.

This is why it is important to treat pain as soon as it appears without letting it linger, without " living with it ".

> *"Pain itself isn't an issue," agrees Dr Rob Laird, a musculoskeletal physiotherapist. But increasing pain during and after exercise is a red flag, he says. "Exercise should reduce, not increase, pain."*

Here Dr. Rob Laird makes the most bizarre statement: "pain itself is not a problem". What does that mean? Just because pain is a warning signal does not mean that it is not problematic in itself, especially if it becomes chronic.

In addition to the physiological effects that accompany pain (increased heart rate, increased blood pressure, inflammation, fatigue, edema, etc.), pain has a significant impact on our minds and emotions, leading to overall repercussions on our bodies.

Without exaggerating, a person's life can be totally destroyed by chronic pain. Insomnia, fatigue, irritability, depression, loss of appetite, suicidal urges, self-mutilation, drugs, etc., are all pathologies that can result from strong and disabling chronic pain.

On the other hand, exercise almost never reduces pain, regardless of its causes.

Exercise may or may not be appropriate to treat pain, depending on the cause.

For example, if the pain is due to significant muscular tension, such as the famous "lumbago", slow twisting, bending and stretching movements of the spine are essential, even if this will necessarily aggravate the pain (momentarily).

On the other hand, if the pain is due to a muscle tear, physical effort will aggravate the pain as well as the problem, so it is necessary to stop all physical effort immediately and move as little as possible.

This is proof that it is essential to first make a diagnosis and to understand what type of pain we are dealing with and what its causes are.

> *There is limited evidence to suggest that one type of exercise is better than another when it comes to chronic back pain. "The best exercise is one that you will keep doing and enjoy," Vagg says.*
>
> *Laird says physical activity for chronic back pain should include three domains: strength, mobility, and cardiovascular fitness.*

Is it some kind of joke? We can' t read such things! You don't need a mountain of scientific evidence to know that certain physical exercises are prohibitive for people with back pain, while others are highly recommended.

Two very obvious examples are running and swimming.

Anyone who has had back pain once in their life knows instinctively that they should not run and that swimming, preferably in warm, salty water, will be more than beneficial for their pain.

In the same logic, practicing judo with repeated falls on the back or doing a yoga session composed of gentle movements and mobility exercises... the choice is more than obvious.

Of course, the pleasure of physical effort should not be neglected, and this is possible by choosing among the back-friendly activities.

But the worst is yet to come as Dr. Laird reveals the three topics that should be covered by "physical activity for chronic back pain": strength, mobility and cardiovascular fitness.

Of these three topics, we can only pick one: mobility. Developing strength and cardiovascular fitness with chronic back pain is simply nonsense.

For those who are not comfortable with the terms, strength in this context means muscular strength, which is the power that a muscle can develop in a given movement, such as a bench press, squat or pull-up.

To develop muscular strength, you will have to perform intensive and demanding exercises that are not at all appropriate for someone suffering from chronic pain.

Obviously, we are excluding here the case of a high level athlete who can perfectly perform muscle strengthening exercises while recovering from a back injury for example. In this case, the athlete's body is trained for this and he/she benefits from an adapted medical supervision.

As for cardiovascular fitness, to develop it, it is necessary to practice dynamic exercises such as running or cycling, or intensive indoor workouts with body weight or external weights, or complex sports such as squash, boxing, soccer, etc.

In any case, all these practices are not positive for someone who suffers from chronic back pain.

> *Consulting a GP or a physiotherapist before starting an exercise routine for chronic back pain is strongly recommended. But here are some practical tips that can help you stay active.*

So we've come to the time of advice, tips and tricks for staying active despite chronic back pain. Seeing a doctor or physiotherapist is indeed a good idea, although it would be even better to get a real diagnosis and understand the causes of this back pain in order to treat it effectively instead of "living with it".

> *The class: pilates*
>
> *In a study published in October in the Journal of Physiotherapy, Bagg and his colleagues conducted a statistical analysis that combined the results of multiple clinical trials of exercise therapies for people with long-term back pain.*
>
> *They found some evidence suggesting that pilates exercise might have the most significant effects on pain intensity.*
>
> *Pilates classes include a series of exercises that focus on the stability and mobility of the body, particularly the spine, core and pelvic area.*
>
> *It emphasises the "neutral spine position" – the natural curves in our spine that provide stability and mobility for taking on the weight and pressure of our bodies. Pilates exercises also help strengthen legs and gluteal muscles, shoulders and arms.*

The Pilates method or "contrology" is a practice developed by a German, Joseph Hubertus Pilates, in the early 20th century. The son of a professional gymnast father and a naturopath mother, Joseph was passionate about movement disciplines and developed his own method based mainly on a mixture of yoga and gymnastics to help in rehabilitation after injuries and for anyone wishing to regain optimal physical health.

Today, almost 60 years after his death, the Pilates method is known worldwide and is represented by many different schools.

On the whole, practicing Pilates can be a good thing for someone who suffers from back pain, but it is necessary to find a good address and a good teacher.

It should be noted here that the practice of yoga, for example, can also be beneficial for a person with back pain.

In both cases, it is the mobility exercises that can be beneficial, and in no case the sheathing or strengthening exercises.

Indeed, chronic physical pain can be caused by a multitude of causes, but never because of a lack of sheathing or muscular strength, never.

> *The move: single knee squat*
>
> *Laird advises strengthening lower limb and gluteal muscles because these are the muscles we use when we bend or move from sitting to standing. "If they are underdone, the back muscles have to work harder."*
>
> *Because exercising legs and glutes does not involve excessively recruiting back muscles, he says, most people feel safe doing it. Laird suggests beginning with the classic pilates roll down and progressing to single knee squats.*
>
> *To start a roll down, imagine standing against a wall, then think of peeling your spine off the wall one vertebra at a time, beginning by tucking the chin in, rolling the neck and slowly going down to the pelvis. Your knees are slightly bent, and you might feel some pressure in your hamstrings. To come back up, roll the pelvis first, then the spine, one vertebra at a time. Neck and head come up last.*
>
> *The second part of the exercise targets the gluteus maximus. Roll down again one vertebra at a time, place one hand on a chair to balance and lift one foot off the ground. Bend the knee of the standing leg, then push through the heel and come back up. Aim to five to 10 repetitions and change side.*
>
> *Reduced mobility of the spine has a poor impact on back function, Laird says. A simple exercise that can help improve back mobility is the cat-cow stretch.*
>
> *Start in a four-point kneeling position with your hands under your shoulders and knees under your hips. Breathing in, allow your stomach to drop down slowly and tilt your pelvis forward. As you exhale, arch your back up by tucking your tailbone in and pulling your belly button in towards your spine.*

Here we have reached the section that convinced us to select this article for our monthly analysis.

How can anyone who suffers from back pain be advised to do single leg squats (squat pistol)? It's simply mind-boggling and very dangerous!

Before explaining why this advice is totally inappropriate, let's analyze the reason given: "to strengthen the muscles of the lower limbs and the glutes, as these are the muscles we use when we bend over or move from sitting to standing. "If they are underused, the back muscles need to work harder."

False, when we bend forward, backward or sideways, the muscles we recruit (that we use by contracting them) are the back muscles, the core muscles (especially the abdominals) as well as the psoas. At best, the glutes play an ancillary role in stabilizing the pelvis during a bending movement of the spine (when we bend over), but that's it.

True. When we move from sitting to standing, we do use our leg muscles as well as our glutes, but we also use our back muscles.

Even if we only consider the movement of standing and sitting, the compensation mechanism put forward here by "the back muscles must work harder" does not hold. The back muscles cannot perform similar functions as our leg muscles.

Thus, whether you have bull legs or gazelle legs will make no significant difference to the effort you put into your back muscles.

While it is neither forbidden nor negative to strengthen your legs, it will not significantly help your back.

Now back to the advice of doing one-legged squats, sooo much to say....

Firstly, the basic squat (on two legs) is one of the most common exercises in bodyweight training. Although easy to understand, this exercise is most of the time badly performed by a large number of amateur athletes, which is why many of them get injured while practicing it, and guess which parts of the body these athletes hurt? The knees and the lower back!

When practiced correctly, the squat is an almost vertical movement that recruits a large number of muscles in our legs and, secondarily, our abdominal belt. It is the fundamental exercise to build up your legs.

Unfortunately, many bodybuilders have gotten into the habit of leaning forward unnecessarily while doing a squat, recruiting the lower back muscles in addition to the leg muscles.

Secondly, the pistol squat (on one leg) is the most difficult exercise for the legs in bodyweight training. Among all the bodyweight exercises, the pistol squat is one of the high level exercises that require a good control of the body and a good level of muscular strength beforehand. Moreover, it stresses the hip joint, the knee and the ankle, and must be practiced in stages, through different progressions.

Even for a high level athlete, the pistol squat is a high intensity exercise that requires a lot of concentration, so I let you imagine an average person, sitting in front of his computer all day long, who has never done a squat in his life, starting to do a pistol squat... at best, he collapses on the floor without getting hurt, at worst he seriously injures his ankle, knee and hip.

Third, the progression proposed in this article makes no sense. Indeed, starting with "the classic Pilates exercise, the roll down" and then "progressing to single-knee squats" is like starting with stepper and then progressing to bench press, it is totally absurd.

The two exercises have absolutely nothing to do with each other. The first one is a gentle mobilization exercise (beginner level) that anyone can do, the second one is a very intense bodyweight exercise (advanced level) that few people can do.

To top it all off, the sequence proposed, following the instructions given, makes it impossible to practice the pistol squat properly! Indeed, to practice the pistol squat correctly, you should never start by "rolling down" the spine, never! On the contrary, you have to stand perfectly straight, and control your descent by looking in front of you, the movement starting in your center of gravity located at the level of your abdominal belt.

> *The activity: walking, cycling, swimming*
>
> *Laird says brisk walks, cycling or swimming are great ways to include cardiovascular fitness in your training. These are all activities most people with chronic back pain can do, he says. "Cardiovascular fitness is essential. If you are not fit enough to walk around the block easily, you are going to struggle with life in general, and pain is still going to be a real problem."*
>
> *The hard pass: running*
>
> *Laird does not encourage taking up running. "Running is not recommended at the start of a recovery plan but can be used in younger patients towards the middle to end of their recovery plan," he says.*
>
> *"It's less useful in older patients – over 60 approximately, although there are always some exceptions – because of the impact loading when there is significant degenerative change already present."*

Of these three practices, swimming clearly stands out as the best choice for a person with back pain for two main reasons.

First, swimming is practiced in water, which is by nature anti-inflammatory and painless. This is why water mobilization is used in all rehabilitation programs at one point or another.

Secondly, in water our body is carried, which makes our movements more fluid and relieves joint stress. In addition, swimming is one of the few sports that is nearly non-asymmetrical (does not create asymmetry). This is a real plus in case of pain because it avoids aggravating it by unbalancing our muscles.

As for running, as we explained above, a person suffering from chronic back pain will naturally not be attracted to running, especially since running will not improve their pain.

In passing, we don't understand why running would be "less useful in older patients - over 60" because of "the impact load when there are already significant degenerative changes."

This famous impact load is inherent to running and is influenced by 3 criteria: running surface, shoes and running technique.

In fact, while running, our body receives the equivalent of 3 times its weight with each stride. In other words, when you run, every time your feet touch the ground, you receive a shock of three times your weight.

For those who are addicted to running, we advise them to minimize this problem by using minimalist running shoes, adopting a minimalist running technique, and most importantly: avoiding unnatural running surfaces like concrete as much as possible.

In summary, this article outlines various tips and so-called solutions for "coping" with chronic back pain in order to continue to be physically active.

However, most of these tips are inappropriate, even downright dangerous (single knee squats!) and at no point is there any mention of the possibility of treating this back pain by first identifying its causes.

Therefore, the person must resolve to "manage" the pain and live with it while trying, if possible, to keep a good physical shape.

However, it does not have to be this way. Thanks to natural medicines, it is possible to approach the problem from a new angle and to find effective therapeutic solutions, even in the case of chronic pain that has lasted for years.

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