

## **Back Care Awareness**

Promoting good back care with the WalkWell Clinic!

Pain is not only a physical response, your mind also plays an important role in how you perceive pain. Back pain is not only in the back, it is also an emotional process.

### **This is your back:**



Cervical – the upper part of your back. This contains 7 vertebrae.

Thoracic – The upper to mid part of the back. There are 12 vertebrae which attach into the ribs

Lumbar – mid to lower part of the back. There are 5 vertebrae.

Sacral – lowest part of your back. Again contains 5 vertebrae.

The coccyx (the tail) is at the very bottom of the spine. This is the bone that we sit on.

Irrespective of where your back pain is coming from, the question you should ask yourself is how you can treat the pain, and what you can do to prevent the pain from occurring again.

### **Contributory factors to back pain:**

- Previous back pain in the same area
- Smoking
- Obesity
- Physical Work
- Frequent bending, twisting, pulling or pushing.
- Stress
- Anxiety
- Depression.

With a first response to back pain you can ensure a speedy recovery and lower the impact of back pain on your life. Chiropractic treatment can help increase the rate of your recovery, help you to continue daily activities and prevent future onset of back pain.