

## If You Want To Be Healthy **Don't** Treat Your Low Back Pain

Pain is a **healthy response** to bring awareness to an injury or area of misuse. Awareness is the first step to solving any problem. How would you stop a baby from crying? Put duct tape over its mouth? Your body is like a baby, it has limited ways of communicating. Pain may be the most important.

**Your back hurts because something is not right.** Using medication to manage pain avoids the most important practical question: 'What can **you** do so that your back doesn't have to keep reminding you that something is wrong?' Knowing what your low back does will help us identify what might go wrong.

The major job of the low back is to provide a stable base for the trunk, neck and arms. The head needs to be lifted so that you can perceive your surroundings. Awareness of your surroundings is essential for three specific reasons:

1. to identify and approach what is desirable,
2. to identify and avoid what is dangerous and
3. to manage obstacles to accomplishing 1 and 2.

Your arms need to be free to transform those surroundings to meet your needs and desires.

If your low back has difficulty in providing the stability to perform the above tasks it will overwork, fail and become painful. Your back overworks and fails when the forces acting upon it exceed its capacity. There are two kinds of force acting on the low back:

1. **gravity** and
2. everything else.

Gravity is unlike other forces because it is always acting on us. This is a good thing because life is impossible without gravity. Gravity enables us to have a place and take a stand on the earth. Much of our early development is learning to manage movement in a world in which we are constantly pulled toward the earth.

Being two legged, human beings have a complex relationship to the pull of gravity. On the one hand balancing on two legs is precarious. On the other it allows for intricate and graceful movements unlike that of any other species on the planet. It is understanding this interplay between vulnerability and beauty that holds the key to a healthy low back.

You can find out more by reading my next blog. Or you can find out first hand by making an appointment to see me. Mention this blog and your examination (not treatment) is free.

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