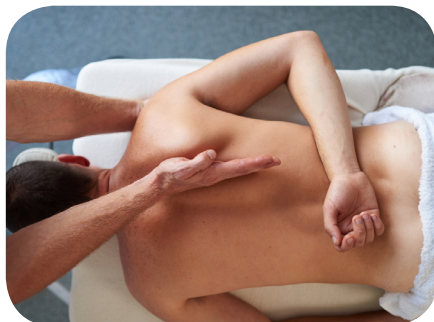




Massage therapy and LOWER BACK PAIN



Back pain

Chronic lower back pain is one of the most common and costly musculoskeletal problems found in modern societies. Three in four individuals will suffer from chronic lower back pain at some point in their lives. Chronic lower back pain affects the five vertebrae situated in the lower back and accounts for the majority of back aches.

Many factors can underlie chronic lower back pain: **It can be postural, micro/macrotraumatic, visceral, or degenerative in nature.** About one quarter of all workplace accidents in Quebec compensated by the CNESST (CSST) involve the back or spinal column. Back pain is the most common reason for worker's compensation.

Some conditions included under the term “chronic lower back pain”:

Femoral neuropathy • ankylosing spondylitis • lumbar osteoarthritis • herniated disk • sciaticat

A few symptoms of chronic lower back pain:

- Violent sensations of pain in the lower back causing sudden and intense muscle contractions
- Shooting pain down one or both legs (a “pinching” sensation) that can be exacerbated by physical exertion
- If back pain is more intense at night, it may be caused by inflammatory pressure, a diseased organ, or a tumour

Benefits of massage therapy

For chronic lower back pain caused by musculoskeletal problems, massage therapy:

- Reduces pain in the lumbar region
- Promotes muscular relaxation
- Improves sleep quality

It has been shown that massage combined with flexibility/strength-building exercises and information provided to the client are more effective at controlling pain than exercises alone.

Massage therapy must be part of a functional rehabilitation program. Due to certain contraindications, check with your physician before you consult a massage therapist. The following massage techniques are suitable for relieving chronic lower back pain:

Shiatsu: This energetic massage focuses on meridians and energy points via pressure applied with the thumbs, elbows and feet.

Kinesithérapie: A combination of massage therapy with applied mobilization techniques, which improves human movement. Effective for all people, from children to seniors with limited mobility.

Swedish massage: This extremely popular biomechanical oil massage technique helps restore tired, atonic or tight muscles.

Trigger point massage: This massage consists of applying constant pressure to a painful muscle contraction point until it releases and the pain is relieved.

Deep-tissue massage: A traditional massage, except that the movements are slower and the pressure is concentrated on areas of pain and tension.

Please contact the Fédération québécoise des massothérapeutes agréés (FQM) at 1-800-363-9609 or visit our website: www.fqm.qc.ca



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