



The Movement Solution for Back Pain Relief



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What do many of us typically think of first when we experience low back pain?

We must get comfortable. We should take a seat. In order for our back to feel better, we must rest.

We could feel the need to grab an Aleve bottle or perhaps a heating pad.

All right. Although only partially or only temporarily effective, each of these techniques may offer us momentary solace.

But what happens if our back aches and pains come back the following day?

The internal discussion now shifts to: What's the issue? What must I do in order to avoid repeating the same action every day?

We're happy you inquired since we're Austin, Texas' go-to lower back pain experts!

Continue reading.

Bottom Line:

One of the finest ways to relieve back pain completely naturally is through a simple exercise.

In reality, science has shown us that rest and medication are among the least efficient ways to get better.

According to a recent study, 60% of patients with sciatica symptoms benefited from chiropractic adjustments just as much as they would have from surgical surgery.

Right?!

Your body is meant to move, thus back pain is frequently the result of chronic postural alterations or a lack of regular mobility.

Why it Matters:

Pain can occur when your joints aren't moving properly, which affects how the rest of your body moves.

The appropriate exercises and motions may speed up your recovery and stop occurrences of back discomfort in the future.

Segmental, regional, and whole body movements are three of the numerous forms of body movement.

- Segmental motion occurs between the individual joints of your body.
- Regional movement occurs in a body region such as your neck, mid-back, or low back.
- Whole-body movement is characterized by the actions we typically think of as exercise.

All three types are essential and work together to keep your spine and musculoskeletal system healthy and functioning at its best.

Let's take a closer look...

1. **Segmental Movement:** Moving the individual joints of your body is what chiropractors are specifically trained to do. Proper segmental movement can help reduce pain, improve your range of motion, and influence your central nervous system.
2. **Regional Movement:** Dynamic stretching with regional range of motion exercises can reduce low back stiffness.
3. **Whole Body Exercise:** Daily exercise can help your brain and body feel better as well as improve your rest and recovery at night.

Chiropractic Care for All Natural Back Pain Relief

It is simple to understand why mobility might be your greatest ally in your search for all-natural treatment for low back pain.

Segmental movement is the basis of all motion.

If your joints aren't moving well, your body as a whole isn't moving well, and you're not going to feel good, take it from the top lower [back pain specialist in Austin, Texas](#).

That's where we come in.

A safe, natural, and efficient technique to help make sure your body is moving as best it can for you to feel your best is through chiropractic therapy.

Numerous publications emphasizing the advantages of chiropractic and movement-based therapy methods have been published by Harvard Health, The Mayo Clinic, and other reputable healthcare organizations.

Next Steps:

When you have back pain, moving may be the last thing you want to do, yet research has repeatedly shown that exercise and movement are two of the best strategies to relieve back pain.

Call us right away if you've ever experienced back discomfort, and especially if you reside nearby Austin, Texas.

To help you naturally get (and remain) healthy for years to come, our experts will be pleased to give you a thorough mobility evaluation and individualized fitness plan!

Science Sources:

[Back Pain. Harvard Health Publishing. 2023.](#)

[5 Steps to a Pain-Free Back. Harvard Health Publishing. 2016.](#)

