

*3 things to know*

# ABOUT YOUR LOW BACK PAIN



**A STEP-BY-STEP GUIDE  
TO LEARN MORE ABOUT YOUR  
LOWER BACK PAIN**

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## DID YOU KNOW...

Lower back pain is a condition that about 80 percent of people will experience at some point in their lifetime? Although common, it can be difficult to determine what causes so many people the discomfort that is low back pain.



### *important tip*

Many of us panic when something doesn't feel right. It's important to know that your condition can improve no matter where you are starting.

However, there are a few key players in the lower back equation. We often experience pain with the involvement of the vertebral joints, muscle tissue and fascia. Our nervous system is another frequent player, especially when the sensations of numbness, tingling, or sharp shooting pain are present. Healing the tissue is dependent on what is involved and the severity of symptoms or limitations from pain. Be assured that the next few pages will help you get started in the right direction with your pain.

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## YOU WILL LEARN ABOUT:

1. HOW MOVEMENT IS GREATER THAN REST
2. HOW YOU MORE THAN LIKELY DO NOT NEED SURGICAL INTERVENTION
3. HOW YOU SHOULD MOVE TO STAY FUNCTIONAL

“MOTION IS LOTION AND REST IS RUST! YOU WILL WANT TO KEEP MOVING AROUND CONSISTENTLY THROUGHOUT YOUR DAY, AS MUCH AS YOU CAN TOLERATE!

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## *The 3 things you need to know about lower back pain:*

1. We recommend getting up from a seated position, especially if you have a sedentary job, as much as possible. If you can do activities that do not provoke your pain, we actually encourage it! Couple that with quality sleep and nutrition, and you have a great starting point!
2. MOST lower back pain complaints improve with non-invasive treatments. This also means that you don't always need X-ray or MRI imaging to begin fixing the root cause, even when you have numbness or tingling present. If you have already received a diagnosis from imaging, it does NOT mean that is the cause of pain!
3. You want to avoid postures that provoke your pain...FOR NOW. It's important not to "scratch the itch", just like our parents said when we were kids and had a scab. With proper exercises, you'll be able to move through each posture, pain-free. You also want to avoid over-training. If your pain levels are shooting up during or after a session, it's a good sign to back off a bit! Again, don't "scratch the itch".







### *important tip*

Daily routines with mobility and stability exercises will go a long way! The lower back is often coupled in movements with the hips and pelvis, so training around these areas to promote a strong, stable region will reduce compensation patterns that contribute to pain!

## A FEW BONUSES ABOUT HEALING YOUR LOWER BACK...

Your lower back is strong and resilient. You have a ton of potential at your fingertips for performance! We know that the pain can feel debilitating when it first begins or even as time goes on, so it is important that we remind you that you are capable of improving your condition! The pain you might be experiencing may not have come from one particular action, posture, or muscle group. It is often an accumulation of things over your lifetime, none of which are inherently BAD! We also understand you may try moving in strange ways to accomplish everyday tasks without hurting yourself (we've all been there). The most important thing you can do is take action and not let it go weeks, months, or years without doing something about it - make sure you start applying these tips as soon as possible!

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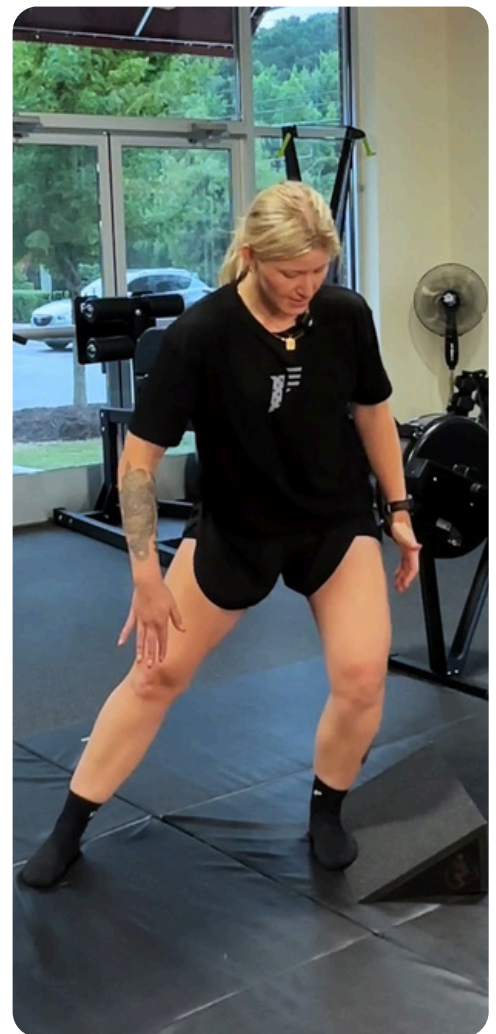
DR. CAIT HAS HELPED ME TREMENDOUSLY. SHE HAS PROVIDED ME A PLAN OF ACTION TO HELP IMPROVE MY MOBILITY AS WELL AS REDUCE THE PAIN IN BACK AND SCIATICA. I CAN'T THANK HER ENOUGH FOR THE HELP SHE HAS GIVEN ME AND CONTINUES TO PROVIDE.

- RAY

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## OKAY, BUT HOW LONG IS THIS GOING TO TAKE?

Pain is a later stage indicator for something else going on with the tissues! The longer you have dealt with it, the longer it may take to perform at a higher level. This does NOT mean your pain will not dissipate quickly with the right tools in place! You may even notice a significant difference within 45 minutes of one on one time with a rehab provider, like a chiropractor or physical therapist!



## CONCLUSION AND NEXT STEPS

There isn't a faster way to end low back pain than to work side by side with a rehab chiropractor or physical therapist. This is how you will know exactly what structures need to be addressed, how long it's going to take, and what activities you can still do! To get very fast access to care that will relax those tight, achy muscles, loosen and lubricate stiff, stuck and painful joints, and strengthen your body so that you can return to doing what you love, worry-free, you need a provider willing to spend time with you! Avoid the "just a number in the mill" clinic settings where you aren't working with the doctor more than five minutes, so you can have REAL results fast.



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I hope you found this resource tremendously helpful for your lower back pain! You can expect to see more information from us at Sembach Chiropractic in the next few days.

We hope that we can continue to serve the community with transparent tips and long-term results that truly make a difference in your life!

*Thank you!*

*-Dr. Caitlin Sembach, D.C.*

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