

Healthy Lifestyle Guide

A publication of Zager Chiropractic Services
(830) 393-6554 www.zagerchiro.com

Vol. 10

Issue 2

Low Back Pain

Many people have low back pain at one time or another. It could be just a short episode where you overdid some work and have an achy feeling for a couple of days and then it completely resolves itself with no more pain. It could also be where you have weeks, months, and years of low back pain that started as a simple ache, but which has progressively grown worse over the years to be a constant strong ache or sharp pain. It could even limit what you would normally do like walking, sitting for prolonged periods of time, and even keep you from good sleep at night.

What is the Cause? There can be a number of different causes for low back pain.

You may have over-worked some lumbar muscles which in turn have pulled a vertebrae out of place. You also could have irritated the disc (the padding between the two vertebrae). This typically causes a deep ache and/or sharp pain when you move wrong. You may even be slightly off center (antalgic) as the body tries to take additional pressure off of the disc.

With chronic low back pain, you may not even remember how you originally hurt

your low back, but the vertebrae and sacrum are usually out of alignment and there may even be a slight to moderate curve (scoliosis) in the low back. You started off with some low back pain for a couple of weeks with it getting better on and off, and then it eventually becomes sore all the time.

Treatment: Chiropractic treatment helps to realign the vertebra, balance out the muscles, and takes pressure off the disc and the nerve roots. Dr. Zager also gives all her patients at Zager Chiropractic Services strengthening exercises and stretches that will help you prevent future back pain and will increase your flexibility and the mobility of your spine.

If you have back pain for more than 3 days without it resolving, you should seek a chiropractic evaluation and treatment at Zager Chiropractic Services (830) 393-6554. If you have chronic low back pain, you should also seek treatment at Zager Chiropractic Services. Dr. Zager can also educate you on the various things you can do to help reduce and prevent future back pain episodes.



*Check out our website www.zagerchiro.com
for more health related articles and information.*

Coming **April 10th** Zager Chiropractic's

First

Annual Healthy Living Day
10 am until 2 pm

Come join us for a fun and informative morning of how you can help yourself become healthier.

Refreshments will be provided.

Short classes will include:

Core Exercises—how do I do them?

How to Reduce and prevent **Headaches**

Great **exercises** with and for **kids!**

Nutritional tips you can live by

Correct Lifting Techniques

Low Back Pain and Pregnancy

Relaxation techniques

And more ...



For more information call (830) 393-6554 or go to www.zagerchiro.com

Most of our patients are referred to us by other patients and professionals.

A big Thank You from us to you.

Spinal Anatomy

Normal Anatomy of the low back:

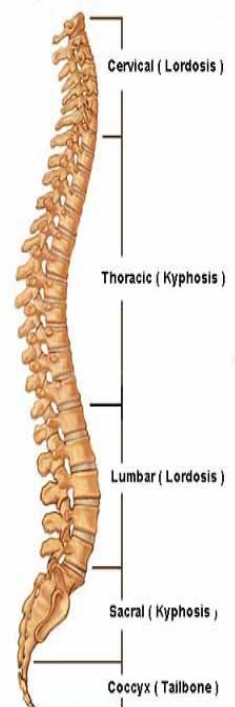
There are 5 lumbar vertebrae and one sacrum (really 5 fused vertebrae) that comprise the low back.

The sacrum, which is triangular shaped, attaches to the pelvis on both sides. The sacrum acts as the base from which all the vertebrae sit upon.

Looking from the side, there is a normal lordotic curve (toward your stomach) of the lumbar vertebrae.

From the front, all the vertebrae should be sitting straight on top of each other, with no twisting or wedging.

Lateral (Side) Spinal Column

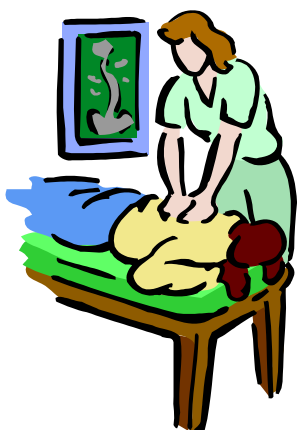


Upcoming Classes: check out www.zagerchiro.com for more information

March 9	Pregnancy and New Mom Class	10 am
March 9	Connelly Memorial Health Fair	3 pm—6 pm
March 13	Basic Wellness Class	10 am
March 13	Pregnancy and New Mom Class	11 am
March 16	Core Strengthening	10 am
April 10	Healthy Living Day— <i>lots of fun classes</i>	10 am—2 pm

Call (830) 393-6554 or e-mail jonelle@zagerchiro.com to reserve your spot.

This coupon is good for a free consultation, examination, and treatment at Zager Chiropractic Services by Dr. Zager. Just give this newsletter to someone and have them bring it in to the office. Call (830) 393-6554 to schedule an appointment.



Wellness— *Do you have it ?*

One of the new trends in healthcare is toward "wellness", but really what does that mean? Some of the definitions on the internet include: a healthy state of being free from disease; or the quality or state of being in good health; or a healthy balance of mind body and spirit that results in an overall feeling of well-being.

Just because you are free from disease, doesn't necessarily mean that you are well or that you are healthy. By the same token, just because you have a condition or disease, doesn't mean you can't be healthy or well.

Really, what people are talking about is doing the things that allow your body to become healthier. Nutrition, exercise, body alignment, and the way you handle stress are all integral elements to making your body stronger, thus allowing you to be able to participate in things you enjoy. A good wellness

program will include several major aspects - an exercise component (strength, aerobic, and core), a nutritional component, chiropractic (correct alignment and balance of the body) component, and stress reduction/meditation components.

A good wellness program will include all four of these components to varying degrees, partially based on the patient's current health, eating habits, and exercise habits.

The goal of the wellness program should be to first teach and help you incorporate good habits into your lifestyle. It doesn't mean you have to be a nutrition or an exercise fanatic. There are many simple things you can do to improve your own health, such as adding 2 glasses of water a day to your regimen, or if you are sedentary - walking just 10 minutes a day.

The end result of a good wellness program is to make you healthier, for you to feel better, to feel better about yourself, and most importantly to allow you to do more of the things you want to do.

**Exercise Classes start at Triple
E Fitness** *in Poth led by Dr. Zager*

Monday at 8 am— Flexibility, strengthening, core, and some low impact aerobics.

Thursday afternoons at 4 pm—Core work and lots of core work.

If you would like to join one of these groups, please give us a call at 830
393-6554

**We are a Blue Cross Blue
Shield of Texas
preferred provider.**

**We accept Medicare
patients.**

Zager Chiropractic Services
2840 Business Loop 181 N, suite 140
Floresville TX 78114

Check out our webpage
www.zagerchiro.com
for more articles and information.

2840 Business Loop 181 N
Floresville, TX 78114
830 393-6554

Office Hours:

Monday	9 am - 6 pm
Tuesday	9 am - 3 pm
Wednesday	9 am - 6 pm
Thursday	9 am - 3 pm
Friday	9 am - 6 pm
Saturday	9 am - 11am