

Relief for Lumbar Spine Osteoarthritis



**Collaborative
Care Centre**

A division of Heritage Fitness

Osteoarthritis is caused by the erosion of cartilage within the joints. Without the cushioning that cartilage provides, bones can come into contact with each other causing discomfort, pain, and weakness in the affected joints. The condition makes it painful (or impossible) to accomplish simple daily tasks such as driving, exercising, and getting out of bed. Osteoarthritis affects people of all ages.

Exercises for Relief

Exercise is one of the most effective treatments in the management of arthritis. If you live with arthritis in your lumbar spine, below are exercises to help alleviate some of the symptoms you may be experiencing. As with any exercise, consistency is the key. If you experience pain while performing exercises, stop immediately and consult a healthcare professional.



With your feet on a pillow, push your hips back and rest them on your heels.

Hold this position for 30 - 60 seconds, remembering to breathe as you hold the position. Repeat three times twice a day.



Sit on a chair and place your foot on a block or stool. The opposite leg should rest comfortably at about 90 degrees.

Place both hands on your thighs and hinge forward from the hip until you feel a gentle stretch in the back of your leg.

Hold 30 - 45 seconds. Repeat three times twice a day.



Balance your weight on your hands, knees and feet. Engage your core muscles and slowly raise one arm while keeping your trunk stable.

Repeat up to 10 times twice a day.



Therapeutic Approaches to Relief

No single therapy, or combination of therapies, works for everyone living with arthritis. Each person is unique. Determining which therapeutic approach is right for you isn't always straightforward, as many healthcare practitioners use techniques that can help osteoarthritis sufferers.

Outlined below are three important approaches to consider and information about their approach to osteoarthritis.

Chiropractic

Chiropractic is a healthcare profession that focuses on the diagnosis and treatment of neuromuscular skeletal conditions and the effects that these conditions have on overall health and wellbeing.

For treatment of lumbar spine osteoarthritis, chiropractic care aims to decrease the occurrence of arthritic flare-ups, minimize inflammation, and improve range of motion through spinal adjustments, trigger-point therapy, active release techniques, spine mobilization, and more. Treatments are customized to each individual.

Naturopathy

Naturopathic medicine is a distinct branch of primary healthcare that focuses on treating the root cause of illness and disease by stimulating the healing power of the body.

Arthritis sufferers experience painful inflammation within the joints. In healthy individuals, an inflammatory response is a natural way for the body to fight off an acute illness such as a cold or fever. It is a natural response produced by our immune system to keep us healthy. With arthritis, inflammation is chronic and causes damage to our bodies.

Naturopathic doctors work to find the root cause of the inflammation. By assessing the arthritis sufferer's lifestyle, naturopaths determine what lifestyle changes can be made to help alleviate inflammation. This can be a combination of dietary changes, supplements, acupuncture, and exercise therapy.

Physiotherapy

Physiotherapy is a healthcare discipline which specializes in the assessment, treatment, and maintenance of movement and function.

Along with reducing chronic inflammation, specific physical treatments may help reduce the pain of arthritis. Physiotherapists use physical means and agents to assist in restoration of functional movement. This can include the use of hot and/or cold packs, ultrasound treatments, exercise therapy, and physiotherapy-assisted mobilizing and stretching.

Registered Massage Therapy

Registered massage therapy is a healthcare modality that assesses and treats musculature issues with the aim of reducing pain, improving range of motion, and reducing stiffness.

Registered massage therapists (RMTs) take a therapeutic approach to massage. By addressing specific points on the body, RMTs help alleviate the physical symptoms associated with arthritis. RMTs work to reduce tension in the body, loosen affected joints, and improve blood flow to the affected area. This is accomplished through a combination of massage techniques that are specific to the individual.

If you live with arthritis, our Collaborative Care Centre practitioners can help. Contact us at 613-253-2112 to book an appointment.

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