

Massage Away Your Back Pain



Back pain is an important health problem that affects millions of Americans every day. It is estimated that 80 percent of people will suffer from back pain at some point in their lives. It is the third most common reason for people to see a doctor, according to the Mayo Clinic. In addition, it is the most frequent cause of job-related disabilities.

There are many reasons why people experience back pain, and the pain can range from a dull, constant ache to a sudden, sharp pain that makes it hard to move. Back pain can start quickly if you fall or lift something too heavy, or it can slowly get worse. Due to the wide-ranging causes, finding and solving the actual problem is not always an easy process. This also means that the remedy is not black and white. There could be one specific thing that works to solve the problem, or it could take an integrated approach that requires a number of different solutions that all do their part to restore, repair, heal, and manage back pain.

It is interesting to note that the rise in opioid pain medication is making it more difficult, in some cases, to ensure a proper diagnosis, thus making it even more difficult for a patient to get the treatment they need.

While it is difficult to say with certainty what will help each individual with their back pain based on their own unique situation, there is a growing number of scientific studies that suggest massage therapy can provide meaningful relief for chronic lower back pain.

With the rising number of studies, the American College of Physicians has revised their clinical guidelines to recommend non-drug treatments such as massage, spinal manipulation, tai chi, and acupuncture as viable recommendations to persistent lower back pain.

Massage can be very effective when dealing with pain caused by soft tissue (muscles, tendons, and fascia). In addition, it can be helpful in managing pain caused by joints, spinal discs, ligaments, and degenerative issues.

There are several reasons massage is an effective modality in combating back pain:

- Massage increases blood flow to sore, stiff, muscles and joints
- Some research points to the anti-inflammatory effect of massage
- Massage relaxes muscles for improved range of motion

- Massage increases endorphin levels, which are chemicals your body produces to help you feel good
- Massage can deactivate referred pain from trigger points

Multiple research studies have come to the conclusion that a holistic approach, which includes massage, is the best approach to eliminating or reducing back pain. Massage, in conjunction with a healthy, active life style that includes brisk walking, core strengthening, and a healthy diet will usually be the most effective plan.

For more information, contact Aches Away Massage Specialists at 309-662-2900 or online at aches-away.com. Aches Away is locally owned by Don Thorpe and has been serving the community since 2001. Don recently added float therapy and Sunlighten infrared sauna to his practice as an additional service to compliment massage therapy. Their new office is located at 3807 General Electric Road in Bloomington.

By Don Thorpe, LMT, Aches
Away Massage Specialists