



**Gardening Season is upon us...  
Understanding & Preventing Low Back Pain**

EVERYONE should take the time to "stop and smell the roses" this year... Gardening for some people is a hobby, a stress reliever, but for many others can be quite a chore. It is a repetitive activity that requires a lot of bending, moving and lifting- leaving the risk of injury high if not done correctly. Back related problems are the number one reason that individuals will give up or avoid doing yard work. Additionally, back pain is among the top reason for lost days at work.

The back is a very complex structure, made up of your spinal column, muscles, ligaments, joints, nerves, arteries and veins. The spinal column is composed of 33 individual vertebrae that provide the main supporting structure for your body to stand upright, and perform tasks such as bending and twisting. There are 24 movable vertebrae that are each separated

and cushioned by an articulating disc. It is because of this intricate structure that the back is one of the most common sites for injury, strain or disease pathology causing pain.

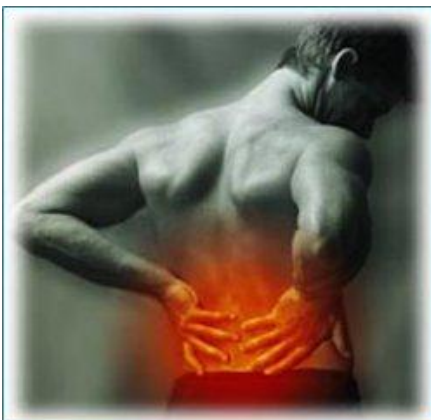
**Predisposing Factors  
Low Back Pain**

- Improper Lifting
- Poor Posture
- Weak Back
- Weak Core abdominal Muscles
- Overweight
- Occupation
- Age & Activity Level
- Previous Injury

Approximately 70% of acute low back injuries are myofascial in origin i.e. injury directly to the muscle, tendon or supporting ligaments. This is referred to as a Strain or Sprain type Injury. Other examples of causes of low back pain are:

**OSTEOARTHRITIS**- damage to cartilage within the spine affecting ability of the joints to articulate and provide support.

**DEGENERATIVE DISC DISEASE**- the thinning of supporting discs with age, activity level etc. possibly leading to disc herniations.



**CLINIC NEWS &  
EVENTS**

**SPRING REFERRAL PROMO**

Refer a friend or family member for a Massage Therapy appt. with Heather Rutherford, Massage Therapist & Sports Injury Therapist- Receive your next **60min Treatment for \$50!** (SAVINGS of \$30)

**ACTON CURLING CLUB  
BONSPIEL FUNDRAISER  
A HUGE SUCCESS!**

Body Movement Therapeutic attended this all day curling event on March 17, 2012. Raffling multiple gift certificates for Registered Massage Therapy, gift basket of assorted therapy items and providing treatments for any sore or injured participants. Funds raised were donated to the Canadian Cancer Society.  
[www.cancer.ca](http://www.cancer.ca)

**For More Information  
Visit us Online @  
[www.bmtherapeutics.com](http://www.bmtherapeutics.com)**



**MARCH 17, 2012  
Acton Curling Club Bonspiel**