



Options for Low Back Pain

Acupuncture – improves circulation and enhances the body’s own ability to deal with low back pain without the side effects that often come with the use of pain medications and other prescription medications. Additionally in some cases, acupuncture has been shown to provide equal or better results than medication without side effects.

An average acupuncture session takes about one hour. Although it is common to see some immediate reduction in pain after the first session, it can take up to 4-5 sessions. At that time, we re-evaluate progress and develop a treatment plan designed for your needs. Because each individual’s symptoms vary, please call us so we can discuss your specific needs.

Craniosacral Therapy – assistance will occur by using a gentle, noninvasive light touch generally at the head, feet or sacrum to balance the cranial system which contains the fluid surrounding the brain and central nervous system. With low back pain, this can increase relaxation and improve circulation with gentle detection and correction which encourages your own healthy mechanisms to dissipate the negative effects of stress. We recommend one or two treatments.

Life Flow Energy Tai Yi® – can enable healing by working the physical, mental, emotional and spiritual levels. It allows you to discover your own healing abilities after Universal Life Force Energy has been precisely delivered. When stagnant energies are dissipated or removed, your health can be restored which can enhance your relaxed well-being. Specific treatments include: Spine, Bone Marrow, Central Spinal Fluids, Self Esteem Purge, Accident Syndrome Detoxification, Walking Skeleton, Arthritis, Post Traumatic Stress Syndrome. After making an appointment with one of our therapists, they can help you decide which treatment is most appropriate for you. We recommend one or two treatments.

Therapeutic Massage – is a popular technique that can enhance general relaxation and provide an outlet for stress and relaxation in the lower back. It can include an assortment of techniques that involve targeted manipulation of the body’s soft tissue through coordinated pressure and movement. Benefits include:

- Reduced swelling
- Improved circulation
- Increased range of motion
- Relieves muscular tension

Most patients receive a one hour massage and the general recommendation is three sessions, one week apart to see results. Most therapists will also be able to make helpful suggestions for stretching and strengthening exercises to do in-between sessions.



Turn over

Yoga Therapy – opens a vast tool box of yoga methods and practices to alleviate pain in the low back reduce stress and create balance. We use breathing practices, gentle movement and relaxation techniques to access areas of pain and separation.

A typical session would begin with a structural and breathing assessment and focus on learning techniques to realign balance and posture and reduce the overall effects of stress on the body, mind and breath. Three sessions are generally required so that patterns can begin to change.

Benefits include:

- Release tension
- Lengthen the muscles
- Realigning the joints

