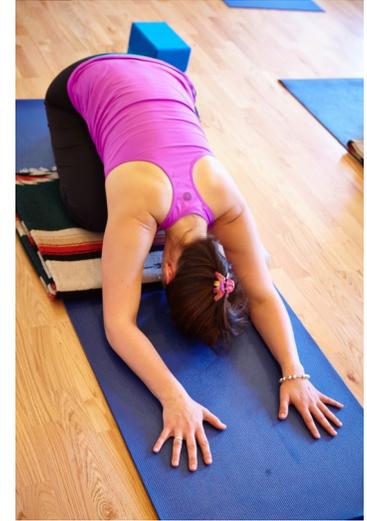


Back Care

“Oh! My aching back” is a common refrain among many people—in fact, 80% of the US population will experience back pain at some point in their lives! It is the most common cause of a job-related disability, but affects people of all ages. Back injuries cause people to seek medical help more than any other ailment except the common cold.

So, why is back pain so common?

We often think that lifting that heavy bag of mulch or shoveling snow caused our back pain, but in truth it is more often an accumulation of everyday dysfunctional movement patterns that set us up for the “event” that results in back pain.



Common Causes:

- ◆ Poor posture—getting worse by the day with the dramatic increase in the use of electronic devices
- ◆ Muscle imbalances—from opposing muscle groups that are overly tight or weak, causing muscle strain patterns. These imbalances are worse than ever due to sedentary lifestyles.
- ◆ Injury—from repetitive stress in movement patterns, accidents, bulging discs
- ◆ Mechanical problems—misalignment of the spine, muscle asymmetry, nerve impingement
- ◆ Diseases—arthritis, degenerative disc disease, spinal stenosis, osteoporosis, and others

Yoga is a great way to both prevent and heal back pain!

Recent studies have shown that it’s important to move and strengthen back and core muscles in order to prevent and heal back pain, and yoga has been shown to be as effective as physical therapy.

Yoga helps us:

- ◆ cultivate self-awareness of the body, mind and emotions
- ◆ improve postural alignment
- ◆ increase structural stability
- ◆ increase joint range of motion
- ◆ strengthen weak muscles
- ◆ release chronic stress and chronic muscle contractions
- ◆ balance muscular asymmetry



Practice yoga to ease back pain and live your life with more vitality!