

# November 2010 Spine Health Newsletter



## What Is Causing My Low Back Pain and Self-Care Pain Relief

**Brought to you by:**

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Dr. Karabinos is a proud Doctor Member of Spine-health. He is committed to educating his patients through the leading back pain and neck pain resource [www.spine-health.com](http://www.spine-health.com). Below are some articles that Dr. Karabinos recommends.

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In this month's newsletter, we take a look at accurately diagnosing a lesser-known cause of back pain called sacroiliac joint dysfunction, plus, we cover self-care treatments patients can do to help both their back and neck pain. You and your chiropractor can use the articles below to explore your particular back pain problem(s).

### **Accurate Diagnosis of Sacroiliac Joint Dysfunction**

Accurately diagnosing sacroiliac joint dysfunction can be difficult because the symptoms mimic other common conditions, including other mechanical back pain conditions like facet syndrome as well as other lumbar spine conditions including disc herniation and radiculopathy (pain along the sciatic nerve that radiates down the leg). As a result, the actual pain source might be missed and your treatments may only be masking the pain and not addressing the pain.

Click here to learn more about diagnosing sacroiliac joint dysfunction: <http://www.spine-health.com/conditions/lower-back-pain/accurate-diagnosis-sacroiliac-joint-dysfunction>

### **Sacroiliac Joint Anatomy and Pain**

The sacroiliac joint connects the sacrum (triangular bone at the bottom of the spine) with the pelvis (iliac bone that is part of the hip joint) on each side of the lower spine. It transmits all the forces of the upper body to the pelvis and legs. There is not a lot of motion in the joint and it is very strong and stable.

Learn more about the sacroiliac joint anatomy: <http://www.spine-health.com/conditions/back-pain/sacroiliac-joint-anatomy-and-pain>



## Treating Back and Neck Pain from A-Z

There are many self-care things you can do to help both your back and your neck. Many people find that the greatest benefits come from combining medical options (such as back pain medications, injections, etc.) along with alternative healthcare options, exercise like yoga and Pilates, and other practical health tips.

Click here to view the A to Z guide of methods you might consider with your treatment plan:  
<http://www.spine-health.com/blog/conservative-care/treating-back-and-neck-pain-a-z>

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Dr. Karabinos's desire to become a chiropractor was triggered by his personal experience at 17. Following a low back injury sustained while working loading trucks, he experienced excruciating and debilitating pain. Bedridden and having no success with the medical treatment offered by several physicians, his parents brought him to a Chiropractor. After one Chiropractic adjustment, the level of improvement was astounding. This experience eventually caused Dr. Karabinos to seek a rewarding career as a Chiropractor. Since Dr. Karabinos started his practice, his desire grows each and every day as his patients receive wonderful results. Dr. Karabinos uses a "whole person approach" when caring for his patients. By combining the very best hands-on techniques, personalized therapeutic massage & various physical therapy modalities, Dr. Karabinos continually researches, attends seminars & classes to learn and incorporate the latest breakthroughs of chiropractic treatment to HOLME CIRCLE CHIROPRACTIC.

**Visit Dr. Karabinos's profile on Spine-Health.com to learn about his latest treatments and his special offers for new and returning patients**

<http://www.spine-health.com/doctor/chiropractor/william-karabinos-philadelphia-pa>

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