

SPINE HEALTH NEWSLETTER - AUGUST 2011

BROUGHT TO YOU BY: WM. BRIAN KARABINOS, DC

LOW IMPACT EXERCISES FOR BACK PAIN RELIEF

Often times patients with severe back pain or certain conditions, such as when bones are weakened or have swelling and inflammation of the joints or even muscle strain, it is nearly impossible to perform high impact exercises. Since maintaining good health, muscle structure and flexibility is crucial to preventing further issues, it is imperative that patients find activities they can perform safely. Read the articles below and follow the links to the full article for more information on low impact exercises for back pain relief.

LOW-IMPACT AEROBIC EXERCISE

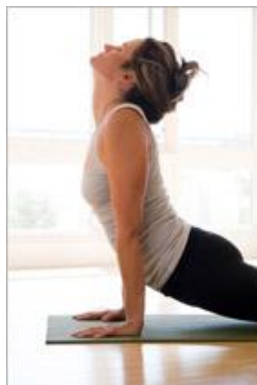
Along with specific back exercises, **aerobic exercises** that increase the heart rate for a sustained period are very beneficial for helping back problems. Aerobic exercise increases the flow of blood and nutrients to back structures which supports healing, and can decrease the stiffness in the back and joints that lead to back pain. While many patients with back pain are able to participate in vigorous exercise like running or step aerobics, others find it easier to engage in low-impact exercise, which does not jar the spine.

Types of low impact exercises:

- **Walking.** In general, walking for exercise is very gentle on the back, and walking two to three miles three times per week is very helpful for patients. Walking also has the

advantage of not requiring special equipment (except a good pair of shoes suitable for walking) and it can be done inside or outside, in almost any location, including at home on a treadmill.

- **Stationary bicycling.** For those patients who are more comfortable seated rather than



standing, biking or stationary biking may be preferable. Bicycling or 'spinning' classes have grown in popularity over the last decade as more people

ABOUT DR. KARABINOS

Dr. Karabinos' 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' 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>

<http://www.holmecirclechiropractic.com>

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realize the benefits of this lower impact form of exercise. There are several upright and recumbent (reclining) bikes that can be purchased for home use, and many come with programs preloaded so that patients have a good variety of sessions from which to choose.

Read about additional low impact exercises: <http://www.spine-health.com/wellness/exercise/low-impact-aerobic-exercise>

YOGA AS A TREATMENT FOR BACK PAIN AND NECK PAIN

A combination of physical exercises, breathing exercises and meditation, yoga may appeal to people as a means to stay fit and relax, but it also has practical applications for treating chronic back pain and neck pain from a herniated disc, arthritis and other conditions.

Several types of yoga exist, with their applications often beneficial to

certain types of patients. The following are just some examples of the different types of yoga:

- **Iyengar yoga.** Iyengar yoga stresses proper alignment and precise movements yet incorporates modifications that often benefit back pain and neck pain patients whose mobility may be limited as a result of their symptoms.
- **Ashtanga yoga.** Emphasizing powerful flowing movements like push-ups and lunges, Ashtanga yoga is appropriately described as "power yoga" and often appeals to patients who have previously rehabilitated from a back injury.

Read about other types of yoga for ongoing back and neck pain:

<http://www.spine-health.com/blog/exercise-fitness/yoga-a-treatment-back-pain-and-neck-pain>

WATER THERAPY EXERCISE PROGRAM

Water therapy exercise programs consist of a variety of treatments and

exercises that are done in a pool and may be specifically designed to provide relief of low back pain or neck pain. These exercises also serve to condition and strengthen muscles to help avoid future recurrences of back pain.

Water therapy exercise is especially helpful in cases where a land-based exercise program is not possible due to the intensity of pain, decreased bone density, disability or other factors. As such, water therapy is a versatile exercise and is particularly good for people with conditions such as:

- Osteoarthritis
- Advanced osteoporosis (with susceptibility to and/or pain from fracture)
- Muscle strain or tears

Read more about the benefits of exercising in water: <http://www.spine-health.com/wellness/exercise/water-therapy-exercise-program>

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