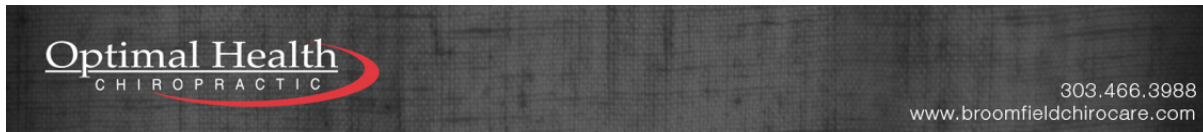


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How to Stretch for Low Back Pain



Low back pain can have many causes. Many people are surprised to find out that one main contributor to low back pain is the larger muscles that control leg movement. These large muscles connect to the pelvis and provide the catalyst to move your legs. When the muscles become too tight, they pull on the front and back of the pelvis in an uneven way. This causes a disturbance in pelvic alignment which can begin to cause tightness and pain in the lumbar spine. Upper leg tightness may also cause nerve impingement, especially the sciatic nerve. This can cause radiating nerve pain into the legs. The muscles involved in this are typically the iliopsoas and the quadriceps in front, and the hamstrings, gluts and piriformis in back.

The iliopsoas is the primary flexor of the hip joint. It raises the thigh to the chest. It attaches to the front of the pelvis, lumbar spine and femur. Stretching the iliopsoas is achieved by putting one leg in front of the other in a lunge position (front knee bent 90°, back leg extended straight back). Once in this position, bend forward at the waist for 20 seconds. Repeat 3 times on each side.



The quadricep muscle group also flexes the hips. They extend the leg at the knee as well. Part of the quadriceps attaches at the front border of the pelvis. For this reason, it may effect pelvic tilt. Stretching the quadriceps can be done by pulling the heel up and back toward the buttocks until you feel a stretch in the front of your thigh. Hold for 10 seconds, 3 times, on each side.



The hamstrings are the group of muscles that oppose the quadriceps. They function to pull the femur backward (hip extension) and the calf backward (knee flexion). Tightness in the hamstrings can cause the pelvis to tilt backwards. This causes lower back muscles to weaken and predisposes people to back injury. Stretching hamstrings can be accomplished by lying flat on the back near a doorway, place one leg up on the door jamb and slowly lower the other through the door opening. Hold this position for 10 seconds, 3 times.



The gluts and piriformis main function is to pull the hip outward and back. They attach to the outer part of the pelvis. When these muscles are tight, they cause soreness in the lower back. They may also create shooting nerve pain by impinging on the sciatic nerve as it passes between them. To stretch this, lie down flat on your back. Bend one knee 45°. Bend the opposite knee and rotate the leg so the inside of your foot is facing you as it rests on the opposite thigh. Grasp the outside of the ankle and the outside of the knee and pull it toward your chest. Hold the stretch 10 seconds, 3 times, on both legs.



An upper leg muscle stretching routine such as this may prevent future back pain. Balancing these larger muscle groups promotes positive pelvic alignment and reduces lower back stress. The most important part is to create a daily routine. If you have any questions, feel free to ask next time you are in getting adjusted!

- Dr Chris



For Our Mothers To Be!



Time To Get Hydrated

Prenatal Massage is Back at OHMT!

With Elizabeth joining our massage team, we are now able to offer prenatal massage once more in our office. We love taking care of our mothers to be! Our prenatal massage session is a nurturing massage for mothers-to-be to help find relief from mental & physical fatigue. A skilled massage therapist, Elizabeth, enhances support with special cushions, putting you into a comfortable semi-reclined position for your session. Experience pure relaxation that brings you back into balance, leaving you feeling re-energized for the incredible journey ahead.

Ready to schedule your next massage? Schedule your next session online or give us a call or TEXT at 720.610.2726 <https://www.massagebook.com/biz/OptimalHealthMassageTherapy>

How Much Water Should You Be Drinking?

This is the June newsletter. That means summer is here. Which means it's even more important for you to drink the proper amount of water - but do you know how much that is?

We know we've told many of you this before, and we'll probably say it again and again. But there's an easy to follow rule: take your body weight and divide it in half and that's how many ounces of water you should be drinking. For example, a 180lb man should be drinking 90oz of water a day. But we'll saw that it can vary depending on activity level, exertion, heat, and more. Use this number as a baseline and adjust as needed. But just know that water is important to feeling your best. In fact, if someone tells me they have a headache, I say drink a glass of water - it's a great thing to start with and there are only positive side effects.



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