

**CHIROPRACTIC**

Chiropractors differ from physical therapists and osteopaths in that they focus more specifically on the spine, explains Joe Brown from the Chiropractic Association of Australia. "Classically, chiropractors focus on the spine more than any other profession," he says.

"They have techniques that allow us to find the chiropractic Association of Australia. "Classically, chiropractors focus on the spine more than any other profession," he says.

Like osteopaths, chiropractors also address the rest of your body. "We believe your nervous system — your brain and spinal cord — is important in the function of everything else," Brown says. And as when back pain occurs, something is often "capped" or not in positional order, or is heated or stuck.

"With back pain, the most common thing people say is it feels localized," says Brown. "But the message seems to me a symptom and the chiropractor needs to find the cause."

And as the first that spinal manipulation is dangerous, many natural or chiropractors are well qualified to do it.

**Consultation:** 30r-60r (30-45 minutes).

**Session:** 20r-40r (20-30 minutes).

**Acute pain:** 3 months maximum.

**MILDERNATS**

Physical therapists (licensed to do so) and many people may make and better ways of moving, and also posture and breathing techniques. And as well as exercise, it is often done in a rehabilitation.

"Before that being a treatment not to start, we do comprehensive evaluations. So through problems and their own evaluation, they come to a better and more efficient way of moving," says Christine DeBartolo, a freelance personal and fitness trainer.

"While you mostly hear of therapists, sometimes athletes rather than going to physicalists, physicalists may it to deal to back pain without.

"If you come to me with back pain, I will look at how you move, realized get into different positions, and what you might be doing that may contribute to back pain," she says. The message, always pointing weight on one leg, or leaning you forward into one certain way of operating certain parts of your body. "Very often people will compensate the way they move and that can create more pain than

**LEARNING MORE**

- 1 [www.physiotherapy.com.au](http://www.physiotherapy.com.au)
- 2 [www.chiropractic.com.au](http://www.chiropractic.com.au)
- 3 [www.osteopaths.com.au](http://www.osteopaths.com.au)
- 4 [www.milidernats.org.au](http://www.milidernats.org.au)
- 5 [www.physicaltherapy.com.au](http://www.physicaltherapy.com.au)
- 6 [www.physio.org.au/eng/pt](http://www.physio.org.au/eng/pt)
- 7 [www.phdca.com.au](http://www.phdca.com.au)
- 8 [www.milidernats.com](http://www.milidernats.com)

the injury itself. So if I've got into a really acute stage, we can bring them into recovery faster."

**Consultation/session:** 30r (30 minutes).

**Class:** 30r-50r (30 minutes).

**Acute pain:** 3-4 months on average.

**NEUROSCIENTIFIC THERAPY**

This is a more non-invasive technique that doesn't require any manipulation of your spine. And it has proven to be as good as real back pain, explains Robert DeLuca from the National Back Clinic.

"With neuroscientific therapy, specific pressure is applied to certain nerves on your back," DeLuca says. "This activates the nerve receptors that send a message to the brain to either to analyze what's happening and then send a response back to the circuitry area."

These responses stimulate the system to and around electrical impulses to cause change. Eventually, your brain releases you back.

**Consultation/session:** 30r (20-30 minutes).

**Acute pain:** 3-4 sessions. ■

**YOGA**

Ellen Hall, a former yoga instructor, says one type of yoga will help back pain sufferers. "Yoga will ease back pain, as long as it is done correctly," she says. "And it will help progressive back pain because you are realigning your body."

And remember you being a health professional's diagnosis if your back problems are your own. So the teacher shouldn't be your own issue. And she offers against doing yoga with acute back pain. "We advise you not to do a couple of weeks and then see what we do," she says. See Teacher for details.

**PILATES**

Alan Hancock became involved in Pilates after a lengthy back problem. "I spent two years lying in a hospital bed and walking sticks," he says. "Then two hours of Pilates every day for three or four weeks," he says. "The fact is an instructor."

"Pilates strengthens abdominal, leg, hip, and back muscles and helps to stabilize your joints. If you have a tight back, you'll have weak abdominals. Many people are born with a weak abdominal wall, which means we do." Consultation type (30 minutes), session type (30-45 minutes) acute pain, unless otherwise type.

**TAI CHI**

In fact, says a Tai Chi expert and hydrotherapist, says recent research has uncovered a group of muscles in the back called the deep stabilizers. "Without everyone with back pain has weak deep stabilizers," he says. "So strengthen them, you need to exercise in a different way, using more muscle, encourage gentle, controlled movements and to regulate your posture while in your breathing."

"This is what Tai Chi does for." The concept is Tai Chi are almost the same as those formulating these stabilizer muscles." Tai Chi back pain workshop (30r) ■