

Thai therapy for lower back pain

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Thai treatment of lower back pathologies

Lower back pain is the most common of orthopedic pains. Most cases are not diagnosed as any specific pathology but referred to by doctors simply as “lower back pain.” Poor postural habits and repetitive stress - both physical and psychological - play a dominant role in the development of lower back pains. Thai acupressure routines are safe and very effective in treating common lower back pathologies, but it is wise to consult a physician if there is acute, prolonged pain.

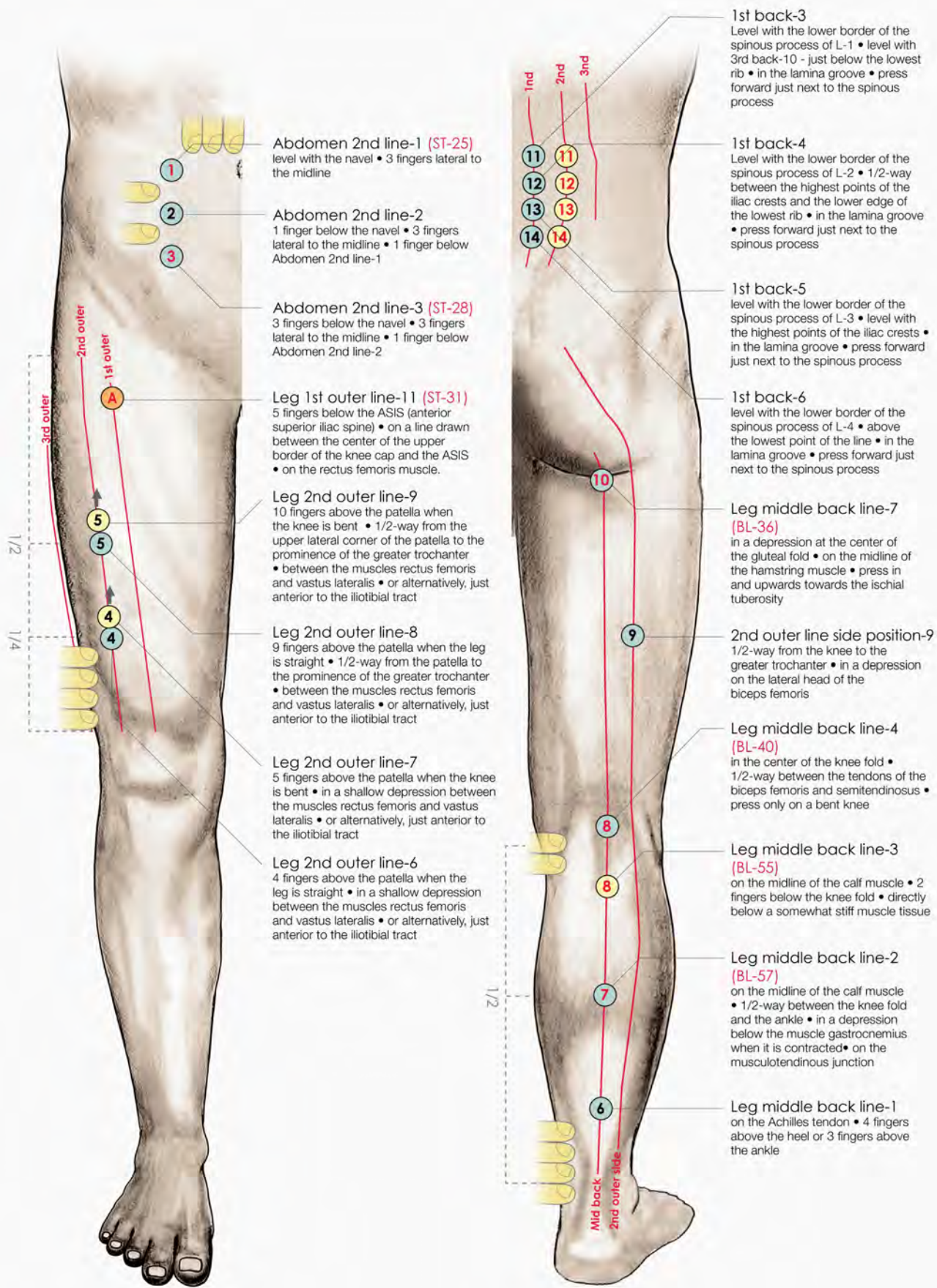
Lower back Precautions:

Avoid stretching when treating an acute condition. Use stretches that are appropriate and only after you have mastered them fully on healthy people. Stop anything you do in the treatment if it creates pain. Be very cautious and gentle when thumb pressing the abdomen of an older client. Treat daily until recovery. In a non-acute case, treat twice a week. Instruct the client to refrain from any quick or sudden movements, from lifting heavy objects and from any activity or posture that causes pain.

Problem description:

- Chronic or acute pain is located at one or both sides of the lower back. The pain is usually more pronounced on one side.
- The pain may radiate to one or both legs, usually to one thigh along the 2nd outer leg line and/or the 1st outer leg line in side position.
- The pain increases when bowing face down (thoracolumbar flexion) but may also increase when turning up and arching backward (extension) and when twisting (rotation).
- Pain increases during activities that involve lumbar flexion (as in sitting or putting on shoes), extension (as in walking), or rotation (as in turning the back when driving in reverse).
- The pain may impose mild or severe motion restrictions. A sharp pain may accompany bending beyond a certain point.
- The posture of the lower back may be distorted.





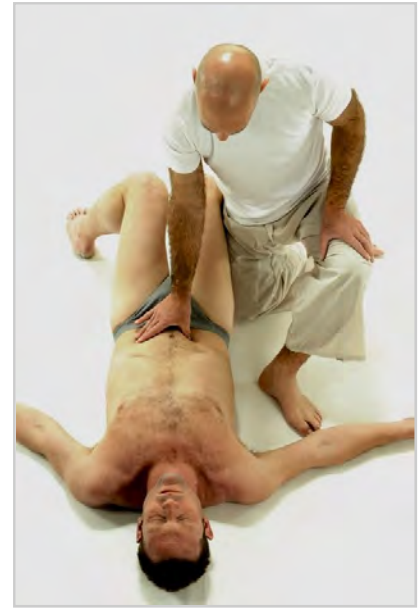
Preparations:

Position your client on his back with his knees bent and his feet on the floor. This position decreases pressure on the back (a pillow under the knees will not do the job, but a chair may be used).

Abdominal massage and acupressure points

a) Start, when time allows, with a full abdominal massage.

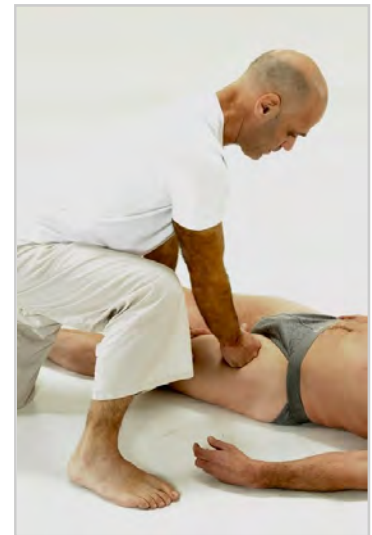
b) Thumb press points 1, 2 and 3 for two or three rounds. Press as deeply as your client allows (some pain may be involved) but press more lightly if he tenses up. Do not press the abdomen deeply if your client is over sixty years old or suffers from circulatory problems.

**Thigh therapy line and acupressure points**

a) Thumb press the 2nd outer leg line several times.

b) Thumb press points 4 and 5. Press each point for 10 to 15 seconds. Use your thumbs or the palm of your hand. If palming, press for longer periods. Your client's leg may either be straight or bent. For bent legs, use your palm, press the point, and then push downwards towards his abdomen.

c) Use your palm or knuckles to press extra point A on a straight leg.



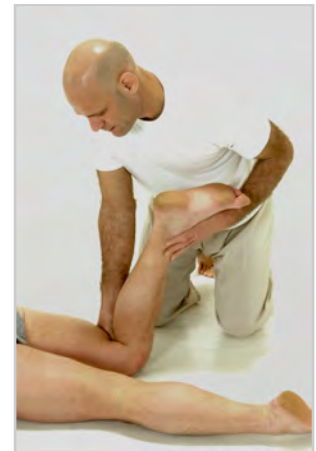


Knee press

Use your knee to work the 1st and 2nd outer leg lines side position of the thigh. Lean backwards, pull the knee of your client and push your knee onto the thigh and roll the hamstring muscles sideways toward the other leg. Start at the knee, work halfway down the thigh and back up to the knee. Repeat once or twice. Work slowly, pressing for 5 seconds each time

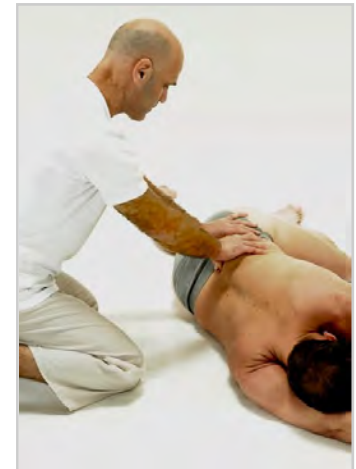
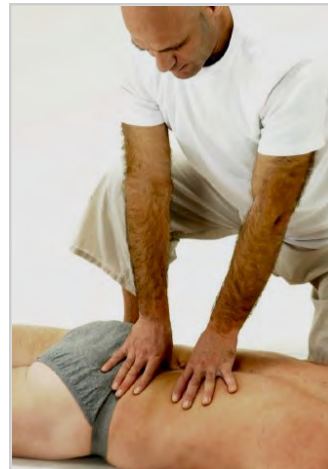
Posterior leg line and acupressure points.

a) Palm press the back of the leg from the foot to the buttock and return to the foot, one or two times.
 b) Thumb press the Middle back line once or twice c) Thumb press points 6 through 10 several times.
 When pressing point 8 (d), you should bend the knee.



Lower back acupressure points

Thumb press points 11 through 14 for two or three times. If your pressure creates pain - stop. If the pain is due to the stretch (extension) to the lumbar spine that is caused by your pressure, instruct your client to switch to the side position with his knees bent, one on top of the other. Then check whether or not your thumb pressure creates pain again. Local sharp pain at the point under pressure may indicate inflammation. Direct pressure on inflamed tissue will worsen the condition and is contraindicated. If the lower back goes into spasm in reaction to your pressure, stop immediately.



Front thigh stretch

With non-acute conditions, you may very cautiously stretch your client's thigh. Pull the knee upwards very slowly with one hand. If any pain is created in the lower back, stop. Some pain at the front of the thigh is normal. As you pull the knee, press the buttock with the other hand and push down towards the leg, thus protecting the lower back from extension. You may use a different variation of this stretch with the client in the side position.



Lower back stretch

With non-acute conditions, you may very cautiously stretch (flex) your client's lower back. Position your client seated with legs apart. Using your toes, press both sides of the navel together. Slowly press deeper while simultaneously pulling the hands of your client very gently as you lean backward. Have him bend as far as he can. If you feel resistance, even with a gentle pull, stop. If any pain is created in the lower back, also stop. The patient should feel comfortable with this stretch, although some abdominal discomfort may be experienced.

