



## “Back to Business”

Back Pain is one of the leading causes of missed days from work. Understanding the causes of lower back pain can help you maintain a healthy back or prevent injury from occurring so that you can start feeling better faster and get back to business.

Degenerative disc disease refers to a syndrome in which an aging disc causes chronic low back pain. The condition is the result of normal aging of the disk that can be accelerated by a compression that results from a fall or a torsional (twisting) injury to the disc space. The injury weakens the disc and creates excessive micro-motion at the corresponding vertebral level because the disc cannot hold the vertebral segment together as well as it used to. The excessive micro-motion, combined with the inflammatory proteins inside the disc that become exposed and irritate the local area, produces low back pain. \* For many of us, this type of back pain can also be brought on by overloading the aging disk with prolonged inappropriate postures at our workstations in the workplace.

### Degenerative disc disease...

can be successfully prevented by making sure you take care of your back before pain begins this includes:

- Maintaining a proper weight
- Exercising regularly
- Maintaining proper back posture at your workstation
- Proper hydration

Suggestions for conservative care of degenerative disc disease include:

- Ensuring that your workstation is properly set up so that your spine is aligned to promote good back health.
- Take a break--periodic rest periods can help alleviate back pain and constant compression on the lower back.
- Non-prescription medications, such as NSAID's and acetaminophen, may be helpful in alleviating low back pain.

**Before starting any physical activity and/or weight management program, and before taking any medication be sure to speak with your physician.**

Be sure to visit [www.myuch.com](http://www.myuch.com) for more health and wellness information.

\*Reference: <http://www.spine-health.com/topics/cd/overview/lumbar/young/degen01.html>

