

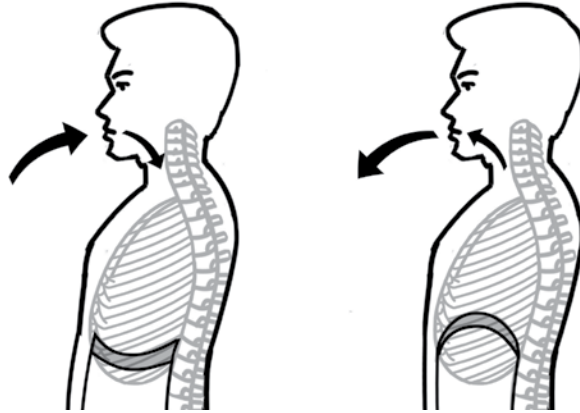
HEALTHY HAPPENINGS

Back Pain? It Could be Connected to Your Breathing

Did you know that breathing (respiration) and back pain are intimately linked? A 2006 study found that “the presence of respiratory disease is a stronger predictor for lower back pain than other established risk factors.” And, “clinical observation supports the notion that patients with poor breathing muscle co-ordination are more prone to chronic back pain and neck pain.” Unfortunately, I learned about this connection the hard way, and experienced chronic, debilitating pain.

The position of your respiratory diaphragm is the link between breathing and back pain. Your diaphragm muscle sits in the lower portion of your rib cage and has attachments all the way down to the lumbar vertebrae in your lower back. Imagine your diaphragm with strings (crura) hanging down the front of your spine and connecting into your lower back. When your diaphragm moves and changes positions in response to breathing, it pulls on these strings

second image on the right. I say “should” because this is not always the case. This domed position is the relaxed state of the muscle. Some of us, myself included, do not exhale fully, leaving residual air in our system, which causes the diaphragm to stay in a lengthened position. The excess tension in the diaphragm flares the rib

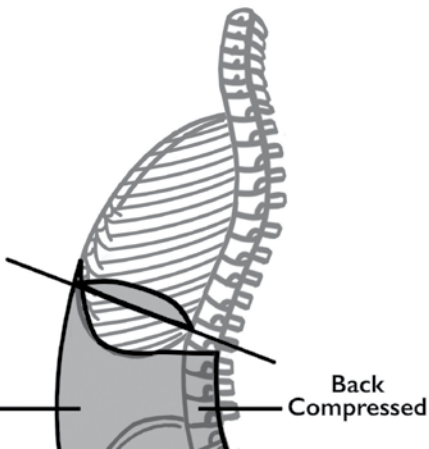


cage up and forward pulling the lower back with it. The transverse abdominis (TA), on the front of the body becomes overstretched, while the lower back is compressed, as shown in the image on the left. This increased arch seen in the lower back is often a source of pain. It certainly was for me.

Correcting back pain caused by a tense, lengthened diaphragm and inefficient breathing, requires learning proper respiratory mechanics, particularly full exhalation, and regaining a domed diaphragm position. In Posture Fitness class I integrate breathing into each movement. With practice, your body becomes strong in an aligned position, respiration becomes more efficient, and back pain diminishes. I know mine has. Come to class and find out more. Your first class is free!

Class Details
 Mondays @ 11:30 am – 12:30 pm
 Moab Recreation and Aquatic Center
 Investment: \$10 /class, \$45/5-punch card, \$80/10-punch card

Jessica Kisiel, MS, is a local wellness professional specializing in injury recovery and pain management through alignment. She is certified by the Postural Restoration Institute® and Egoscue University®. Learn more by signing up for her newsletter, <http://www.thepfathlete.com/subscribe>.



to the lower back. Hence, the position of your diaphragm, and the way you breathe, influences the position of your lower back.

The diaphragm is a skeletal muscle, just like your biceps and hamstrings. And, similar to these muscles it can become deconditioned, overstretched, tight, etc. The position and tension of the diaphragm muscle affects its function, and creates a cascade of postural changes that can lead to back pain.

The diaphragm is your primary muscle of inspiration (breathing air in). When you inhale, the diaphragm moves downward into a lengthened position, as shown in the first image on the right. When you exhale, the diaphragm “should” move up into a domed position, as shown in the

Celebrate National Physical Therapy Month with Nutrition Tips!

Every October, as a physical therapist, I want to make an impact in my community and provide information and education. This October let's focus on homemade quick meals done right with healthy tips. For most of us, working long hours doesn't stop once you get home. I often find myself eating potato chips while I decide what to make for dinner.

How can meals be healthy and quick?

The first step to eating healthy is preparation. If you head to the grocery store with no meal ideas you will often end up with frozen or pre-made meals, and unhealthy treats from displays that grabbed your attention. Before heading to the store have a plan for several meals and ways to substitute ‘fatty’ foods for healthy alternatives. Obvious healthy solutions are cooking oils with mono or poly saturated fats instead of butter or lard. Substitute creamy white flour sauces with red sauce or olive oil. Always check labels on low-fat choices to make sure fat wasn't replaced with high levels of sodium and sugars instead.

One of my favorite quick recipes is in a crock pot (can use sauce pot): Mexican Chicken

- Mexican Chicken:**
- crock pot
 - 3-4 chicken thighs
 - 1 jar salsa
 - tortillas
 - can of corn or beans

Directions: Add boneless, skinless chicken thighs and jar salsa to crock pot on low for a couple hours until tender. This makes great tacos! You can also add 1 can of corn + 1 can black beans to crock pot. If meat is too dry you can add ½ cup low-fat chicken stock.

Serve over brown rice or stuff in whole wheat tortilla for a quick burrito. Enjoy!

Join us for a **FREE nutrition lecture** to find more helpful tips on cooking quick meals at home and planning. Lecture will be given by local nutrition coach Julie from Potential Energy. She will cover meal planning and prep, how to avoid extra sugar and hydrogenated oils, grass fed meats and much more!

Location: Moab Physical Therapy and Rehab at 83 E Center Street

When: Wednesday, October 18th at 6:00 pm. Please call to reserve a seat, or to ask questions about lecture content, or if you need special accommodations (435) 210-1985. Limited to 15 -don't miss out!



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