

Munster Treatment Rooms

Bridge Street, Bantry, Co. Cork

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Are you Suffering From Backache?

We have all one time or another complained of backache, calling it Lumbago or Rheumatism or something similar. However, more often than not the pelvis can be the root cause of many aches and pains in the back area.

When the pelvis is misaligned the spine will also be out of kilter, and this can, if left unattended, lead to severe defects on the neurological system. The body will often let you know pretty quickly about this.

The skeleton is the framework which gives the body its shape. It is held together by muscles, tendons, ligaments, and fascia (soft tissue). When any one of these becomes strained or tightened, they pull the body framework out of line resulting in physical tension which causes pain.

So can we fix these problems? Visits to the Chiropractor or Osteopath can certainly realign the pelvis and have great results, but other work may be also needed at times.

Deep tissue massage on the affected area can really help to solve the problem as well as giving much needed relief. This treatment can be accompanied by stretching the area and applying some muscle energy techniques (M.E.T.) to rebalance the soft tissue together with some guided exercises which will also help.

As a soft tissue practitioner, my suggested treatment for this kind of problem includes the following:

- Assessment & identification of the pelvic misalignment and associated dysfunctions
- Firm but gentle massage to the lower back
- Stretching of hip joints with the use of M.E.T.
- Testing of muscle groups
- Easy to follow exercises in stretching and strengthening
- Advice on correct posture

For those training for the Bay Run 10 or other marathons who cover a lot of miles on a weekly basis – often 70 miles or more – there can be a lot of pounding on hard surfaces and this can have an impact on the body. Be aware of your body and seek help from an experienced practitioner to help keep you in good shape and injury free as you train.

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That applies to non-sporty folk too. Occupational hazards can cause problems for the pelvis and back. Lifting heavy weights incorrectly, incorrect gym work, falls on the base of the spine as happened in the recent icy weather - all can contribute to misalignment of the pelvis.

So be mindful of yourself and be aware we are here to help you,

Rob McGuinness

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