Today’s health counsel is presented by powle klaiborg who is the chief counselor at Liverpool’s famous pain clinic , the viltson clinic a powler, do you know what prince child’s Seve Ballesteros and Elizabeth Taylor have in common? They all suffer from chronic back pain. In fact, bad back so one of the most common health problems today, effecting people in all walks of life. The most recent available figures show that about a quarter of million people are incapacitated with back pain every day. And many sufferers don’t know the cause or the solutions to their problem. The majority of our patients at the clinic tend to be women. They are especially vulnerable because of pregnancy but also because of osteoporosis. Which I personally believe to be the major cause of problems for women. I have many women patient who say they have completely given up exercise because the pain makes them so miserable but a cause that start of a vicious circle. Bed rest, given up exercise and pain killers are traditional responses to back pain. But although there are many excellent drugs on the market, at our clinic, we are beginning to realize the unique benefits of relaxation therapy. Other specialists in the field make strong case for several types of exercise but in our experience they are easily mishandle and can lead to more harm than good. Now let’s look at some of the reasons why back pain is developing into such a unique menace. In general the body is pretty good at self-repair. A strain or a blow to a limb though painful at the time generally resolve itself. But the body’s response to back injury can be very counterproductive. When pain strikes, we tempt to keep the back as immobile as possible which makes the muscles tense up. Research shows that they often going to spasm which causes further twisting of the spine. A vicious circle is on the way. The second mistake we often make when striking with extreme back pain is to go to bed and stay there. Although at the clinic we recognize that the short rest in bed can be helpful up to two days. Any longer makes our back muscles become weaker and unable to hold up our spine. The pain therefore become worse. Another problem is being overweight. Anyone’s stone or more overweight who already has back pain is not doing himself any favors. Though it won’t actually set it off in the first place. The weight will increase the strain and makes thing worse. The British diet could be partially to blame for the increasing back pain. Over the last ten years, the average weight of men has risen by eleven pounds and of women by 9 pounds. So much for the causes and aggravations of pain. But what can we do to help? There are many ways in which simple day to day care can make all the difference. The first point to watch of course is weight. If you are overweight, a diet will make all the difference. Also studies have shown that just one hour sitting in the slouched position can strain ligament in the back which can take month to hill. At the clinic we have come to the conclusion that the major cause of the problem is not with the design of chairs as some have suggested but in the way we sitting them. It can be useful to get special orthopedic chairs but remember the most important improvement should be in our posture. Another enemy of your back is of course your beds. If your bed doesn’t give enough support, back muscles and ligament work all night trying to correct spine alignment. So you wake up with a tired eiking back. Try out an orthopedic mattress or spring slatted bed. Research shows that the both can be beneficial for certain types of back pain. Another hazard for your back are the shock waves which travel up your spine when you walk. Notice hill strike. A real find for our patients has been the shock-absorbing shoe insert. A cheap but very effective solution. And you might be better of avoiding shoes with hills higher than one and half inches. Though absolutely flat shoes can be a solution for some. Others find their posture suffers. Finally a word about the state of art relief, the TENS machine. A small battery power gadget which delivers subliminal electrical pulses to the skin. Our experience indicates that your money is better to spend on the more old fashion remedies.