

# Lumbago

Contributed by Administrator  
Thursday, 17 January 2008

Lumbago is a term used by medical people to describe non-specific general lower back pain, the exact cause is often unknown but can come from overuse, lifting heavy objects improperly or exercising without proper training.

The pain is in the lumbar region of the back, it is often severe and can happen after twisting or lifting awkwardly. Symptoms can include Pain (which does not radiate down the legs), stiffness in the back, usually worse in the morning after sleeping and Scoliosis of the spine, an S shaped curvature.

Resting on a firm surface, applying heat, sports massage with specific essential oils and moving around as much as possible in between resting, will all help, specific gentle exercises are essential. Anti-inflammatory whether orthodox or herbal will help, a TENS machine can be useful.

It can recur especially if when it is better the patient stops doing the prescribed exercises etc., it pays to keep them going even if there is no problem.

Remedial Massage is one of the most important steps to take but needs to be undertaken by someone experienced in this kind of area.