

My Back is Killing Me! Severe Back Pain!

[snackpack2004](#) | **Total Posts: 151** | **Member Since: 12/4/2004** | **Posted: 4/7/2005 9:55:59 AM** | **Post 1 of 142**

I am starting to have very severe lower back pain. [It has been going on] for the last three days. I am a very healthy 30-year-old and never had any medical problems, so this is really starting to concern me because it seems to be getting worse. Last night I had trouble getting out of bed because walking was extremely painful. Anytime I bend my back now it hurts. I am HOPING this will go away and maybe it is just a sore back muscle. Anyone ever experience any symptoms like this? What did you do to relieve the symptoms?

[lauer](#) | **Total Posts: 284** | **Member Since: 8/5/2004** | **Posted: 4/7/2005 10:26:59 AM** | **Post 5 of 142**

A chair with armrests has made a huge difference in my back and arms, I have the Orasoptic chair. It forces you to sit up straight (helps your lower back) and put some weight on the armrests (helps your upper back).

Like they said above, exercise is really important too.

[molars007](#) | **Vicky Barogiannis** | **Total Posts: 303** | **Member Since: 10/14/2003** | **Location: Fort Lauderdale, FL** | **Posted: 4/7/2005 10:40:33 AM** | **Post 6 of 142**

A couple of suggestions before you head to the chiropractor...not that I have anything against them, I love mine! If it's bilateral pain, it's most likely muscular...lay on the floor (on a mat or carpet), with one leg slightly bent to insure that your lower back doesn't come off the ground, bring in your other knee towards your chest and gently pull it towards you until you feel the stretch....hold the stretch for 15-20 seconds and then switch sides. Do two to three times a day. You will notice a difference after the first time as soon as you get up off of the floor. Another good stretch, but difficult to explain in writing: lay on your back, both legs bent, feet shoulder width apart, feet flat on the floor. Take right ankle and place it over left knee...then slowly raise your left leg up until your calf to knee is parallel to the floor, then gently grab under your left hamstring (back of thigh) and very slowly pull towards your chest. You will feel the stretch from your hamstring all the way up your back....this should feel good, hold again for 15-20 seconds and then switch sides. Stop at any time if you feel any sharp pain, which you should not feel. These are stretches that all dentists and hygienists should be doing on a regular basis. Also, pay attention to the way you sleep and drive your car. If you drive and your left leg is always bent, try and stretch it forward at every stop light. While sleeping, if you sleep on your side, you should be putting a pillow (not too full) between your knees and thighs to keep your back in alignment. While you are in discomfort, if you sleep on your back, put one or two pillow under your calf muscles up to your knees to alleviate pressure on your lower back.

This should help tremendously....there are other things you can do like crunches for your abdominal muscles which support your back, etc.

[timmy](#) | **Timothy Test, DMD** | **Total Posts: 1,531** | **Member Since: 3/11/2004** | **Location: Bethlehem, PA** | **Posted: 4/7/2005 11:03:57 AM** | **Post 7 of 142**



Start inverting...basically, hanging upside down, for a few minutes a day. I started about three years ago, and it absolutely saved my career.

The trips to the chiropractor and massage therapist were getting out of hand, and the pain was just getting worse. I am now 100% pain free, 99% of the time, and when I do have pain, I know how to manage it. Mine came from a company called Hang-Ups, got it on the net for about \$300. Best investment in my health that I ever made.

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carneym | Carney Middleton | Total Posts: 48 | Member Since: 2/13/2002 | Location: Frankfurt, Germany | Posted: 4/7/2005 11:09:57 AM | Post 8 of 142



Ditto to this. Exact same experience; I was all set to go under the knife and my stomach lining was shot from ibuprofen. Only three sessions on that gizmo and the pain was gone. That was five years ago. I still cannot believe it.

snackpack2004 | Total Posts: 151 | Member Since: 12/4/2004 | Posted: 4/8/2005 4:25:57 PM | Post 33 of 142

Hi everyone, great advice from people on this forum. I tried the stretching exercises and went to the gym, swam, and did reverse sit-ups. That seemed to do the trick. My back feels like normal again. Whew!

I am paying more attention to the way I sit at work. I wear my loupes and have my legs parallel to the floor and my back erect while using the mirror more for those maxillary teeth. Seems to help a lot.

markfried | Total Posts: 24 | Member Since: 7/10/2002 | Location: Framingham, MA | Posted: 4/8/2005 7:07:36 PM | Post 35 of 142

Good recommendations all around. One related item: If you can...before you go see a chiropractor or have your PCP [primary care physician] diagnose something back related, make sure you have all the disability and office overhead insurance you need **ALREADY IN PLACE!** I have a chiropractor friend, and went to see him to help get me out of a painful episode. [The] next time I went to increase my disability insurance (with ADA/Great West)—Boom...a nice rider attachment that excludes back related injuries. I ended up having to find a company that would write me a policy without the rider, but it wasn't easy. It's 10 years later, and without any other back incidences they're (Great West) still giving me a hard time when I went to try and increase with them again.

cybertooth | Total Posts: 18 | Member Since: 4/25/2001 | Location: New Brunswick | Posted: 4/17/2005 7:09:50 PM | Post 41 of 142

I have also suffered from acute back pain for the last month following a game of basketball...I overdid it. I attempted kayaking, and made it worse. My MD told me I likely have a bulging or herniated disc. I could barely walk or stand without pain. Getting dressed was the hardest thing to do, putting on socks and underwear was a serious challenge, and I had to get my staff to help me tie my shoes a couple of times. Now, I can see how people with chronic pain get addicted to prescription meds.

Now, I am totally depressed, and am worried that I will no longer be able to do what I love to do (basketball, kayaking, canoeing). I have been to the chiropractor and had adjustments with minimal success, and have a massage planned for next week. I will ask the chiropractor about the inverter. I am prepared to change my lifestyle, but life would suck without my hobbies. I am 34, and fit.

dfyffe | Total Posts: 305 | Member Since: 11/28/2004 | Location: Dallas, TX | Posted: 4/17/2005 7:24:00 PM | Post 42 of 142

Don't give up. You need to try physical therapy. My back problems started in 1990. I was 33. I have had two surgeries (laminectomy/ discectomy); one in 1994, and another in 1996. I am very active now—run, exercise, walk, and snow ski. I was religious about doing the exercises that the physical therapists showed me. It took about a year, after the surgeries, but my back finally started feeling better. Go to physical therapy and above all, do not lift heavy things (anything over 50 lbs).

UnOrthodox | Hershel Ellenbogen, DMD | Total Posts: 2,842 | Member Since: 11/15/2002 | Location: Whitinsville, MA | Posted: 4/18/2005 11:46:23 AM | Post 45 of 142

...I had similar problems two to three years out of dental school also around age 30. Knees, lower back, etc. were killing me. First thing I did was check and then replace my mattress. Comparatively inexpensive, but it helped a bit. Then someone suggested to have my feet checked. I ended up at the Podiatrist, and within a few days of getting my orthotics, the problems disappeared. Think about how much you're on your feet...arches collapse etc. The other thing to check is your shoes. Same philosophy, if you're walking and standing as much as we do, being in a good pair of Rockport or New Balance [shoes] makes a huge difference. Hope this helps.

ljsdds | Lawrence J. Sutton, DDS, FAGD | Total Posts: 265 | Member Since: 6/14/2002 | Location: Ocala, FL | Posted: 4/18/2005 3:10:49 PM | Post 50 of 142

I just got my inverter on Friday after reading this post. There is no greater investment for a dentist than in himself. I love it. It may be psychosomatic, but I could feel the neck and back appreciating the position. I'm still trying to figure out how to place the ankle braces on so they don't hurt after awhile. Also, what to do to maximize the effectiveness of the machine. Stand on my head or go back maybe 45 degrees from horizontal? My three little girls keep wanting me to put them in it. Actually, they are really making it hard for me to take care of ME. And, of course, the wife doesn't want it in our bedroom. It does come apart easily and slides under the bed. But, obviously now it is more time to put it back together. Time will tell, but I am happy so far.

drdee | Mark C. DiBona, DDS, DABOI, DICOI | Total Posts: 130 | Member Since: 12/2/2003 | Location: Exeter, NH | Posted: 4/19/2005 11:24:44 AM | Post 61 of 142



I've been using a manual one that I paid under \$200 for. It's been about two years, and I use it for ten minutes every morning I work. My back is pretty much pain free. I got mine from a company called "Sissel-Online." They sell exercise equipment and have a price break for professionals (DDS included).

garrisonmt | Total Posts: 1,321 | Member Since: 8/10/2000 | Location: Missouri | Posted: 4/19/2005 7:01:48 PM | Post 63 of 142

I bought an inversion table from Amazon.com because of this thread. It's actually helping my back pain. I have a massage chair (it helps too, but takes at least a half-hour to get results, and with kids, I'm not sure what that is), see a chiropractor prn, and stretch. But, this really stretches a lot of areas you just can't otherwise reach. It has also helped me diagnose my sinus infection.

ljsdds | Lawrence J. Sutton, DDS, FAGD | Total Posts: 265 | Member Since: 6/14/2002 | Location: Ocala, FL | Posted: 5/10/2005 9:03:15 AM | Post 68 of 142

[I've] been hanging for maybe three weeks. I think it helps. I surely can feel the back decompressing. The ankles are feeling better. I am beginning to do some crunches. At first, I just hung upside down to see if there was any therapeutic value. I am glad I got it. Let's put it in a different perspective. Since I have got it, I have not had any real back pain. I feel sore when I get out of it, but I would guess that is from the stretching. I have even recommended it to patients....

swandog | Total Posts: 121 | Member Since: 9/30/2004 | Location: North Platte, NE | Posted: 5/12/2005 12:05:42 PM | Post 73 of 142

[I] got my inversion table two weeks ago because of this thread. It is truly amazing what hanging upside down for five minutes, twice a day has done to my back and neck. I have bulging discs at C-5 and C-6. [I] have been totally asymptomatic since inverting. My daughter, who is 16, has hemiplegia and her right leg is an inch and three quarters shorter than the left. So, she always has a sore lower back and hips. Now, I can't keep her away from the thing! She loves it, and is also pain free.

mlboyd | Lee Boyd, DMD | Total Posts: 566 | Member Since: 12/17/2002 | Location: Allen, KY | Posted: 5/18/2005 8:23:20 AM | Post 77 of 142

I have had my Hang Ups table for two days, it's great. I've needed to get into my chiropractor for an adjustment, but haven't had time. After two days of using this, I don't need the adjustment. Love it.

Ron Schalter, DDS | Total Posts: 972 | Member Since: 1/21/2002 | Location: Adrian, MI | Posted: 7/15/2005 9:08:41 AM | Post 83 of 142

Just thought I'd add my input. For the last 10 years I have suffered with a degenerated disk, arthrosis, and facet wear at L5S1. I also have a herniated disk L4L5. There have been times I have only been able to work three to four hours a day with ice packs on my hips and lower back. This last May I spent three days in the hospital because I could not even walk due to the pain. I have tried chiropractic, physical therapy,

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pain specialist with cortisone injections, magnets, you name it. All the neurosurgeons I have seen have said surgery would end my career.

Last Saturday, based on some of the posts here, I went and bought an inversion table. After one use I was able to stand still in one spot for longer than the usual two minutes without pain. All week long I have had minimal discomfort, and what I did have was quickly relieved by inverting.

I know that in this profession, with the shape some of my disks are in, that there will likely be reoccurrences or episodes of further pain. I can't tell you how wonderful it is to now have a way to manage it. This week, for the first time in I don't know how long, the thoughts of, "what will I do if I can no longer practice," weren't stuck in the back of my mind. Only those of you that have been there know what a relief that is. So, to all of you that took the time to share your experiences with inversion tables, you have my deepest gratitude.

ricktds | Rick Todd, DDS | Total Posts: 1,404 | Member Since: 1/21/2004 | Location: Bellingham, WA | Posted: 1/2/2006 3:40:04 PM | Post 89 of 142



My wife got me an inversion table from Costco for Christmas. I forget the brand, but it is very heavy duty and easy to invert and return on. [It] has the memory foam on the ankle locks and the bed and is very comfortable. They should still have some at the Costco near you! It is, like others have said, a real breakthrough. My back feels the best it has in years. I do notice an uncomfortable increase in blood pressure to the head that lasts about 30 seconds and then is gone. Other than that, I have been doing two to three minutes about twice a day. I really am impressed with how it works for me!

jaguilliot | Total Posts: 4 | Member Since: 2/20/2003 | Location: Lafayette, LA | Posted: 1/10/2006 4:23:38 PM | Post 116 of 142

I'm 51, and have had no back problems for years, no matter what position I work in. My personal solution was a 90 minute deep-tissue massage every other Monday at 5:00 p.m. [I've] been doing this for 15 years. Stress relief another BIG benefit. Find a spa with low traffic volume, nice music, person with very low hair volume on arms (man or women), and most of all, one that speaks VERY LITTLE. Write all checks

through the office account. My latest addition was several years ago, bought a Tempur-Pedic mattress. Can't tell you how much icing this put on my cake! Lastly, a little stretching and walking never hurt.

Mike Esposito, DDS | Total Posts: 6,257 | Member Since: 2/27/2001 | Location: Pennsylvania | Posted: 1/12/2006 9:09:25 PM | Post 131 of 142



OK, I did set it up and was hanging like a bat in under 15 minutes...just like Tim said. When I hit 60 degrees I thought I was almost vertical, LOL, very deceiving...then I pushed it to 90 degrees, felt GREAT! A little bit of discomfort in the ankles, but that should improve when I wear sneakers for support, I was so anxious to get onto the thing that I didn't read you should put sneakers on first...who needs directions anyway? The included DVD is very helpful as well, showing you how to do some stretches and crunches etc. It was amazing the amount of release I felt after just using it for a few minutes. [I'm] going to give it a full work out tomorrow morning. Thanks to all who encouraged this purchase!

Find it online

Read the rest of the conversation and add your comments on Dentaltown.com. Follow this address to find the complete thread: <http://www.dentaltown.com/ide-abb/view.asp?topicID=48384>

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