Subject: Re: What are YOU doing this week?
Posted by cddeluca@telocity.com on Fri, 31 Jan 2003 09:34:29 GMT
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For what it's worth, and it's not worth much, you can usually get significant relief from lower back pain by lying flat on the floor face down and pushing up with your arms to arch your back. Hold the position for something like 10 or 20 seconds, whatever's comfortable, and repeat as you feel necessary. It's a technique from McKenzie therapy - you could look on the net for details but the basis is giving the disks an opportunity to move inward back into place away from the affected nerves.It has worked pretty well for many people I've recommended it to, including myself. Good luck, I know how badly it sucks.