

17 Back Muscles That Cause the Most Back Pain (and how to get relief)

Back pain is one of the top reasons for missed work and second only to upper-respiratory infections for causing doctor visits.

Most of the time, back muscle pain is diagnosed then “treated” with little more than a prescription of rest, painkillers and muscle relaxants.

Follow this advice and you’re taking one more step down the path to more serious back pain – and possibly doctor-recommended back surgery to deal with it.

And it’s all because you’ve never been told why you have back muscle pain – or how to get lasting relief by treating the cause rather than the symptoms.

That all ends today as we pull back the covers and see exactly what is going on... why your back hurts... which muscles are behind your back pain... and most importantly, what you can do about it (besides taking more pain pills).

Why Your Back Muscles Hurt

This may sound suspiciously like common sense, but your back muscles hurt when you pull them too far or place them under too much strain.

But contrary to common misperception, the underlying cause of this back muscle pain is not poor posture, how much you exercise or even your genetic history.

Instead, poor posture can be strong evidence of the real cause. Exercise of the wrong kind can make it worse (but the right kind can relieve your pain). And the good news is you can do something about this underlying cause of back pain – regardless of your genetics.

The root cause of virtually all non-trauma related back muscle pain – and a major contributor to many back conditions like herniated discs – are muscle imbalances.

One way to visualize muscle imbalances and how they cause back pain is to think of your car. If the wheels are out of alignment, the tires will wear unevenly, making them more susceptible to an early blowout.

Imbalanced muscles do the same thing to your back. Muscle pain results when one muscle or group of muscles overpowers an opposing set of muscles that get stretched out of shape.

And here’s the kicker... many of the muscles affecting your back pain aren’t in your back!

For example, sitting all day long leads to weak abs, glutes, and hamstrings which go unused much of the day. In the meanwhile, your hip flexors, quadriceps and lumbar muscles remain tight to keep you in an upright position.

Over time, this imbalance between the muscles of your lower back, legs and stomach can cause severe lower back muscle pain – even when you’re not sitting down.

So which muscles are behind your back pain? Let’s take a quick look at the four most common postural dysfunctions behind nearly all back pain... and the muscles behind those dysfunctions.

Forward head and neck

If you’re wondering what muscles cause neck pain, these are some of the culprits. Forward head posture and shoulders rounded forward are common signs of this set of muscle imbalances.

For every inch your head moves forward out of alignment from your shoulders, your neck effectively carries an additional ten pounds of weight. Forward head and neck postural dysfunction is a frequent cause of neck and upper back pain, not to mention headaches, shoulder pain and more.



17 Back Muscles That Cause the Most Back Pain (continued)

Tight muscles:

- Anterior deltoid
- Pectoralis
- Latissimus dorsi

Weak muscles:

- Middle trapezius
- Lower trapezius
- Infraspinatus
- Teres minor

Forward tipped pelvis

By far the most common postural dysfunction we see, a forward tipped pelvis is extremely common among office workers, truck drivers and others who spend a large portion of each day sitting.

A forward tipped pelvis is also the most common cause of lower back muscle pain. Let's take a look at muscles that cause lower back pain.

Tight muscles:

- Lumbar

- Hip flexors
- Quadriceps

Weak muscles:

- Abdominal
- Gluteal
- Hamstrings

Backward tipped pelvis

The opposite of a forward tipped pelvis, a backward tipped pelvis is the least common of the four primary postural dysfunctions behind back muscle pain. It's most frequently found in the older population.

Tight muscles:

- Pectoralis
- Upper abdominal
- Gluteal
- Hamstrings

Weak muscles:

- Thoracic erector spinae
- Hip flexors



8th Annual Witches Tea

04

Hop on your broomstick and fly to Blue Mountain Kitchens for tea and crumpets, as well as a silent auction and tarot readings. Event starts at 4:30pm Oct 4th and proceeds help support the Mountain Peace Shelter. Come in your best witchy attire!

Chatfield Farms Pumpkin Festival

11

Celebrate fall with this treasured October tradition for the entire family. Event runs Oct 11 - 13 from 9am -5pm at the Chatfield Botanic Garden. Enjoy the 10-acre pumpkin patch, music, childrens activities, and more. Tickets are available at www.botanicgardens.org or at the door.

Ingredients

- 1 Tbsp olive oil
- 1 Tbsp rosemary
- 1/2 red onion
- 1 clove garlic, minced
- 1 sweet potato
- 1 jalepeno (optional)
- 2 bell peppers
- 2 green onions

Sweet Potato Breakfast Hash:

Heat olive oil in a large skillet over medium-high heat. Add diced sweet potato, cover, and let cook for approximately 10 minutes or until it begins to soften, stirring occasionally.

While the sweet potato cooks, dice the red onion and mince the garlic. Add to the skillet. Dice bell peppers, jalepeno, green onion, and rosemary (if using fresh) and add to skillet. Cover and let cook for approximately 5 minutes, or until sweet potato is tender. Enjoy!



17 Back Muscles That Cause the Most Back Pain (continued)

- Quadriceps

High Hip

A misaligned pelvis (one side higher than the other) is often related to back pain or restriction in movement that affects one side of your body more than the other. Here are some of the muscles that cause hip pain when they're too tight or weak.

Tight muscles:

- Quadratus lumborum
- Psoas
- Adductor

Weak muscles:

- Gluteal
- Hamstrings

Back muscle pain relief in two simple steps

You may have one, two or even three different postural dysfunctions. Identifying which postural dysfunction(s) you have will give you the insight you need to eliminate the muscle imbalances behind your back pain using muscle

balance therapy.

Don't let the formal name throw you off, though. The concept is actually very simple:

- 1) Identify which muscles are weak and strengthen them through targeted exercise
- 2) Identify which muscles are tight and relieve the tightness through targeted stretching.

Once the tight muscles have relaxed and weak muscles have been strengthened enough to carry their normal load, your body will naturally return to a neutral posture — relieving back muscle pain and most other back pain, neck pain and sciatica pain in the process.

But there is a catch: you must accurately identify the muscle imbalances you have and use the correct stretches and exercises or you may accidentally strengthen or stretch the wrong muscles, leaving you in pain longer.

Article courtesy of www.losethebackpain.com



19

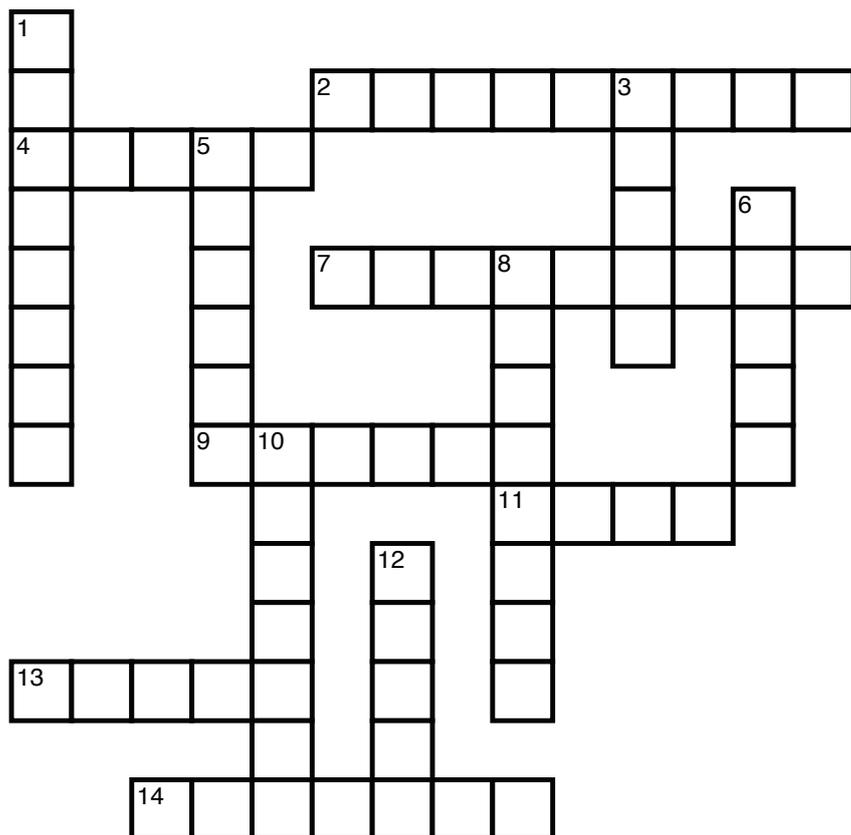
Cemetery Tour

Walk through time Oct 19th at 1pm with the Conifer Historical Society as they tour the Kemp Cemetery in Conifer and share interesting facts and family stories. Tickets are \$8/\$10 and are available at conifer-historicalsociety.org.

26

Dia De Los Muertos Sugar Skulls

Celebrate Mexico's Day of the Dead holiday at this FREE event. Learn about the significance of the sugar skull as you make your very own to take home during this bilingual presentation at the Evergreen Library Oct 26th at 3:30pm.



Halloween Crossword Puzzle

Across:

2. Popular holiday on the last day of October
4. Most candy contains a lot of this
7. Popular Halloween treat (two words)
9. I spin webs
11. A mammal that sleeps upside down
13. Cats this color are back luck
14. Scary creature?

Down:

1. Clothes worn on Halloween
3. I ride on a broom
5. Bob for this fruit in a barrel
6. _____ or treat!
8. Ring this and say "trick or treat!"
10. Word for jack-o-lantern prior to carving
12. Put a sheet over your head and you can be a _____ for Halloween.

Introducing new Conifer PT therapist Dereck Steffe



Conifer Physical Therapy is proud to introduce our patients to our newest PT, Dereck Steffe.

Dereck graduated with his Doctorate in Physical Therapy from NY Medical College. He obtained specialized training in the McKenzie approach

and Paris methodologies and he has applied this expertise to the treatment of patients in the outpatient orthopedic setting. Merging his education and clinical knowledge, Dereck has been able to provide effective treatment to address many different conditions ranging from post surgical issues to overuse injuries.

Dereck's previous background as a personal trainer

allowed him to gain a strong understanding of human movement and the principles of strength and conditioning. He has continued to build upon this foundation and constantly draws upon his knowledge both personally and professionally. As an avid runner, he has completed multiple marathons. Dereck translates this experience to design individualized programs for his clients, focusing on transitioning them from a therapeutic environment to a life-long exercise routine.

Outside of work, Dereck enjoys spending time with his wife and two daughters who share his love of outdoor adventures including hiking, kayaking, snowboarding and camping.

To schedule with Dereck or any of our other wonderful physical therapists, call 303-838-7444. Dereck is available Mondays and Thursdays.



26

Trick or Treat Street

Join Conifer High School for lots of Halloween fun at their Trick or Treat Street! This FREE event is great for all ages and runs from 5-8pm on Oct 26th.

31

Halloween Walk

Bring your little creatures dressed in their best outfits for the annual Downtown Evergreen halloween Walk Oct 31st from 4:30-6:30pm. Candy is bought and given out by all participating downtown businesses.

Patient Success Story:

“Outstanding physical therapy team. I have a degenerative spine and tried Conifer Physical Therapy. All the therapists are knowledgeable, professional, and explain all their procedures in detail. I highly recommend this team!”

- Jeff G.

LAUGH OUT LOUD

