

WHAT'S NEW!!

Into the Backstretch: Relief for Low-Back Pain Sufferers

We've all heard of carpal tunnel syndrome, but your hands aren't the only body part that suffers when you sit at your computer or spend hours in a car. Any activity in which you perform a motion over and over again for extended periods of time puts stress on your body, increasing the chance of developing repetitive motion injuries (RMIs)—particularly in your back.

Any number of everyday activities can put your back at risk for a RMI: sitting, computer work, knitting or sewing, carpentry, playing a musical instrument, gardening, golf, or cooking and cleaning. In fact, these activities may be the cause for your current or future back pain. According to some estimates, nearly 15% to 20% of adults in the U.S. suffer from low back problems each year and as many as 80% of adults experience significant low back pain at some point during their lives. It is estimated that overuse injuries cost the U.S. economy between \$27 million and \$45 million every year.

Muscular pain is the most common symptom of RMIs, but you may also experience swelling, tightness/stiffness, tingling or numbness, and weakness. The National Institute of Neurological Disorders and Stroke suggests taking a break from the motions that cause these symptoms or using stretching and relaxation exercises to treat RMIs—provided the exercises are performed *correctly* to avoid worsening the injury.

For those who do not wish to give up their favorite activities, a new product from Medi-Dyne Healthcare Products offers hope. Originally designed for physical therapy and rehab, the CoreStretch™ is a light-weight and portable stretching device that takes the guesswork out of stretching your back muscles and relieves the pain associated with RMIs.

Unlike conventional stretching methods that force the back to curve, the CoreStretch™ elongates the back, stretching the muscles, tendons and ligaments that surround the core of your skeletal system and legs to produce a deeper, more effective stretch. The CoreStretch™ comes with detailed instructions for beginning, intermediate and advanced stretches that help to increase flexibility, improve coordination, reduce pain, enhance mobility and prevent injury.

In therapeutic environments, the CoreStretch™ has been used to treat back, shoulder and hip pain, piriformis, fibromyalgia, sciatica, arthritis and osteoporosis. Most people find that just a few minutes of stretching every day at home with the CoreStretch™ reduces the pain associated with RMIs and improves quality of life.

Available at retail and through Medi-Dyne HealthCare Products, 800-810-1740 or www.medi-dyne.com.

