



Restoring Your Temple™: Overcoming Back and Neck Pain PART 1

"Lord, hear my prayer! ...My health is broken and my heart is sick...Psalms 102:1-4 (LB)

As women, we often measure ourselves against the Proverbs 31 woman, y' know, the lady whose "arms were strong for her tasks". The problem is when you're plagued by frequent or constant back or neck pain, your physical strength is sapped. So much so, that many of your tasks go undone. If it sounds like I am describing your condition today, you are not alone. According to a recent study published in the Journal of American Medical Association, ***"Over one quarter of all of Americans were found to suffer with daily back or neck pain which limits their function."***

Have you found your pain has caused you to alter your life's activities? Are you struggling to get through a day at work, to clean your home, to care for your children, and even to carry your groceries in from the market? Do you find you can no longer make it through a day without lying down to "rest" (which, if you are honest, is actually pain-crisis management)? Even though you climb into bed at night exhausted, a good night's sleep eludes you because "Mr. Pain" has climbed in with you. In fact "he" may be the first to greet you in the morning. If you are sadly identifying with the life I am describing, I would like to offer you some much needed help.

Having treated patients in the field of physical therapy for nearly two decades, I have successfully enabled thousands of people, like you, to recover from their unwanted pain and disability. You don't have to resign yourself to the painfully limited lifestyle you presently possess. There is hope!

**THE FIRST STEP TOWARD RECOVERY IS TO DEDICATE YOURSELF TO THE LORD, AND TO
SEEK YOUR HEALING AS PART OF HIS WILL FOR YOU...**

Your Body, Your Temple

There is a witty saying which describes a Christian who uses their 'hands and feet' to minister to those around them as "Jesus with skin on". While most Believers are fully aware

that God refers to their bodies as *The Temple of the Holy Spirit* (1 Corinthians 6:19); they seldom realize the full impact of its meaning in their day-to-day lives. The truth is God uses the physical strength of your temple (your physical body) to impact the world around you for His glory and for His purposes. You need health and wellness in order to raise your children, serve in the nursery, teach Sunday school, work in a soup kitchen, or whatever else God has called you to do.

Why would the Holy Spirit chose to live *inside* of God's children? Paul sheds some light on this question in his letter to the Ephesians (2:10): "*For we are Christ's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*" These pre-planned "works" which God has prepared for you to do require the power and direction of His *indwelling* Holy Spirit. If you want to take part in both the ministries and missions God has pre-ordained for you, then you would surely benefit from a strong physical body.

While it is the Holy Spirit's job to empower you, it is your job to keep His temple dwelling strong and in working order. Your physical health is your responsibility. If you've been suffering with nagging back or neck pain, it is time you did something about it!

THE SECOND STEP TOWARD RECOVERY FROM PAIN IS TO FIND OUT WHAT NEEDS FIXIN'...

When Your Back Or Neck 'Goes Out', Where Does It Go?

The reasons *why* you may be experiencing back and neck pain are similar to the reasons for getting a flat tire on your car. Sometimes tires deflate due to *misuse* or *neglect* (such as forgetting to fill them with air or letting their treads wear too thin). Other times you've run yourself directly over a nail or into a curb (ouch)! Most likely the cause of your spine pain is due to misuse, neglect, and/or direct trauma. Now I know how frustrating it is when you must pull your 'car' over to the side of the road as you watch all the other 'cars' zoom on by you down the Roadway of Life. As you sit there, wondering how this could have happened, you are unsure of how to get fixed and back on the road again.

There are numerous medical diagnoses for back and neck pain. However, when you boil them all down to their essence, each can be placed in one of three main sources of mechanical spine pain (structural, not disease-based). The first source is **Postural** pain. This is back or neck pain which occurs because of poor postures which you've maintained throughout either the day and/or night. In this case, your pain occurs slowly--after significant time is spent in this "bad" posture. The second source of mechanical back or neck pain is **Dysfunction**. This pain is caused by a tight or shortened (dysfunctional) structure, such as a muscle, joint capsule, ligament, etc. Whenever you try to lengthen or stretch beyond that shortened structure, immediate pain is experienced. The final source of mechanical spine pain is **Derangement**. This is a problem of disc degeneration and/or bulging within the spinal column. (Each disc lies between two spine bones, or *vertebra*.) Pain experienced as a result of disc derangement will be either immediate or eventual in its onset (depending on how

advanced the degeneration is) and you will feel this pain throughout your movements, rather than only when the end point of a movement as with Dysfunction.

Throughout my years of practice, it has become evident to me that there are common problem-areas which need to be addressed in nearly all my back and neck pain patients, regardless of their *source* of mechanical pain. In PART 2 of this article, I will demonstrate the healing impact that proper sitting, standing, and sleeping postures can have on your recovery from, or avoidance of, back and neck pain. (For some of you it will be the only thing you need to recover!) The thing is—healing will take some commitment on your part. If you are going to get well and stay well, you must put in some time and effort. But I'm guessing you'd rather use your time for healing your pain, rather than managing it. Am I right?

**THEREFORE, THE THIRD STEP TOWARD RECOVERY IS A WILLINGNESS TO INVEST IN
YOURSELF...**