

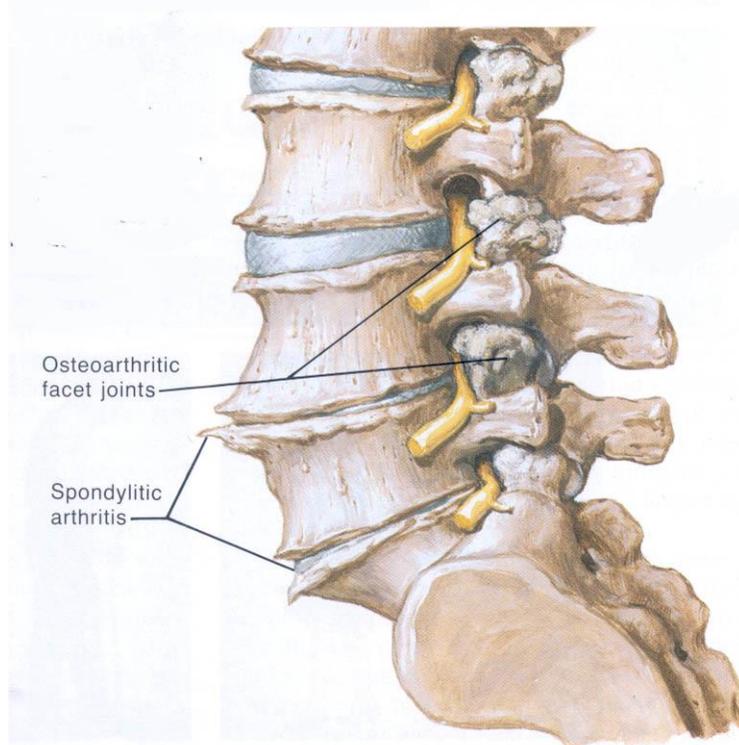
Holladay Physical Medicine

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Lumbar Degenerative Joint Disease and Spondylosis

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Lumbar Degenerative Joint Disease is primarily a combination of the results of normal wear and tear on the discs and joints of the spine and the results of increased stress from trauma on those joints and discs. The discs thin and the bones of the spine expand into the spaces causing less capability of movement. When combined with spondylosis (growth and change of shape of the vertebral bodies) regular symptoms of stiffness, aches and pains are usually experienced. This generally causes a breakdown of the normal mechanical function of the lower back and is characterized by the dull ache and occasional sharp, radiating pain in the lower back, buttocks, thigh and leg. Pain is usually increased in the morning and lessens during the day and then increases as the day wears on. The early stages of the condition rarely cause any symptoms. As the symptoms arise, it is a signal that the degeneration is advancing and causing less movement in the



joints. This, in turn causes more stiffness and daily symptoms, which if left unchecked causes less movement. A vicious cycle results. When treated properly, the mechanical dysfunction is improved, the muscular components strengthened and the movement in the joints is increased. Proper healing of this condition is not possible. Although periodic treatment, exercise, active life style, proper nutrition, sufficient sleep and reduction of stress can reduce the symptom pattern considerably, correction of the process is aimed at control of the symptoms only.

When left untreated, the deterioration of the disc occurs and proliferation of the bony surfaces encroaches on the nerve elements.

TREATMENT

Treatment is centered on maintaining normal function through spinal manipulation and exercise. We use modalities of electrical stimulation, hot pack fomentation, manual massage and specific and general spinal manipulation to achieve functional improvement. The treatments are usually frequent at first until mobility is increased and pain free exercise routines can be performed at home. At the appropriate time, Ozone injections, stretches and strengthening exercises should be implemented in the treatment regimen.

Daily exercise is required. Low impact, low weight and work up to 30 minute duration will help. Once you

are relatively pain free, monthly or semi-monthly adjustment of the spine will help reduce progression of the disease.

LIFE STYLE CHANGES:

Long periods of sitting or standing should be avoided. Bending, lifting and twisting should also be avoided for several weeks following onset. Do not sleep or lie on your stomach and avoid activities that hyper extend the lower back. Water intake should be increased substantially. Daily exercise of low impact and non-resistive types are indicated, such as swimming, walking and stretching.

USE OF PRESCRIPTION DRUGS

We do not proscribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not in any case recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Biost
- Glucosamine Sulphate
- Ligaplex II
- Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relieve pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

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and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and

improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

Other Information

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.