

Now Let Me Tell You What I'm Really Good at, Relief from Back and Neck Pain



By:
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such a significant difference so quickly. She told me she had done muscle energy for the sacral iliac joint! I had never heard of this before, and I knew I needed to find out about it. Within a couple of days I registered for a course, I wanted to know how to have someone be 50% better over a weekend. It took 9-12 months of practicing but I got where I was able to produce the same "50%" better results for my patients.

Thank you all for the feedback I have received from you regarding my previous articles. Its fun hearing that people are standing up taller and feeling better since reading and practicing what I have to preach.

Now I want to let you know what I am really good at doing.

First let me tell you a story. A long time ago, in a far away place, oh sorry that was a different story. Anyway, earlier in my career I was working in an outpatient facility when I had a patient with low back and lower extremity pain. (At this point I had worked with low back patients for over 10 years, had taken advance courses, and was pretty good at what I did.) Now this man was getting slightly better, over a four week time period, but he was still having moderate pain and the physician was getting ready to do an MRI to look for a herniated disc. Then I took a Friday off and he saw another physical therapist (PT) in the facility.

On Monday I asked this guy how he was and he said he was "over 50% better". I was glad for him and intrigued by what the therapist had done; she obviously knew something I did not. So at the first opportunity I went over to her to find out what techniques she used to make

Figure 1



joint to regain alignment doesn't stretch the surrounding muscles, so the asymmetry often returns. Muscles can also pull on the pelvic girdle to create an asymmetry of movement in the low back. Tightness of muscles around the pelvis can affect the low back, the groin, down the legs and even up into the low back. You can see from figure 3 how complicated the pelvic girdle is.

Muscles insert on each vertebrae, so just one tight muscle, and there are many, can pull the vertebrae out of symmetry, which can cause pain. Muscles can also pull on the sacral-iliac, or SI joint. This joint is located where the pelvis and the low back come together, and is a very significant joint. It is the only boney attachment of the bottom half of us to the top half of us! Tightness of the sacral-iliac joint is often a source of low back and leg pain.

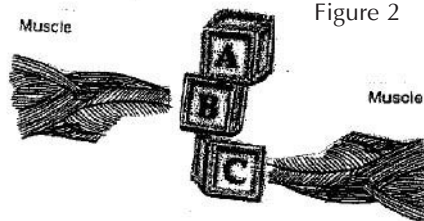
Over the last 15 years I have practiced these techniques and have gotten tremendous results for people with low, mid back and neck pain. It is not uncommon that patients who have had chronic pain, and have seen different practitioners, get relief

when these techniques are applied.

I have been very fortunate to work with some great physicians here in St. Louis, who have given me a chance to work with their patients and allowed me to gain proficiency in the skills I have. Dr. Sandra Tate and I have worked together for

many years. She has excellent diagnostic skills, cares about her patients and gets great outcomes for her patients with both acute and chronic conditions. Dr. James Coyle, one of the best surgeons in St. Louis, started sending me neck pain patients when I thought I was only good with low back and sciatica patients. It didn't take me too long to realize that the physics involved with the muscles and joints of the low back worked for the cervical spine as well. Dr. Coyle reports that his patients are very pleased with their outcomes from treatment at Des Peres Physical Therapy.

Figure 2



"For 14 years I have experienced both chronic and acute low back and leg pain as a result of a fall. I have experienced a variety of different physical therapist and different therapy protocols. The therapists were sympathetic and professional but were not inclined to alter from routine therapy protocols. Then I met Deb Lavender and I was exposed to simple therapy techniques that not only helped

relieve pain but adjust the body for sustained relief. Along with the hands on techniques I initiated stretching and strengthening exercises. I have experienced improved strength, flexibility, and am able to walk easier with much less limping. I can say that it has been 14 years since I have felt this good."

-David Ruhland

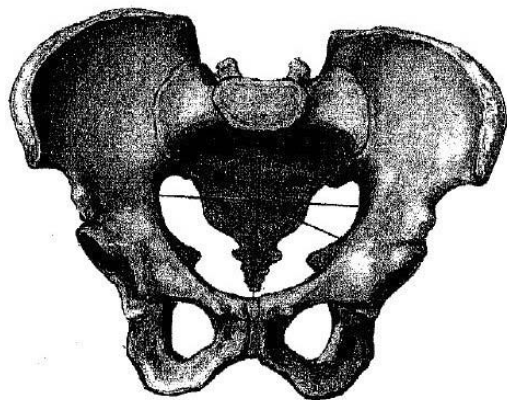
"I have been to several other physical therapists that did not produce any good results. Deb uses seemingly simple movements to relieve my back pain and these treatments do not cause pain or inflammation. I refer Deb to everyone I know that is looking for an excellent physical therapist. Deb has changed my life."

-Jody Eichacker

"I pretty much had given up on physical therapy being an option that gave me any relief. Then Dr. Coyle referred me to Deb Lavender and my thought about physical therapy changed for the better. She helped, not only with pain relief but in increasing the amount of motion I have in my neck. Backing out of the driveway is no longer a painful movement. I will be indebted to Deb from this point on."

-Mary Jane Loeffler

Figure 3



The spinal vertebrae (building blocks of the spine) should sit on top of each other symmetrically. See figure 1. Often muscles start pulling on the vertebrae, pulling them out of balance, and they become asymmetrical. See figure 2. The theory of muscle energy is that you stretch the tight muscles to recreate symmetry. "Popping"

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Touted by physicians as one of the best physical therapists in St. Louis, Deb Lavender is a physical therapist with over 25 years of experience providing hands-on manual therapy. She owns Des Peres Physical Therapy in Des Peres and accepts all insurances.