

Inversion tables give temporary relief

Question: My friend uses an inversion table to help his low back stay healthy.

Would this help someone like myself with low-back pain?

Answer: An inversion table is a device designed to remove weight bearing off the spine. There are many different types of inversion tables on the market. Some tables will totally invert your body to place your head totally upside down, therefore allowing blood to flow to your face and skull. Other tables will only invert approximately 75 degrees. Some tables are made with trampoline type materials while others are a simple frame that allows your body to hang freely.

The major function of these tables is to remove pressure off the discs that lie between your vertebra that normally give us a shock absorption quality. Secondary to injury, aging, or repetitive abuse, these discs can become narrow and minimize the shock absorption quality they offer the spine. A shifted, bulging, herniated, or degenerative disc can be painful and cause serious or even permanent problems. Taking downward pressure off the discs can in response reduce pressure on the pain sensitive nerve roots that exit between the vertebra. Additional benefits to being inverted include thyroid stimulation, joint mobilization, and the increase in nutritional flow through the joints of the spine.

Inversion tables do remove disc pressure occasionally in low back pain sufferers but rarely correct conditions. These tables make excellent spinal maintenance devices and definitely feel good while you are on them. There are contra-indications for those who suffer high-blood pressure, dizziness, or vertigo.

Persistent low-back pain without relief should be checked by your local chiropractor. By the time you have the pain it usually means you have had the problem lingering for quite a time. Chiropractors are trained to identify the source of your condition and correct it.

Quote of the week: *“In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connected link.”* — Carlos Castaneda