

There is a connection between fatigue and back pain

Question: Whenever my back hurts, I feel like I am tired all of the time. Is there a connection?

Answer: Yes, this is usually a very strong connection between fatigue and back pain as part of the typical response when muscles along the spine tighten and consume energy. In addition, when your body compensates for an area of irritation, many other muscles must in turn work harder. Because blood flow to tense muscles lessens, the ability of nutrients and oxygen to reach these muscles also lessens. This is a major source of fatigue in the area.

A typical back-pain posture is slightly slumped forward or to the side. This posture usually results in a decrease in the depth of inspiration. This shortened breath further decreases the ability of oxygen to enter the lungs and move into the body, resulting in fatigue.

Nerves exiting the spine in the lower mid back directly enervate the adrenal glands. These glands are responsible for secreting a natural chemical called adrenaline, which you may associate with high energy. Disturbance of the nerve supply to this gland can disturb the function of the gland and lead to fatigue. Adrenal overload is often associated with people that are high strung and anxious. The reason they may be this way may be a malfunction of the adrenal gland secondary to nerve interference.

It is quite common to become upset, disappointed, angry, or depressed when back pain limits routine work and leisure activities. These negative emotions consume energy and any or all of these can be counteracted by first

recognizing that they exist. You can reverse the cycle of tension and reclaim your energy by relaxing your mind and body and working with your Doctor of Chiropractic to alleviate the cause of your back pain.

Quote of the week: *“Life is not a static thing. The only people who do not change their minds are incompetents in asylums, and those in cemeteries.” -*

Evertt McKinley Dirksen