

Low back pain

Symptoms

Lower back pain can have many different symptoms and can affect a wide range of conditions, so it's important to carefully assess your condition before applying shiatsu.

Sudden lower back pain is often caused by a herniated disc, a misalignment of the lumbar vertebrae.

Symptoms are depending on the cause, such as feeling better when standing but experiencing pain when sitting down, or feeling uncomfortable when standing up after sitting for a long time.

How to see disease

In the past, this condition was called "forty-year-old lower back" due to the aging of the psoas muscles associated with age, but recently, lower back pain and herniated discs have become more present.

Other abdominal organ diseases and gynecological disorders can also cause lower back pain, but these symptoms can also arise from diseases of the spine itself. Furthermore, lower back pain causes the lower back to bend forward, making it impossible to stand upright.

This indicates that the lumbar vertebrae, which normally curve like a bow toward the ventral side, have shifted further forward and are now bending forward to straighten out, in order to compensate for this.

Treatment method

It is not good to think that simply pushing your lower back will solve lower back pain.

When lying face down, the lumbar vertebrae, which are in a straight line, appear to protrude toward the back, and if you try to correct this from above you will end up further displacing the affected area toward the abdomen, making it impossible to stand up.

When the vertebrae sink inward, the abdominal organs function poorly and lumps form around them.

This causes the muscles that attach from the lumbar vertebrae to the inside of the lower legs and play a role in standing upright to harden and become inward-facing.

This can be easily seen by lying on your back and stretching your legs outwards, as it is difficult to touch the knees to the floor.

For lower back pain, first apply shiatsu to the abdomen Hara.

Then, stretch the legs to relieve any lumbar stiffness in the lower abdomen and medial thigh muscles.

After that, apply shiatsu to both sides of the lower back simultaneously, starting from the outside of the transverse processes and moving towards the center of the abdomen, to return the sunken lumbar vertebrae to their original position.

Once again, lie on your back and, using the whole body shiatsu adjustment technique, first fold your legs, bringing your knees towards your chest, and then gently twist them left and right to correct any distortion.