

Low Back Pain; Is Rest Best?

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According to an article in the New England Journal of Medicine on the "Treatment of Acute Low Back Pain- Bed Rest, Exercise, and Regular Activity," low back pain is a major health problem in industrialized societies. Workers who are employed in physically demanding occupations are the most commonly disabled. The highest incidence of back pain has been reported in jobs that require their employees to perform lifting, such as hospital nurses, construction, warehouse workers, and garbage collectors. Back pain can be caused by a variety of reasons, including the way a person lifts heavy objects, lifting and twisting, and excess belly fat.

The method of lifting is a contributor, the straight back/ bent knee lifting method is the most commonly taught and recommended method. However, there is no evidence this method reduces the number of back pain injuries. Despite extensive training in the use of this method, workers often slip back to the humpback straight leg method, especially in activities of daily living. Whenever a patient has low back pain bed rest and back-extension exercises are often prescribed. However, this type of treatment is controversial.

In the NEJM study a total of 186 subjects were randomly assigned to three treatments groups. Two days of bed rest was recommended for 67 patients, exercise for 52 patients, and normal activity as tolerated for 67 patients (the control group). Follow-up information was obtained three weeks later for 165 of these subjects (89 percent); 5 subjects were absent from the bed-rest group, 10 from the exercise group, and 6 from the control group. After 12 weeks, information was obtained on 162 subjects (87 percent); this time, 8 subjects were missing from the bed-rest group, 11 from the exercise group, and 5 from the control group. As a result after 3 and 12 weeks, the patients in the control group had better recovery than those prescribed either bed rest or exercise. The patients with acute low back pain, continuing ordinary activities within the limits permitted by the pain leads to more rapid recovery than either bed rest or back-mobilizing exercises.



June Nutrition Tips

Tips for Bringing Your Lunch to Work



- Pack the night before.
- Plan meals with extra portions.
- When shopping, make sure you include items you'd like to bring for lunch like-low-fat sandwich meats, fruit, whole wheat crackers, dried fruits, nuts, low-sodium tomato or vegetable juice, etc.
 - Low-fat milk and high fiber cereal (example-Kashi)
 - String cheese
 - Hummus
- Keep canned soups in your office (choose low sodium)
- If you go out to dinner, bring half home for lunch the next day.
- Invest in good, easy to clean, compact containers that can be used multiple times.
- Get little containers to put condiments in, so you can add them when you eat.
- Use tops of containers as plates so that you don't need an extra paper plate.
- Get a spork, so that you don't need to bring in multiple eating utensils.
- Pack healthy sweets (like raisins or dried fruit) to cut down on the urge to hit the vending machine.
- Cut up all your fruits and veggies once a week for use in lunch all week long.

- Use the community fridge to keep things that help to zest up your lunch like good mustard or salsa.
- Keep a jar of peanut butter in your desk for days you forget your lunch or you need an afternoon snack.
- Buy a regular size bag of pretzels or trail mix and divide it up and put it in small Ziploc bags so that it is ready o pack.
- Eat your lunch away from your desk.
- Allow yourself one day a week to go out to lunch, like Wednesday.
- Eat 1 piece of dark chocolate (only!).

www.vegetarianlunchbox.com, www.epicurious.com
www.thegrocerygame.com

Sweet Potato Fries

- 4 medium sweet potatoes, peeled (if desired)
- 2 tablespoons olive oil
- Salt and pepper to taste
- Snipped fresh parsley (optional)



Preheat oven to 400° F. Line two baking sheets with foil. Cut sweet potatoes lengthwise into ½-inch thick strips. Place sweet potatoes in a large bowl. Drizzle with oil and toss to coat. Arrange sweet potatoes in a single layer on prepared baking sheets and bake for 10 to 15 minutes.

Turn potatoes over and bake for 10 to 15 minutes more until golden brown. Season to taste with salt and pepper . Sprinkle with parsley if desired.

<http://hearthealthyonline.com>

June Exercise Tips

Ten Reasons to Exercise

- **Quality of Life.** There's no guarantee you'll live longer by adopting a fitness lifestyle, but chances are you will live better.
- **Fun.** Even if you hated sports as a kid-picked last for the softball team, creamed in dodge ball-remember walking, running, and cycling are different. No one screams at or slams into you, you compete as much as or as little as you want.
- **Confidence Booster.** By setting an exercise goal-however modest-progressing toward it, you become more self-assured. As you begin to feel and look fitter and healthier, you gain confidence.
- **Forget Dieting.** Working burns lots of calories and raises your metabolism so you consume them at a higher rate than a sedentary person even when you are not exercising. Bottom line: you can control your weight without starving yourself by eating a healthy, balanced diet (including the occasional chocolate sundae.)
- **Fat-Be-Gone.** By working out, you're losing fat and gaining muscle. Regular exercise breaks, as short as a 30-minute walk at lunch, can refresh and relax you. Use the time to calm yourself, regain perspective on what's important, or even figure out a solution to a problem.
- **Stress Relief.** Feeling tense? Overwhelmed? Unappreciated? Taking regular exercise breaks, as short as a 30-minute walk at lunch, can refresh and relax you. Use the time to calm yourself, regain perspective on what's important, or even figure out a solution to a problem.
- **Instant Friends.** Everybody tends to loosen up when they're sweaty and out of breath. Participatory sports provide an accessible, non-threatening, casual atmosphere for meeting people.
- **A Spring in Your Step.** Working out can raise the amount of oxygen your muscles can use by up to 40 percent. That means you have more energy and everyday tasks become easier.
- **Cold-Killer.** Aerobic exercise bolsters your immune system. You're better prepared to fight off viruses and other nasty stuff.
- **A Tougher Ticker.** Endurance sports such as running, walking, and cycling strengthen your cardiovascular system. Your heart becomes more efficient and less susceptible to disease.



Health-Related Fitness I Class

6/28-9/15

Call x30301/30302 for more info.



JSC Wellness Program



June Classes

www.explorationwellness.com



June Wellness Classes

Register Online!

http://www.explorationwellness.com/Web/docs/June_Signup.pdf

GW105: Can You Hear Me Now; Preserve the Hearing You've Got

6/3	12 pm	B4S	RM 2419
6/16	12 pm	B16	RM 259

FT105: Your Personal Fitness Assessment

6/2	11 am	B4S	RM 1419
6/9	11 am and 12 pm		RM 451
6/16	11 am		RM 259

NT104: Dining Out-Can It Be Part of a Healthy Lifestyle?

6/2	12 pm	B4N	RM 3065
6/8	11 am	B30	RM 2090
6/15	11 am	B15	RM 131

SM105: Who Ate My Cheese?

6/3	11 am	B4S	RM 2419
6/17	11 am and 12 pm		RM 131

BC104: Get Up, Get Out, Get Moving; Why Physical Activity Works!

6/1	12 pm	B4S	RM 2419
6/8	12 pm	B30	RM 2090
6/15	12 pm	B15	RM 131

JSC Wellness Services Let Us Help You

Starport Fitness Center	x30304
Exercise Evaluations an Rx	x30301, 02
Nutrition Consults, Classes	x41503
Employee Assistance (EAP)	x36130
Behavior Change Programs	x36770
Awareness & Education	x39224
Clinic Front Desk	x34111
Clinical Wellness	x46142
Health Assessment	x39224
Website/IT	x39224
Employee Rewards Program	x39224

Gilruth Fitness Center Hours:

M-F 5:30 AM-10PM

Sat: 9 AM-5PM

Sun: Noon-5PM

Sun has limited services

