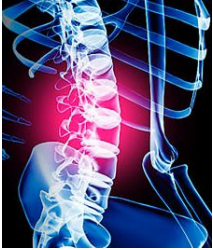


Lumbar Dysfunction

What is it?

- **Lumbar Dysfunction**- is low back pain; comes from loading of the spine and then twisting unexpectedly or beyond the normal movement, any movement that requires the joint to bend or twist more than it is able to will cause pain
 - **Part of Lumbar Spine is Not Moving Correctly**- pain may result when the area is asked to move more than it wants to move



Signs and Symptoms:

- **Symptoms**- low back pain into the buttocks and legs, joint may become stiff, may be a sharp pain, ache, pain tends to be worse when standing or walking; may be stiff in the morning, pain increases as the day goes on;

Recommendations:

- **Pain**- seems to be eased by sitting

Facts:

- **Caused by**- lifting something heavy and twisting at the same time; an unexpected twist in the spine,

What can I do?

- **See your Health Care Provider**
- **See a Registered Dietitian**- if need help to decrease weight
 - **Meats**- broil, boil, bake, roast, stew, grill or stir fry meats; cook chicken without the skin, eat more chicken and fish and less high fat foods as bacon, sausage, luncheon meats, ham, breaded meats, meats with gravies or sauces
 - **Breads and Starches**- best to eat whole grain or whole wheat
 - **Fruits and Vegetables**- fresh is always best, then frozen and canned without sauces or gravies and avoid casseroles
 - **Milk and Dairy**- buy a lower fat cheese, sour cream, cream cheese, milk, mayonnaise, salad dressing
 - **Fats**- avoid coconut, lard, shortening, chitterlings, and eat small amounts of fats; try a canola oil

