What It Takes To Get Rid of Osteoporosis

First we must understand why osteoporosis happens. Besides a direct blow to the spinal column or a fall from a height, there is one thing causing a lot of harm, and that would be lifting stuff in a way that causes great injury. It's very important to understand that lifting heavy items should always be done with the weight equally balanced between both your arms and as close to the body as possible. The moment all the weight is on one side of the body, you are at great risk.

Somewhere along the line, people assumed it was a good idea to rest heavy items on our hip bone. Yes it is a solid object to which to lean something into. But this very action could cause someone to break their back and one or more of their spinal muscles. At the very least, it will cause great stress to the spinal muscles which will lead to subluxations. It is very important that people no longer carry items this way. In fact, if at all possible, if something is heavy, the best advice is to use a cart or dolly to get the heavy item from point A to point B.

First off, it may surprise you but people can break their back in this manner and still be able to walk away, feel something wrong and might not know the extent of the damage. If this occurs, it is extremely urgent to get an x-ray of your back.

So let's talk about post injury. If one fails to do something for their back after injury, what will occur is that the body will try to deal with the injury. If there is a break in your back and/or spinal muscles, your body will know the spacing between vertebras is un-natural. As I have said prior, the body will create bone wherever it feels weak. So if the body feels weak from too large a gap, your body will create bone to form a bridge to find a way to attach to the two vertebras that are too far apart. And it will continue making bone bridges the more you use your body. The problem is, is that over time the creation of bone wears the system down to becoming depleted, and when that happens, your bones will become brittle and fracture. At some point, you will have great difficulty just laying flat.

If it is not broken, and the muscles/bones have moved so far out of alignment, you will have subluxations (muscles pulling on bones). If you ignore that meaning not getting chiropractic or muscular help, you are leading yourself straight to the issue above. And it is interesting that I've met more people in the health industry who refuse to see a chiropractor and pay the price.

As for the muscles, in injury, it is their job to shorten their length with muscle knots in order to create less stress on the body and assists in healing, however, that very act creates more stress on the bones, and that battle is eventually won by the muscles, which will cause a hunched over position.

So I'm now going to talk about what would be the ideal situation if you find yourself in that predicament.

First off, go get an x-ray immediately. If there is no break, go to the chiropractor the day of the event and follow up with The Perfect Back therapy because the muscles need to calm down and not apply pressure to the bones.

If there is a break, this part is more for the doctors. Please do not delay treatment, the longer you delay, the more bone bridges will be created. If you are to put an end to osteoporosis, breaks must be dealt with immediately and before bone bridges are formed. If the bones are too far from each other, use a chiropractic tool called an activator or use an electro-magnetic coil or whatever the new gadget is these days to bring them closer, and obviously this will not help if there are bone bridges or scar tissue, so bone bridges should be removed if they are just beginning. Once the bones have become closer, re-attach the vertebrae muscle, along with any bone fusion that is necessary. Steel rods are not recommended, most of the rods are not placed in a position that is good for aging.

The Perfect Back can help straighten the upper back post healing. And periodic care to spinal muscles are necessary using The Perfect Back.

As you can see there is much to think about and much to improve. Will healthcare ever be so proactive, who knows? Will the injured ever be so proactive, who knows? Will healthcare adopt The Perfect Back and Chiropractors, they should? And most important of all, will humans the greatest tool makers on the planet, start using tools for caring anything of substantial weight? But that's what it takes to get rid of Osteoporosis.