

Ask the Experts

Your family's medical questions answered by local experts



BACK PAIN FLARE-UPS

Dr. Bill Sheppard

United Chiropractic
720 S. Mason Rd.
281-392-6550
katy-chiropractor.net
See ad on page 154

I suffer from frequent lower back problems. How can I minimize this pain and the frequency of my flare-ups?

Americans spend at least \$50 billion each year on back pain, and that's just for the more easily identified costs. In fact, back pain is one of the most common reasons for missed work. One of the number one reasons that people suffer from back pain is due to tight hamstring muscles and weak abdominal muscles. Proper stretching and abdominal strengthening is paramount in reducing back pain flare-ups. People who exercise regularly, compared with those who do not, tend to have fewer recurrences of back pain over time. Initially, begin daily, gentle exercises to stretch and strengthen the muscles that support the lumbar spine. Stronger and more flexible muscles may be less prone to injury. Proper ergonomics at work and in activities of daily living also help reduce pain and the frequency of back pain flare-ups.



SPORTS INJURIES

Ryan Kobermann, CSCS

ESN Health
22756 Westheimer Pkwy.
281-395-0827
esnhealth.com
See ad on page 29

I'm starting a new workout schedule and want to avoid injuries. How can I avoid future damage?

The importance of warming up and cooling down is ultimately a question of if you want to reduce your risk of injury. Getting the proper amount of stimulus and activation to the muscle area you are about to work improves the efficiency of your movement patterns and properly activates the muscles you are about to work, helping you perform better that day. Proper warm up includes myofascial release around the muscle, dynamic joint mobility in all planes of your body, a proper central nervous system warm up, and proper core engagement through static and dynamic core exercises. When you perform the correct warm up and end with proper regeneration, you will reduce your risk of injury and give your body the best chance to feel better and move better, which will ultimately allow you to look better and perform better.



CHILD HEADACHES WITH PHYSICAL ACTIVITY

Dr. Agnes Kisch

Westside Pediatrics
20903 Kingsland Blvd.
281-578-5788
drkisch.com
See ad on page 138

When my child is participating in physical activities, she often gets headaches. What could be the cause of this? How can she prevent this from happening in the future?

The answer is dehydration. Your child needs to start hydrating her body 15 to 30 minutes prior to the physical activity. Also continue taking fluids (water, sport drinks, etc.), one cup every 15 minutes during the exercise. If the activity lasts over two hours, then sport drinks would be preferred. Wearing sunglasses throughout outdoor activities can be beneficial. Other signs of dehydration may include muscle spasms, dizziness, and near-fainting episodes, which are the most worrisome signs of dehydration. Near-fainting episodes can start with plain dryness of the oral mucosa (lining of the mouth, tongue, throat dryness), followed by muscle spasms and dizziness.

If you have a question for our panel of experts, email editor@katymagazine.com.

Special thanks to our panel of Katy Magazine experts Agnes Kisch, MD; Ryan Kobermann, CSCS; and Bill Sheppard, DC.

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