

## Did You Know That Your Back Pain Could Be Coming From Your Appendix Scar?

How often have you had massage or chiropractic to relieve back pain, and while it felt good for a few days, the pain came back?

Often that direct kind of work does not address the cause. For example, the pain in your lower back could be coming from your appendix scar.

Many things contribute to pain, but one mostly overlooked source is from internal organs that are not moving the way that they should, or are being literally stuck together.

Think about what happens when you go from standing to sitting, or when you lie down. You could not possibly do it without your kidneys, large and small intestines, liver and stomach sliding past each other.

In addition, your organs have a natural, intrinsic movement when they are healthy and not restricted by other organs to which they are attached.

The entire body moves to a dance-the bones, muscles, blood, lymph fluid and internal organs-and that dance is a vital part of our health. Let's get back to the appendix scar in your abdomen, commonly referred to as your stomach.

- The cavity and associated tissues in your body that holds your intestines is called the peritoneum It holds your stomach, liver, small intestine, and your appendix which is attached to your large intestine.
- When the appendix surgery was done, the peritoneum was opened to the air, or if done by laparoscopy, carbon dioxide was pumped in so the surgeons could see what they were doing. Whenever the peritoneum is exposed to any air or

gas, the thin tissues in it start sticking together, creating adhesions. In a healthy body, the peritoneum has fluid between its tissues that allow for organ sliding so they can move smoothly (and dance).

- After exposure to air, the organs may not slide as well as they did before, and the thin sheets of tissue with adhesions can pull on the peritoneum. The peritoneum is next to your spine, back muscles, many nerves and around all of the other organs listed above. The pulling, depending on where it is, can irritate nerves, muscles, and organs, causing pain in your lower back.

## What's the treatment?

So, if you've taken aspirin, received massages or gotten exercises from a Physical Therapist and you still hurt, what can be done to alleviate your pain? There is a treatment to gently move the organs to free the adhesions, developed by Jean-Pierre Barral DO, a doctor who practices a manual therapy called Visceral Manipulation. I have used the peritoneal technique on clients with chronic back pain, and they immediately felt significant, if not total, relief. Dr Barral believes that organ restrictions are a frequent cause of much pain. This is a good thing to keep in mind for your aching back.