

J'AI MAL AU DOS: QUE FAIRE?... suite

Finally, after having searched well, you have decided to choose the "Méthode Mézières". Armed with your diagnosis "chronic low back pain or sciatica", you are now ready to experiment a new way to solve your problem.

The physiotherapist asks some questions about your "history" and you are now in front of a mirror that sends you all kinds of images. You are reminded of your flat feet with "beautiful oignons", then of your arched legs; finally of your wobbly knees. Now you are at the level of the pelvis: there you are told that you have a "protruding hip" compared to the other. And that's not all, you hear me say that you have a higher shoulder, a longer arm, a more developed hemithorax and finally, that you have a tilted head! What a picture! I feel even more... off-kilter than before.

From the profile the physiotherapist tells me that I have my legs too extended. I understand that now my legs are too stretched, I tire the muscles of the low back region which do not have to provide as much "work" in this position. I realize that by relaxing a little my knees, I feel my low back region relax. Strange... Then I become aware that I have a deep crease in the bottom of my back and at the level of the neck. You are told at this moment to feel my points of support in the floor that resemble a small triangle (base of the 1st toe, base of the 5th toe and heel). I feel then the weight of my body change, I was leaning more on the outer edge of my feet and forward, on the base of the feet. I realize that by redistributing better the weight of my body on my feet, my posture changes. Then, you tell me to stand taller, to look forward while still maintaining my points of support. What a difference! I feel a little lost in my points of reference, a little as if I were about to fall: my body image changes. By clarifying a few small elements, I have sent other messages to the brain, now that's why the answer is different: another image is created.

The evaluation continues in a lying position, you stretch one leg, the other, this pulls on the legs. You explain that these muscles are very strong and shortened, so they pull on the vertebral column and bring about all kinds of contortions. Then, the physiotherapist palpates my neck, I find it sensitive, so that I do not have a neck pain. I consult because I have a back pain! She explains that the neck and the low back region are very linked, that one can relieve sciatic pains by placing the neck in a certain position, while still maintaining a global stretch, the legs being stretched, tightened, in the axis and I am breathing. I am surprised! She tells me also that the more I work on my ankles, the more I help my muscles of the low back to untangle, to be released... I am more and more amazed!

Mon conseil: Couchez-vous au sol, les jambes légèrement pliées à 90° contre un mur, les pieds étant au-dessus du bassin. Vos yeux regardant vos genoux, votre dos étant bien à plat, vos fesses touchant le plancher, alors seulement commencez à bouger vos pieds vers vous, loin de vous. Faites des cercles, ceci en soufflant et sans vous faire mal. Écoutez ce que votre corps vous dit et prenez votre temps.

Bon travail et à bientôt!

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