



PAIN RELIEF

Quick remedies for common CrossFit injuries with Brian Strump, DC

Q: What's the most common cause of lower-back pain among CrossFit athletes?

A: There are many causes, but I would say the most common one is poor hip mobility. If your hip mobility is compromised from injury, repetitive stresses (like sitting) or other factors, the joints, disks and muscles of the lower back need to compensate by increasing their ranges of motion, thus resulting in greater strain on the area. Fortunately, this is one area in which you can do self-treatment in addition to seeking professional care (like from a chiropractor, physical therapist or massage therapist) for your pain. Also, many CrossFitters will find their low-back pain lessens from workouts, given that proper CrossFit programming works on full ranges of motion and strengthening the posterior chain. Understanding the hip hinge and that the lumbar spine should remain stable in most movements will help give you a better understanding of the biomechanics of the lower back.

Brian Strump, DC, is the owner of CrossFit Steele Creek (crossfitsteelecreek.com) and Premier Health & Rehab Solutions in Charlotte, N.C.

GEAR WORTH GETTING: RAGE HIGHLAND BALL

Why to Get It: Because it's an ingenious hybrid between an atlas stone (read: heavy) and a medicine ball (read: soft and leathery). You can reap all the adaptations of carrying a large, awkward sphere as each highland ball is 70 inches in circumference and 22 inches in diameter at three weight options (50, 100 and 150 pounds) while not scraping up your arms or having to worry about dropping the thing on the floor because of its recycled rubber and fiber core and vinyl outer shell. It's built to be abused, it's built to last, and it's built to make you crazy functionally strong. The return on investment is limitless.

Where to Get It: RageFitness.com

Price to Get It: \$150 (50 pounds); \$200 (100 pounds); \$250 (150 pounds)

