

# Do you need to see a chiropractor?

IMPORTANT INFORMATION ABOUT BACK PAIN RELIEF

## SHOULD I SEE A CHIROPRACTOR?

Eight out of ten Canadians will experience back pain at some point in their life. For many people, the pain can keep them from work, school, or even their day-to-day activities. Back pain will often go away on its own, after two to six months. However, left untreated, there is an 80 per cent chance that your back pain will recur. Why suffer needlessly, or take the chance that the pain will come back? If you have back pain, early treatment from a chiropractor can help you get on with your busy life.

One of the reasons back pain is so common is that it can be caused by so many different things:

- Work-related injuries
- Sports injuries
- Poor posture
- Stress
- Car accidents
- Improper lifting

Any of these things can cause your spine to shift from its normal position or affect your range of motion. This results in pressure on the joints, muscles, and nerves in that area.

Chiropractors are primary care providers and back care specialists. This means they can see you without a referral from another medical doctor. It also means no long wait for a medical specialist, just relief from your back pain.

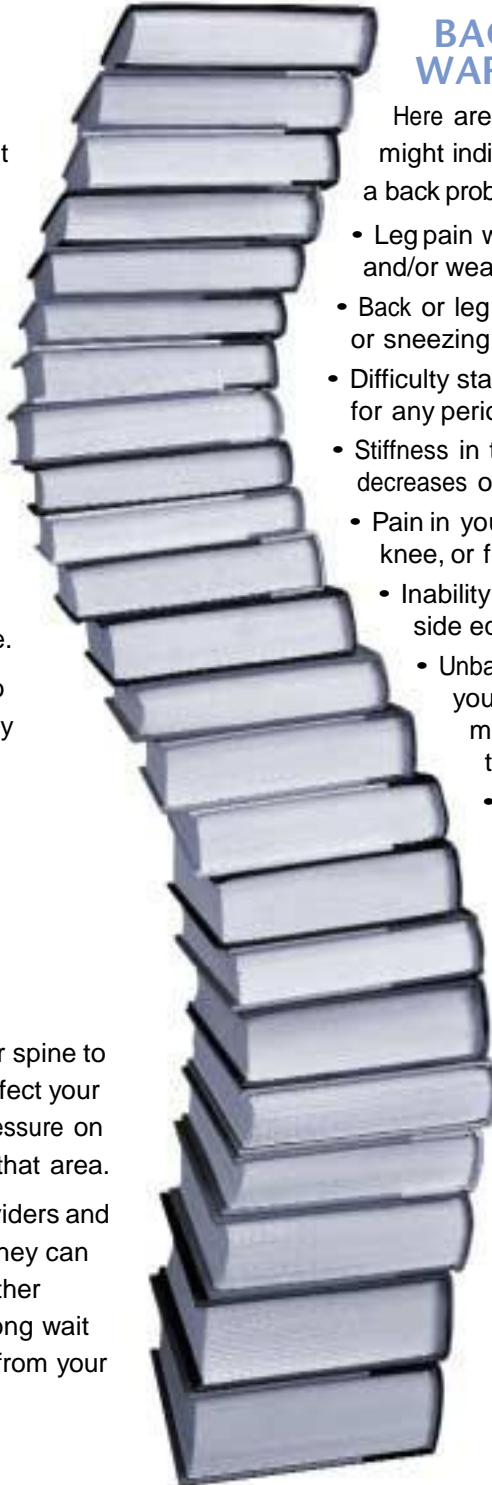
## BACK PROBLEM WARNING SIGNS

Here are some symptoms which might indicate that you suffer from a back problem:

- Leg pain with numbness, tingling and/or weakness
- Back or leg pain with coughing or sneezing
- Difficulty standing up after sitting for any period of time
- Stiffness in the morning that decreases once you move around
- Pain in your hip, buttock, thigh, knee, or foot
- Inability to turn or bend to each side equally
- Unbalanced posture, when your head, neck, or shoulder may be higher on one side than the other
- Pain which prevents you from sleeping well
- Pain that persists or worsens after 48 hours

Chiropractors treat your back pain by addressing the cause of the pain.

A chiropractic adjustment can realign your spine to its proper position and improve your range of motion, allowing you to feel like yourself again. It's simple, and it works.



## WHAT ARE MY OPTIONS?

There are different ways a chiropractor can care for your back, depending on your condition. Generally there are three levels of care, but for most people, the need is for immediate relief.

- **Relief care** is provided for immediate pain and discomfort. Depending on the diagnosis, your age and physical condition, one visit, or several visits over a relatively short period of time may be necessary.
- **Corrective care** treats long term spinal problems. Because these problems have existed for some time they require a longer, more complex period of care, which may include a customized exercise program.
- **Supportive or maintenance care** helps you maintain and enjoy the benefits you've achieved from relief and corrective care. Continuing to work with your chiropractor and having adjustments once in a while will keep your spine as healthy as possible.

Once a course of care is determined, and the matter of informed consent has been discussed, treatment usually begins. Because of chiropractic's concern for your overall well-being, most treatment is accompanied by exercise, diet, and other healthy living suggestions to help keep your back healthy and strong.

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## HOW DO I GET STARTED?

You don't necessarily need a referral from a medical doctor to see a chiropractor. The best way to find a chiropractor who is right for you is to ask around. Referrals from family, friends, or co-workers let you find out about chiropractic first-hand. The Ontario Chiropractic Association can also connect you with a chiropractor in your area.

TREATMENT THAT STANDS UP.