

BACK PAIN

Who do you know who suffers from lower back pain?

An estimated 31 million Americans have back pain at any given time. In fact, back pain is the second most common reason for doctor visits each year. However, these visits are not caused by serious injury; rather they are due to mechanical issues such as muscle or ligament strains or problems with bones or joints. The cost of this care is estimated to be a staggering \$75 Billion yearly!

Human beings are designed to walk upright on two legs as opposed to on all fours. While beneficial in many respects, this position put an excess amount of pressure on the spine and the muscles that support it. Consequently, 80% of the population will experience some sort of back problem at some point in their lives.

Normal wear and tear, accidents, and bad "back habits" as in unnecessary strain from overexertion at play or work (especially lifting, pushing, pulling, and reaching for things improperly), result in both immediate and long-term back problems. Due to the complex structure of the back, some of the injuries that can occur include muscle strains, ruptured discs, joint irritation, and ligament sprains all of which lead to back pain. In addition to these types of injuries, back pain can be exacerbated by stress, poor posture, being overweight as well disease of certain internal organs.

Due to the nature of human activity, back injuries are an everyday part of our lives. Symptoms include: sharp pain or dull ache, possibly accompanied by a tingling, numbness, or burning sensation. A feeling of weakness, pain, or tingling in the pelvis and upper leg – a condition known as sciatica – is also quite common. Because back problems are this common it's probably going to happen to someone you know. Shouldn't they find out what to do about it before it happens rather than after? Why wait until pain occurs to learn about treatment options?

Chiropractic has a very successful track record when it comes to treating spinal problems such as those mentioned above. Research has shown that spinal manipulation is not only safe and effective; it also can cut costs and allow workers to return to their jobs much faster than other treatments. In fact, a recent medical study stated that manual manipulation offers better short term relief of chronic back pain than medication.

Additional tips for back pain prevention:

- Maintain a healthy diet and weight.
- Remain active - under the supervision of your doctor of chiropractic.
- Avoid prolonged inactivity or bed rest.
- Warm up or stretch before exercising or other physical activities, such as gardening.
- Maintain proper posture.
- Wear comfortable, low-heeled shoes.
- Sleep on a mattress of medium firmness to minimize any curve in your spine.
- Lift with your knees, keep the object close to your body, and do not twist when lifting.
- Quit smoking. Smoking impairs blood flow resulting in oxygen and nutrient deprivation to spinal tissue.
- Work with your doctor of Chiropractic to ensure that your workstation is ergonomically correct.

Chiropractic adjustments are the ONLY safe and effective, DRUGLESS form of treatment for low back problems.

State-Of-The-Art Facility

- ✦ Full Spine Digital X-Ray
- ✦ Digital Postural Analysis
- ✦ Full Spine Remodeling
- ✦ Whole Body Vibration

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