

Tired of Living with Chronic Back Pain?

Of all the physical problems we humans suffer, chronic low back pain surely qualifies as one of the worst, at least in terms of lost work time, lost play time, and pain and anguish.

Many conditions are far more perilous, but none surpass low back pain's ability to incapacitate an otherwise healthy man, woman or child. When you're a victim of back pain, your life may not be in immediate danger, but living a normal life suddenly becomes impossible.

SPINE STRONG BUT VULNERABLE

The spine's vertebrae (spinal bones) fit intricately together into one working unit. Together those bones do their best to protect the delicate spinal cord and spinal nerves exiting through channels between vertebrae before branching out to all parts and organs of the body.

At the same time, while performing its crucial nerve-protection mission, a healthy spine can easily bend from side to side as well as forward and, to some extent, backward. It can also twist and turn so that — all in all — humans enjoy a broad range of movement.

Considering that freedom of movement along with the spine's complexity of structure, it's a wonder chronic back pain isn't more rampant than it already is.

IT'S BAD ENOUGH

Eight out of ten persons — 800,000 out of a million — suffer a back attack at least once during their lifetime. Without proper care, many of those persons will suffer needlessly from chronic back pain the rest of their lives.

Currently, on any day, some 6½ million Americans take treatment of some kind for low back pain and chiropractors estimate that millions more would be under care if more of the public knew more about chiropractic's successful treatment of back pain. That's why chiropractic doctors never tire of talking about chiropractic's effectiveness in back pain treatment.

PRIMARY CAUSES OF BACK PAIN

Falls, auto whiplash and other injuries brought on by sports or on-the-job activities account for many back injuries and pain, but many back problems stem from simple everyday stresses on back muscles and the ligaments which are supposed to give the spine stability and flexibility and to keep the vertebrae in proper alignment.

When muscles are weak and ligaments are in sub-standard condition, it's easy to strain a muscle or sprain a ligament in the low back. Sometimes the slightest wrong twist can bring on muscle spasm pain or pinched nerve pain.

PINCHED NERVES A MAJOR CAUSE

As mentioned above, spinal nerves exit from the spinal cord through channels between vertebrae. If the vertebrae become misaligned, the channel becomes distorted and the nerve passing through can become stretched, impinged, entrapped, pinched, or otherwise compromised. This alters normal nerve impulses and causes disease, pain and problems — even in areas other than the spine.

OTHER BACK PAIN CAUSES

Overweight puts undue stress on the spine's structures, particularly its discs • Herniated disc — commonly called slipped disc • Poor sitting and standing posture • Sitting or sprawling while watching TV for long periods • Insufficient regular exercise • Sleeping on a soft, flabby mattress • Sleeping on the stomach • Functional short leg • Improper lifting techniques • Swayback (Hyperlordosis) • To name a few.

TRY CHIROPRACTIC

Chiropractic's record in the treatment of back pain is unmatched by any other healing profession. If you or someone you know is trying to live with chronic back pain, call for an appointment. There's a good chance we can help.

