

The Many Faces of Back Pain Call for Chiropractic Care

Look at the possible factors involved in back problems and back pain. Those listed here are just the tip of the back pain iceberg. Given the right conditions, any physical activity can bring on a back attack. Indeed, merely sitting, standing, or sleeping the wrong way can elicit back trouble.

No wonder eight out of ten persons suffer significant back pain at least once in their lifetime. For many, untreated back trouble becomes a permanent fixture.

But few back pain factors stand alone. Nearly all are interrelated with several factors, and while many other maladies can be far more menacing, few surpass back pain's ability to utterly incapacitate an otherwise healthy man, woman or child.

Out of desperation many back pain victims find chiropractic for the first time, and that's good. Otherwise many would have to live with chronic back pain the rest of their lives. And that's bad.

✓ **PINCHED NERVES** — Nerves exit between vertebrae and fan out to all parts of the body, thus supplying vital nerve energy everywhere. When vertebrae become misaligned they may pinch spinal nerves and alter normal nerve impulses. This can bring pain and serious trouble to the back as well as other bodily parts, organs, and glands served by the affected nerves.

✓ **LOW BACK PAIN** — Many low back problems stem from simple, everyday stresses on stomach or back muscles and the ligaments designed to give the spine stability and to hold the vertebrae in proper alignment. Falls, whiplash, sports injuries, and work injuries

bring on many low back attacks, too.

It's estimated that on any day about 6½ million Americans take treatment of some kind for back pain.

✓ **SHORT LEG SYNDROME**—One leg being functionally shorter than the other often sets the stage for other troubles including arthritis, spinal curvature, back pain, and a host of other painful and disabling ailments.

✓ **WHIPLASH INJURY**—Neck injury is brought about by sudden acceleration or deceleration of the body that snaps the head and neck forward, backward, or to the side. An automobile rear-end collision is the most frequent whiplash event, but falls can do it, too.

✓ **FALLS**—A primary cause of neck, back, leg, arm, and hip injury and pain.

✓ **SWAYBACK**—An exaggeration of the lower spine's inward curve throws an awkward mechanical stress on spinal ligaments, back muscles, and vertebrae. Sometimes spinal nerves get pinched.

✓ **SCOLIOSIS**—An abnormal curvature of the spine that usually shows up (if it's going to) during adolescence. More common than people realize.

✓ **INCORRECT LIFTING**—The additional stress on the back when lifting the wrong way injures countless backs at work and at home.

✓ **REPETITIVE STRESS SYNDROME** — **COMMONLY CALLED "OVERUSE INJURY"**—Almost any ongoing, repetitive irritation, stress, strain, sprain, physical tension, prolonged tautness, or pressure can produce overuse injury.

✓ **SCIATICA**—Usually displays excruciating pain, numbness, or tingling along the course of

the sciatic nerve beginning in the lower spine. May continue all the way down the leg into the foot.

✓ **SLIPPED DISC** — Sometimes a spinal disc herniates or bulges and presses or pinches nearby spinal nerves. Usually exhibits great pain, sometimes so intense it disables its victim.

✓ **BAD MATTRESS** — By exerting undue stress on the back's muscles, ligaments, and vertebrae, a poor mattress brings on back pain, back problems, and other health problems.

✓ **POOR POSTURE**—Puts injurious strain on back muscles and ligaments and is a major cause of back problems and pain.

✓ **SPORTS AND WORK INJURIES** — Prime producers of back troubles as well as other bodily problems.

✓ **ARM AND SHOULDER PAIN**— Underlying cause is often misaligned spinal bones pinching spinal nerves serving the arm and shoulder.

✓ **REFERRED PAIN**—Trouble in the back often sends pain to other areas of the body (referred pain). Conversely, trouble in the body often shows up as pain in the back.

✓ **BETWEEN SHOULDERS PAIN**— Often a nagging, irritating pain which frequently becomes chronic.

✓ **SPINAL WEAKNESS**—May be a weakness victim was born with. May be the result of injury. Or both.

✓ **OTHER DIRECT CAUSES OF BACK PAIN**— Overweight; sprawling in front of TV; poor sitting posture; insufficient regular exercise; sleeping on stomach. To name but a few.