

References

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Low Back Pain

Low Back Pain



*Chiropractic
brings out
the best in me!*

Chiropractors realign your body, releasing pressure on your nerves, so you may function at your optimum.

- **More Than Low Back Pain**

When you hear the word chiropractic do you think of care for back and neck complaints? Many people do and yet the world's first chiropractic patient (1895) was deaf and recovered his hearing after a chiropractic adjustment. The second chiropractic patient was relieved of a heart condition. Thousands soon praised chiropractic for saving them from headaches, colds, allergies, asthma, sciatica, arthritis, seizures, ear infections, stomach trouble, gynecological problems and many other conditions including back pain.

- **What Does Your Chiropractor Do?**

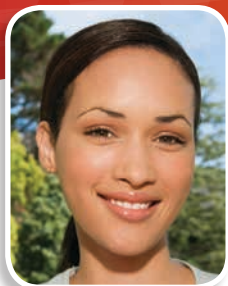
Your chiropractor is specially trained to locate and free your body from a severe abnormality that interferes with your proper function. It is called a subluxation and it is a slight misalignment or distortion of your structural system, including your spine, that affects your discs, nerves, ligaments and ultimately, your entire body. Once your chiropractor frees you of subluxations, your body and mind function better.

- **Low Back Pain**

Back pain is one of the most common health complaints in the world; nearly everyone (80%-90%) gets back pain at some time.¹ About a quarter of US adults reported having low back pain lasting at least one day in the prior three months and this helped make low back pain the most common cause of job-related disability and a leading contributor to missed work.²



Why are the results so overwhelmingly in favor of chiropractic?



That's a lot of bad backs. The estimated cost of this problem in the US is over \$261-300 billion a year.³

• Medical Treatments & Surgery

The standard medical approach to back pain varies depending on the severity of the condition. Muscle relaxants, painkillers, rest and physical therapy such as traction, diathermy, ultrasound, hot packs and cold packs are sometimes used. These approaches are often found wanting however.⁴ Even bed rest has been found ineffective for a serious form of back and leg pain called sciatica.⁵

If the problem doesn't improve or worsens then surgery may be recommended.

The medical approach is at times necessary—even back surgery has a place. But research is revealing that spinal surgery for acute lower back problems should rarely be performed.⁶

Back surgery has increased dramatically. Nearly 600,000 operations are performed each year, double over the past decade, most of them unnecessary. In 2013 even the *Journal of the American Medical Association* suggested chiropractic care as an option for low back pain—noting that surgery should only be tried if all else fails.⁷

• Failed Back Surgery Syndrome

Many of those who have had back surgery report a recurrence of their symptoms within a year or two



Subluxations in one part of the spine can affect other spinal areas.

of the operation and may return to the operating table. This has been referred to as failed back surgery syndrome. It causes severe and constant pain. Of all the back surgeries performed each year, 20 to 40% of them fail—the pain returns.⁸

Studies reveal that spinal surgery is no better than less invasive care; outcomes after five years are similar when surgical and non-surgical approaches are compared...⁹

For example, Lynn Johnson, MD, of the American Academy of Pain Medicine states: "Just about any approach is better than having surgery because all the studies have shown that, if you take a surgical population and non-surgical population, they all seem to do the same in five years." He supports conservative measures such as chiropractic before suggesting surgery.¹⁰

• The Chiropractic Approach

Chiropractors have helped millions of people with low back problems, often saving them from pain, disability, drugs and surgery. The chiropractor's

purpose is to gently and painlessly rebalance and realign your spine and structural system to relieve pressure on your nerves, discs and muscles.

Research studies repeatedly reveal that chiropractic helps those with lower back pain to recover faster and at less cost.¹¹⁻¹³

In one study of 700,000 people whose health insurance plan covered chiropractic care, it was estimated that \$16 million was saved as a result of using chiropractic.¹⁴

Major government studies from the US, UK, Canada and New Zealand have reaffirmed what chiropractic patients have been telling their friends with back pain for years: "Why don't you see my chiropractor? You'll get better much faster than from drugs or surgery—and it's safer too." Studies repeatedly reveal that chiropractic care is more effective than other approaches for low back pain.

As one study concluded: "Chiropractic was particularly effective in those with fairly intractable pain—that is, those with a history of severe

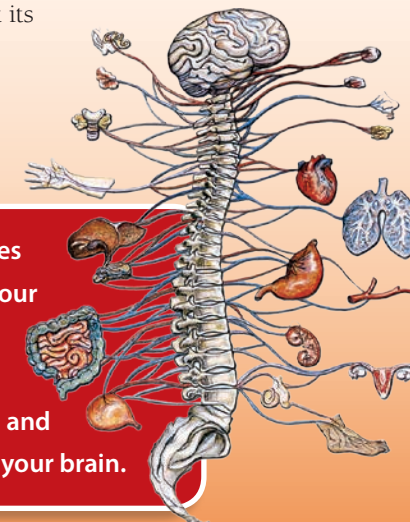
pain.... The percentage of chiropractic patients who were 'very satisfied' with the care they received for low back pain was triple that for patients of family physicians."¹⁵

Why are the results so overwhelmingly in favor of chiropractic? Because painkillers, muscle relaxants, Valium™, braces, physical therapy and surgery are not designed to correct subluxations. Chiropractic is!

• In Conclusion

For over a hundred years people with all kinds of health conditions have visited their doctors of chiropractic. Many have initially come for back pain, but then discovered so many other ways chiropractic care can help them and their family.

The goal of chiropractic is to free your body from subluxations, permitting realignment of your entire structural system and releasing stress on your nervous system so your entire body may function at its optimum.



Your nerves connect your muscles, discs, ligaments and organs to your brain.