Low Back Pain and Chiropractic Care - Effective and Safe!

Presented by: Total Health Systems
TotalHealthSystems.com

Introduction

Chiropractors have always known that correcting the problem is more effective than masking the pain. Science has now caught up with chiropractic!

Low back pain commonly affects 8 out of 10 American adults and it is a condition that often seems to improve with care such as stretching, using ice or heat and taking pain or anti-inflammatory medications. However, low back pain is often more difficult than it seems, either returning with increased frequency and severity over time, or just lingering and becoming a chronic issue lasting months or years. Low-back pain can be debilitating and causes a total annual cost exceeding $100 billion in lost wages and reduced productivity in the United States.

Research¹

Spinal adjustments for low-back pain is now showing to be one of the most effective ways to resolve back pain with less risk of re-injury over time!

In 2007, the American College of Physicians and the American Pain Society included spinal adjustments as one of several options to consider when low-back pain does not improve with self-care.

In 2010, the Agency for Healthcare Research and Quality (AHRQ) report noted that “complementary health therapies, including spinal manipulation, offer additional options to conventional treatments, which often have limited benefit in managing back and neck pain.” and that spinal manipulation was more effective than placebo and equally or more effective than medication in reducing low-back pain.

Presented by: Clinton Township (586) 228-0270
Washington (586) 781-0800
Chesterfield (586) 949-0123
St Clair Shores (586) 772-8560

QUESTION:
What can you do to temporarily relieve low back pain?
A) ice and heat
B) stretching
C) pain medication
D) all of the above

ANSWER:
D) all of the above

True or False?
Studies have concluded that chiropractic care is not as effective as other interventions

ANSWER:
False – it is as effective or more effective

QUESTION:
A 2011 clinical review noted spinal manipulation for chronic low back pain has been effective for up to...
A) 12 months
B) 18 months
C) 6 months

ANSWER:
B) 18 months
Managing Low-Back Pain

A review of evidence-based clinical guidelines for managing low-back pain resulted in these recommendations for primary care physicians:

• **Acute low back pain**: Patients with this condition may improve on their own and usually should remain active, learn about back pain and self-care options and consider non-drug therapies, including spinal manipulation, especially if the pain persists longer than 4 weeks.

• **Chronic low back pain**: Long-term use of opioid drugs usually does NOT improve functioning for patients with chronic low-back pain. Chronic low back pain patients may benefit from non-drug therapies, including spinal manipulation. Most chronic low back pain patients will not become pain free; a realistic outlook focuses on improving function in addition to reducing pain.

The goal of chiropractic treatment is to relieve pain and improve physical function. Please share this information with those who have low back pain and who have never tried chiropractic!

References and Sources:


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