

Special Report on Your Low Back Pain

If you are reading this then you obviously are experiencing some level of pain in your lower back. You have already taken a positive step towards relieving your pain by seeking out information. Many people choose to ignore the pain and hope that it goes away on its own. This is the biggest mistake you can make! Ignoring your pain can, in many cases, lead to more serious problems down the road. Many people also think that they might just be sore or “they slept the wrong way”, but back pain is not normal. You may have a herniated disc, a pinched nerve, or some other problem that is causing the pain.

You may have thought to yourself that back pain is just something you will have to deal with, but that is not the case. We have many treatment plans that can help you reduce and many times even eliminate back pain, all without any surgery or painkillers. Surgery is invasive and takes a few weeks, even months, to recover from. There are also possible complications during even the most minor of surgeries. Painkillers may provide you with temporary relief, but they only mask the pain. The source of the pain is not addressed by painkillers, which means the pain will not go away completely. There are also side effects from medications and, painkillers especially, can be addictive.

Here are some interesting facts about back pain in the United States:

1. 80-90% of all adults will suffer with low back pain at some time in their life.¹
2. Lower back pain is the leading cause of disability for people under 45 years of age. ²
3. Lower back pain is the second leading cause of visits to doctors' offices.³
4. Lower back pain is the third leading reason for hospital admissions. ⁴
5. Annual costs of back pain in the U.S. range from \$20-\$75 billion, and as much as \$100 billion worldwide. ⁵
6. According to Met Life Insurance statistics, the average back treated medically without surgery costs \$7,210 and the average back treated surgically costs \$13,990.⁶
7. Statistics indicate that 15-20% of the population has lower back pain in any given year ...approximately 32 million cases. ⁷

As you can see you are one of many people suffering with back pain. Every year millions of people come into chiropractors' offices with back pain, and a majority of those people leave feeling less pain. A majority of cases are caused by spinal subluxations. This means that the vertebrae or discs are out of alignment. This can cause herniated or, even worse, ruptured discs. The discs act as shock absorbers of the spine, so when they are not aligned properly they can impinge on nerves and cause pain. Chiropractic care specializes in making sure the spine is properly aligned for optimal health. This can be accomplished with manual chiropractic adjustments or a fairly new technology called DTS Spinal Decompression. This is a non-surgical decompression treatment that targets misaligned vertebrae and realigns them. It is completely safe and can even be relaxing. Combining this treatment with therapeutic exercises and stretching and also therapeutic massage can be a great way to relieve pain.

Now doesn't a treatment that involves massage sound better than one that involves cutting you open? This treatment doesn't patch holes or give temporary fixes, it is a way to attack the source of your pain and correct the problem where it starts. We will schedule a series of decompression sessions over a 1-2 month time span where we will continually readjust your vertebrae to make sure they are in alignment. The treatments are painless and will not cause you to miss work or alter your life in any way, as a surgery would. Studies have reported that the majority of ruptured disc patients achieved "good" (50-89% improvement) to "excellent (90-100% improvement) results after spinal decompression therapy 8. It should be becoming clear that there is a way for you to be relieved from your low back pain.

If you schedule an appointment we will begin with a consultation to determine where your pain is coming from. Depending on the results of the examination, the doctor will put together a treatment plan specifically for you. We do not use a cookie cutter method of treating our patients. Each patient and each ailment is different, so it makes sense that the treatment should be different as well. The sooner you schedule your consultation, the quicker you will be on the path to a pain-free life!

1. Bigos S. et al. Acute Low Back Problems in Adults, Clinical Practice Guideline No. 14. Rockville, MD: U.S. Public Health Service, Dept. of Health and Human Services. AHCPR pub. No 95-0642, Dec. 1994.
2. Ibid.
3. Ibid.
4. Ibid.
5. Ibid.
6. Mushinski M. Average hospital charges for medical and surgical treatment of back problems: United States. 1993. Statistical Bulletin. Metropolitan Life Insurance Co., Health and Safety Division. Medical Dept., April-June 1995.
7. Bigos S. et al. Acute Low Back Problems in Adults, Clinical Practice Guideline No. 14. Rockville, MD: U.S. Public Health Service, Dept. of Health and Human Services. AHCPR pub. No 95-0642, Dec. 1994.
8. Shealy, C. Norman, Borgmeyer, Vera. Decompression, Reduction, and Stabilization of the Lumbar Spine: A Cost-Effective Treatment for Lumbosacral Pain. American Journal of Pain Management Vol. 7 No. 2 April 1997.