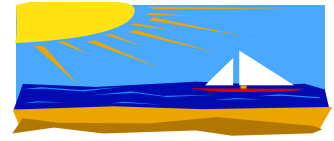




July 2009



Don't Suffer With Back Pain

Many Americans today are familiar with pains in the back. In fact, it is estimated that 8 out of 10 Americans will suffer with back pain at sometime during their lives. Contrary to popular belief a number of studies have found that back pain doesn't just go away on its own. Fortunately, chiropractic care has been effective for acute (short-term) low back pain by the U.S. Agency for Health Care Policy and Research, which found a large body of scientific evidence supporting this claim.

Compared to acute back pain chronic or long-term back pain has been traditionally harder to relieve. Faced with poor results with chronic back pain patients traditional medical care has often sent patients to "back school" to teach patients how to live with back pain and how to avoid aggravating it. In contrast, chiropractic care may be more helpful. A study published in a respected medical journal showed that chiropractic care is beneficial for ongoing chronic pain. This study was designed to compare chiropractic adjustment to these schools. Two hundred and nine patients with low back pain existing for seven weeks or longer, or with more than six episodes in the past year, were randomly assigned to three groups that either received chiropractic adjustments, placebo treatments or back education. The patients in the adjustment group did significantly better than the other two groups. According to researchers, "spinal adjustments" is clinically useful in chronic pain patients who have been suffering for seven weeks or more".

There is no reason to live in pain waiting for it "just go away", which may never happen. Chiropractic may be able to alleviate your pain.

Like asthma, back and neck problems must be managed and kept under control. For information or to schedule an appointment call:

(916) 944-1444