



## Low Back Pain

### Who gets low back pain?

Statistics show 80% of people in North America will suffer from back pain at some point in their lives. Not only that, for 85% of these back pain sufferers, the pain will be chronic. We spend in excess of \$5 billion in tests and medical treatment while lost wages, sick days and replacement personnel add to this economic burden.

**Chiropractic Care  
rated #1 for the  
treatment of  
back pain.**

*Consumer Reports Survey, May 2009*

### What causes low back pain?

There are numerous theories related to the cause of low back pain. Approximately 75 million Americans suffer from chronic low back pain. Here are some of the most common causes:

- ❖ **Poor alignment** of the vertebrae in the spine is the most prevalent cause for low back pain.
- ❖ **Poor muscle tone** such as weakened back and stomach muscles
- ❖ **Injury** Muscle spasms or pulls including sprains or torn ligaments
- ❖ **Bulging discs** and degenerative changes to the vertebrae from being misaligned for a long period of time.
- ❖ **Poor posture/excess body weight**

### What can be done for low back pain?

**Medical Approach** for low back pain includes a range of treatments such as pain killers, muscle relaxants, anti-inflammatory drugs, bed rest, physical therapy cortisone injections, and possible surgery. Scientific research has proven these approaches are expensive and provide temporary relief or even fail to produce the desired results.

- Dr. Eugene Carragee, at Stanford, estimates that **only 25% of the lower-lumbar spinal fusions that are performed in the U.S. each year** (approx. 150,000), **will be completely successful.** In general, back surgery success has been much less than expected. (April, 8, 2002, *New Yorker* online magazine **FACT**)

- A 1994 study by the U.S. agency for Healthcare Policy and Research reviewed all forms of medical treatments for back pain, ranging from drug therapy to surgery, and concluded that chiropractic adjustments are the safest, most effective and natural treatment for adults with low back pain. More recently, the May 2009 *Consumer Reports* survey of its readers found that therapies led by chiropractors were the top-rated treatment for people suffering from back pain.

### Chiropractic Approach for low back pain

locates the source of the problem and corrects it. The goal is not to treat the symptoms, as this will simply allow for reoccurrence. The chiropractor's primary goal is to correct the underlying dysfunction in the nervous system through spinal adjustments. By realigning the vertebrae and joints to a normal position, the problem is corrected and healing can take place.

### How effective and safe is chiropractic care?

Chiropractic care is the safest and most effective way back to health. Best of all, it has no side effects as medicines do. It is the natural choice.

- Dr. T.W. Meade, A British medical doctor, conducted a study at 11 hospitals and chiropractic clinics and found that **chiropractic adjustments relieved severe, acute back pain quicker, at lower costs and without medical side effects**
- In Aug. 1999, Blue Cross/Blue Shield of Kansas stated that chiropractic care was more cost effective than anesthesiology, neurosurgery, neurology, physical therapy, and orthopedic surgery, and **that patients were more satisfied with the results from chiropractic treatment.**
- *The Magna Report*, the largest review of scientific literature on low back pain, stated that chiropractic treatment is cost effective, safe, has a high rate of patient satisfaction and is **more effective than medical treatment for low back pain.**



## **More on Low Back Pain**

There are things you can do to ease and possibly relieve back pain so you are not just another statistic. One thing, of course, is **Chiropractic care**. Studies continue to show Chiropractic care to be the most effective (and cost effective) in the treatment of many cases of back pain. It is clearly a great option for many back pain sufferers. Besides Chiropractic, recent research reveals some important things about easing back pain you probably do not know - but should you use...

### **Weights Or Aerobics To Ease Back Pain?**

*"People who use weight training to ease their low back pain are better off than those who choose other forms of exercise such as jogging, according to a University of Alberta study", as reported in a December 16, 2009 article in Science Daily.*

*"The study, done in conjunction with the University of Regina, showed a 60 percent improvement in pain and function levels for people with chronic backaches who took part in a 16-week exercise program of resistance training using dumbbells, barbells and other load-bearing exercise equipment.*

*"In contrast, people who chose aerobic training such as jogging, walking on a treadmill, or using an elliptical machine to ease their back pain only experienced a 12 percent improvement, said Robert Kell, an Assistant Professor of Exercise Physiology at the University of Alberta, Augustana Campus."*

**Researchers believe they achieve better pain management results with resistance training because they are using a whole body approach. On the contrary, aerobics training generally works just the lower body.**

### **More Exercise Or Less?**

According to a University of Alberta study, if you suffer with low back pain, **you should exercise MORE, not less.**

In the study, 240 men and women with chronic back pain who exercised four days a week had 28% less pain and 36% less disability, while those who exercised two or three days a week did not see this change.

Amazing what a day or two in the gym can do, isn't it?

**The study showed working with WEIGHTS four days a week provided the greatest amount of pain relief and quality of life improvement.**

An important note: "Working with weights" is a very relative term. Before you start any exercise program, you should see a qualified doctor for a pre-workout examination. And, all workouts should be designed to suite your individual case and needs. Seeking a reputable certified personal trainer is a smart way to begin a personalized exercise program.