

LOW BACK PAIN

You first have to understand the cause of low back pain in order to prevent it. Low back pain is generally mechanical in nature. Your spine is made up of 24 moveable vertebrae; a disc, facet joints, and over 50 nerves rooted to the spinal cord that control our body movements.

Stress, physical exertion, poor posture, repetitive bending, or inactivity causing a weak back are just a few causes. Day to day pushing, pulling, lifting, twisting and movements put stress on the spine and can cause mechanical dysfunction or a misalignment causing the nerves to “set off” a low back episode.

Your spine is like a car. You drive your car that has moveable parts on a day-to-day basis and after a period of time the front alignment “goes out”. Have you taken your spine to the chiropractor lately for your mechanical alignment?

Medication can get some people through one episode of low back pain and the pain may go away. However, this will do nothing for the mechanical aspect of your problem. Repeated low back pain occurrences will eventually damage your back. Discs will degenerate, bone spurs and arthritis will develop, and permanent damage will ensue.

For the more serious problem, Chiropractic treatment and rehabilitation over a period of time will be needed. Lifestyle modifications and nutritional counseling may also be appropriate. If the symptoms have been getting worse and the episodes more frequent, then you may want to consider an individualized treatment plan to once again regain your spinal health. Be proactive!

Contact Dr. Kit Langstroth DC today for a free consultation.