

BACK PAIN

CAN STRIKE AT ANY TIME



Chiropractors are the only health professionals who study the neuromuscular system for five years full time at university.

ENTRUST YOUR SPINAL CARE TO YOUR CHIROPRACTOR

Back pain is extremely common, especially in the western world where about eight people out of ten are likely to experience lower back pain, ranging from slight to severe.

Studies show that lower back pain is most common during the third decade of life, and if untreated people will continue to experience the pain well into their 60's. Lower back pain needs to be treated as soon as possible to be most effective. If left untreated, back pain can reoccur in up to 90% of cases¹.

Lower back pain can be considered acute or chronic.

Acute lower back pain is pain which lasts only a short while, usually a few days to a couple of weeks and is most commonly caused by a specific injury, such as lifting furniture or a bid day in the garden. It is typically a sharp, constant and severe type of pain.

Back pain is considered chronic if it lasts for more than three months. It may originate from an injury, disease but more commonly from a long term stressor such as poor posture or your workstation setup.

Lower back pain can be an extremely debilitating condition and can result in further negative consequences down the line. A study in Spine showed that if left untreated, chronic lower back pain can lead to major depression².

Chiropractic care may help settle these chronic pain flare-ups, and aims to reduce spinal imbalances that could be contributing to your symptoms. A 2011 study suggested that patients seeking chiropractic care for lower back pain had a lower risk of recurring symptoms compared to patients under standard medical care³.

Each week, there are approximately 200,000 visits to Australia chiropractors for a broad range of reasons.

If you suffer from back problems and related issues – or simply want to reach your potential, it's time to discover the benefits of chiropractic care. Call us on 9979 7700.

1. Hoy, Brooks, Blyth and Buchbinder. The Epidemiology of low back pain. Best Pract Res Clin Rheumatol 2010 Dec;24(6):769-81
2. Polatin, Peter B. MD; Kinney, Regina K. PhD; Gatchel, Robert J. PhD; Lillo, Erin MA; Mayer, Tom G. MD Psychiatric Illness and Chronic Low-Back Pain: The Mind and the Spine-Which Goes First? Spine. 1993 Jan Vol 8 (1)
3. Imamura M, et al. Changes in pressure pain threshold in patients with chronic non-specific low back pain. Spine 2013; 38(24):2098-107.Doi: 10.1097/01.brs.0000435027.50317.d7.

