

# Back Pain



Pain of any kind is a signal that something's not quiet right. Some people silence their symptoms with a pain reliever and ignore the message. But that would be like removing the battery to quiet a smoke detector.

## Two Common Causes

The nerve-rich facet joints on the back side of each spinal bone are a common cause of back pain. The pain can be a sign these interlocking "fingers" are not moving right.

The discs between spinal bones can be involved, too. Trauma can cause the soft, pulpy material in the middle to bulge, putting pressure on the nearby nerves.

## Your Choices

Ignore it (Spinal problems may worsen)

Bed Rest ( May prolong the problem)

Therapy ( Stresses malfunctioning joints)

Medicine ( Numbs the body)

Surgery ( The most serious last resort)

## The Chiropractic Approach

Specific chiropractic adjustments can help improve signal function by restoring the way your spine works, disc and soft tissue may heal, nerve involvement may be reduced, pain can ease and better stability can return.

**If you don't have a Chiropractor. Give us a call TODAY to schedule your FREE consultation visit**