



Advanced Spinal Care & Rehabilitation

✦ Physical Medicine ✦ Chiropractic ✦ Massage Therapy ✦ Physical Therapy ✦
We have it all under one roof!!

Condition of the week – Low Back Pain



The majority of back pain patients have not experienced any trauma, accidents or major injuries prior to the onset of their problem. The cause of most back pain is the cumulative affect of improper sitting posture, poor work habits, incorrect lifting, lack of proper exercise and other lifestyle-related factors. All of these factors cause stress and imbalances on the spine and eventually pain. This is why people often injure their back by just bending over to pick up a piece of paper. The spine was already compromised and just the simple act of bending was enough to set off the problem. When this occurs, the surrounding back muscles go into spasm to protect the stressed or injured tissues of the back. In the US, low back pain is one of the most common conditions and one of the leading causes of physician visits.

Common Causes of Low Back Pain

Subluxations, Herniated discs, Sprains, strains and spasms and Rotator Cuff Tendinitis.

STOP Living with Low Back Pain Today! We Can Help!!

Chiropractic Treatment of Low Back Pain:

Low back pain can usually be treated by a doctor of chiropractic with comparative ease. Adjustments are made to the lower lumbar vertebrae and pelvis, thus returning normal function to your bones and joints. Numerous studies have shown that chiropractic is the most effective treatment for low back pain, being less costly to administer and producing far better long-term improvements. This is because it is only chiropractic that seeks to realign the spine and re-establish normal vertebral motion. Conventional treatments such as muscle relaxants, pain killers and bed rest do no more than temporarily mask the symptoms, and do not attend to or correct the root cause of the problem.

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A Pain-Free Life Could Be a Phone Call Away!

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