

# Research Shows Most People Will Experience Back Pain: Address the Cause without Drugs

Back pain registers as one of the most common reasons for missed work and the second most common reason for visits to the doctor's office. **Chiropractors offer natural solutions to a vast variety of symptoms and conditions although many people first engage with spinal adjustments in hopes of relieving aggravating back pain.**

Some estimates determine approximately four out of every five people (80%) will experience back pain and back problems at some point in their lives. **Most cases of back pain do not stem from organ or disease-related problems such as infection, fractures, or cancer.** Most back pain cases actually relate to spinal alignment, spinal mobility, posture, and muscle function. Low back pain represents the most prevalent of all back problems and registers as the single lead cause of worldwide disability. Americans spend over \$50 billion every year on back pain remedies, usually in the form of powerful pharmaceutical drugs which never address the cause of pain and never provide a solution. The ultimate solution to freedom from back pain and reliance on dangerous drugs begins with understanding the spine.



The back consists of a complicated structure of bones, joints, ligaments and muscles. Sprained ligaments, strained muscles, ruptured disks, and irritated joints all lead to back pain. Back pain does not usually originate from sports injuries or car accidents. Sometimes the simplest movements or strains translate into a long-term ailment that caused little pain at the onset of the injury. Other common sources of back pain include arthritis, poor posture, obesity, and psychological stress.

The vast amounts of nerve cells loaded in and around the spine become stressed through alterations in vertebral alignment and movement. Stress signals go to the brain and begin to influence function in not only the back but also other organs. Regular assessments and corrections made through gentle Chiropractic adjustments reduce stress and allow the body to function at high levels. **Unaddressed stress begins to manifest in the form of pain and discomfort that people too often mask with powerful and dangerous drugs.**

A well-respected review of the evidence in the Annals of Internal Medicine pointed to Chiropractic care as one of the major non-pharmacologic therapies considered effective for low back pain. More recent research shows strong evidence in which spinal adjustments play a key role in overcoming back pain and reducing the need for prescription drugs. **73% of patients who received spinal adjustments reported cessation or moderate reduction of pain compared to only 17% of patients who only received medical care.**

Back pain represents the most common reason for patients to visit a Chiropractor. But relieving back pain serves as only one of many benefits achieved through regular Chiropractic care. **The primary goal of Chiropractic goes far beyond treating, curing, or remedying a symptom.** The primary purpose of Chiropractic care focuses on maximizing nervous system function through better spinal health and mobility. Chiropractic adjustments reduce stress in the nervous system, allowing cells and tissues to coordinate and function better. Patients of all ages benefit from Chiropractic care before, during, and after the presence of pain because improved spinal health benefits the entire body. Chiropractic certainly helps with alleviating back and body pain. **The much greater power of Chiropractic exists in the body's ability to improve optimal health and overall quality of life.**



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"Adding chiropractic manipulative therapy to standard medical care for patients with acute low back pain: results of a pragmatic randomized comparative effectiveness study." CM Goertz, CR Long, MA Hondras, R Petri, R Delgado, DJ Lawrence, EF Owens, WC Meeker