Sooner or later an amazing eight of every 10 people in the United States will suffer with back pain. So many people have found relief from back pain through chiropractic care that chiropractors are often thought of as back doctors. Of course, they do specialize in the care of the spine, but spinal problems can not only cause back pain, but all sorts of other health problems throughout your body. Still, chiropractic care is indeed effective for back pain. In fact, The U.S. Agency for Health Care Policy and Research recently appointed a panel of medical experts who reviewed some 3,900 studies on care for acute low back pain. The panel rejected bed rest, surgery (except rare cases), injections into the back, and all oral prescription drugs (such as antidepressants or steroids). In contrast, they found that spinal manipulation, performed by a chiropractor, “can be helpful for patients with acute low back problems.”1

For pain, they found over the counter medications (aspirin, etc.) worked as well as prescriptions but with less side effects.

There are fewer studies on long-term chronic back pain then for short-term acute back pain. Still, a study in the respected medical journal, *Spine*, found chiropractic care beneficial for ongoing chronic back pain. The traditional approach for patients with chronic back pain has been back pain school to teach patients how to cope and live with the pain. Chiropractic care was compared to back pain school in this study and the chiropractic group did significantly better. The researchers concluded, “Spinal manipulation is clinically useful in chronic pain patients who have been suffering for seven weeks or more.”2

So many scientific and government studies have proven the effectiveness of chiropractic care for back pain that in 1993, the government of Ontario, in a 216 page study of all available evidence, found chiropractic care of low back pain superior to medical management in terms of safety, results, cost effectiveness, and patient satisfaction.3

With the current research and clinical findings available, back pain is now more treatable than ever before. Individuals with back problems are truly in need of safe and effective evaluation and treatment. As a specialist of the spine, the doctor of chiropractic is now recognized as the most qualified to deal with back problems.

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