

[IMAGE]

## Got Back Pain? Chiropractic Works

By Editorial Staff

Whether you're a current chiropractic patient or just considering becoming one, low back pain may be the reason why. Nearly 80 percent of adults experience at least one episode of low back pain during their lifetime, and for many, the pain can recur and/or become chronic. Fortunately, the research continues to suggest spinal manipulation (chiropractic adjustments) is a primary treatment option to get rid of the pain.

Case in point: a study published in the *Journal of the American Medical Association*, no less, that reviewed 15 studies and found spinal manipulation reduced pain and improved function after six weeks of treatment. The benefits were similar to those achieved with nonsteroidal anti-inflammatory drugs (NSAIDs), common over-the-counter pain relievers that come with a long list of potential side effects, particularly if used for more than a short time.

problem solution - Copyright â Stock Photo / Register Mark These findings are particularly important because as we've discussed several times in recent issues, managing pain with drugs – particularly opioids – has become a dangerous epidemic, and health care providers of all types are increasingly appreciating the value of nondrug care for back pain. In fact, the American College of Physicians' new guidelines on low back pain recommend spinal manipulation among the nonpharmaceutical options that should be tried first, before resorting to medication. Talk to your doctor for more information.

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