

[IMAGE]

Back to Work with Chiropractic

We've mentioned previously the troubling statistic that eight of 10 people will suffer back pain at some point in their lifetime. If you think you can put up with the pain, take note of another disturbing statistic: Back pain is a leading cause of workplace health problems and sick leave from work.

More and more people are recognizing chiropractic as an effective method of managing back pain (and many other musculoskeletal conditions). If personal experience and research evidence haven't yet convinced you, maybe a recent study in the *Journal of the Neuromusculoskeletal System* will do the job. The study involved 103 workers referred for chiropractic treatment from four manufacturing companies in England. Patients completed a screening questionnaire at their initial visit, with subsequent questionnaires completed at visits 2, 4, 6, 8 and 10.

Patients reported decreases in all outcome measures, including: pain intensity; disability in daily living, work and social activities; anxiety about the condition; depression; and attitudes about work activity making the problem worse. There was also evidence of patients' overall satisfaction with treatment and perceived self-improvement. Most impressive perhaps, all employees remained working or returned to work within eight chiropractic treatments.

You may not be able to avoid back pain, but there's certainly something you can do about it. Don't be part of the statistics. If you're suffering from back pain, schedule an appointment with a doctor of chiropractic. And for more information on back pain, go to <http://www.chiroweb.com/tyh/backpain.html>.

Reference:

Blokland MP, Bolton JE, Gration J. Chiropractic treatment in workers with musculoskeletal complaints. *Journal of the Neuromusculoskeletal System* 2000: Vol. 8, pp17-23.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=299&no_paginate=true&no_b=true