

[IMAGE]

## **Avoid Low Back Pain Now ... and Later**

Your current regimen of chiropractic care may be working out kinks in your lower back that have been around a lot longer than you remember. A recent study of 10,000 Danish residents shows a link between adolescent and adult low back pain (LBP).

Researchers studied twins born between 1972 and 1982 by sending out questionnaires in 1994 and again in 2002. The questionnaires assessed various general health issues, including LBP, asthma and headache. The outcomes showed that between 14 percent and 25 percent of the participants surveyed in 1994 still suffered from some form of LBP in 2002.

Fortunately, something can be done before LBP becomes a lifelong problem. For more information on how your chiropractor can help you and your children prevent LBP, visit [www.chiroweb.com/find/tellmeabout/backpain.html](http://www.chiroweb.com/find/tellmeabout/backpain.html).

### *Reference:*

Hestbaek L, Leboeuf-Yde C, Kyvik K. Is comorbidity in adolescence a predictor for adult low back pain? A prospective study of a young population. *BMC Musculoskeletal Disorders* 2006;7(29).

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[http://www.toyourhealth.com/mpacms/tyh/article.php?id=355&no\\_paginate=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/article.php?id=355&no_paginate=true&no_b=true)