

[IMAGE]

## Beating Back Pain: Get Moving

By Editorial Staff

Back pain is bothersome enough when it only lasts a short time; when it keeps coming back or doesn't ever really go away, it can change your life. Of course, that's where spinal adjustments provided by your chiropractor can help, both to deal with the initial pain and help prevent its recurrence. But your chiropractor's probably told you other things can help as well, particularly in conjunction with adjustments and to lower your risk of suffering repeated episodes of pain. Exercise is one of them, and research continues to prove it.

New research suggests people who participate in regular physical activity, whether low-intensity activity such as walking or more intense pursuits such as athletics, are less likely to suffer chronic low back pain compared to less-active people. In fact, according to the research, which reviewed 36 studies involving more than 150,000 people (none of whom had back pain at the start of their respective study), the risk of experiencing chronic LBP was 14 percent lower for moderately active people and 16 percent lower for highly active people, compared to the least active.

Talk to your chiropractor to learn more about how staying active can not only help prevent back pain from becoming chronic, but also may help prevent it from happening in the first place.

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