[IMAGE]

Chiropractic for Low Back Pain: Your Best, First Recommendation

By Editorial Staff

Numerous studies have shown chiropractic spinal manipulation is effective for low back pain, which is good news considering you only have a small chance of avoiding LBP during the course of your lifetime. In fact, it's estimated that at least eight in 10 people will suffer low back pain at some point, many of whom will experience it on multiple occasions or even chronically.

Now here's even better news: Evidence suggests chiropractic spinal manipulation is as effective as commonly recommended treatment options such as pain medication for LBP, which should make it your *best, first* recommendation, particularly in light of the prescription opioid crisis killing more than 100 Americans a day.

In a new review study, published in the *British Medical Journal*, researchers evaluated findings from 47 previous investigations involving more than 9,000 men and women (average age: 35-60 years). All studies compared the value of spinal manipulative therapy with recommended therapies including nonsteroidial anti-inflammatory drugs (NSAIDs; Aleve, Motrin, etc.), prescription painkillers and exercise. Spinal manipulation relieved LBP as effectively as the recommended therapies and was actually more effective in improving short-term function.

awesome - Copyright â Stock Photo / Register Mark Spinal manipulation still isn't routinely recommended as a primary treatment for low back pain, despite evolving guidelines in the U.S. and worldwide. The opioid epidemic has opened eyes to the need for safer pain-relief options, but so far, the recommendations don't go far enough. Why take pain medication and risk the side effects, some of which can be life-threatening, when you can enjoy the benefits of chiropractic spinal manipulation and achieve the same pain relief and functional improvements? Talk to your doctor to learn more.

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