

[IMAGE]

Start Pain Relief Early With Chiropractic

By Editorial Staff

When it comes to spinal pain, it's a big mistake to limit the conversation to adults. In fact, anyone at any age can suffer spinal pain, which makes chiropractic care essential for people of all ages. What's more, research shows that even in adolescent, teen and young adult populations, chiropractic is effective at relieving pain.

Case in point: a study published in *Complementary Therapies in Clinical Practice* that evaluated chiropractic management of younger people (ages 10-24) with spinal pain. All study participants had spinal pain in one or more of the four regions of the spine (cervical – neck; thoracic – upper- / mid-back; lumbar – low back; and sacral – bottom of the spine / tailbone).

start - Copyright © Stock Photo / Register Mark Patients showed "statistically and clinically significant improvement on the numeric rating scale (NRS) in all four spinal regions following chiropractic management," which included spinal manipulation and other techniques commonly performed by chiropractors under their scope of practice, including mobilization, soft-tissue therapy and other modalities. Simply put, chiropractic relieved some or all of their pain.

By the way, while this study evaluated children as young as age 10, research also suggests chiropractic care is effective – and necessary – for children at any age, including infants. Birth / delivery trauma, childhood falls, poor posture, excessive sitting / slumping and a variety of other life events can cause spinal pain. Talk to your doctor to learn more about how *anyone* can benefit from the power of chiropractic!

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