[IMAGE]

Back Pain a Question of Weight?

If you’re overweight and suffering from back pain, your doctor will probably suggest that you drop those extra pounds. Losing the weight is probably a good suggestion from an overall health perspective, but it might not be the answer to your back pain, at least not according to a recent study.

The potential association between excess weight and back pain was examined in 152 patients attending a hospital-based spinal pain unit. Researchers determined the body mass index (BMI) of each patient after measuring weight and height. (The BMI is essentially a scale that determines "appropriate" weight range by comparing weight and height.) Results showed that BMI had no significant effect on the incidence of back pain, except perhaps in cases involving extremely obese individuals.

If you’re looking to lose some weight, exercise and dietary adjustments are a good place to start. But if you¹re suffering from back pain, the chiropractic office is the place to go. In fact, your doctor of chiropractic will be able to manage your back pain and also help you design a sensible program to shed those unwanted pounds.

Reference:

Baker PG, Giles LGF. Is excess weight related to chronic spinal pain? *Chiropractic Journal of Australia*, June 1999: Vol. 29, No. 2, pp51-54.

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