



Dr. Shane Explains...

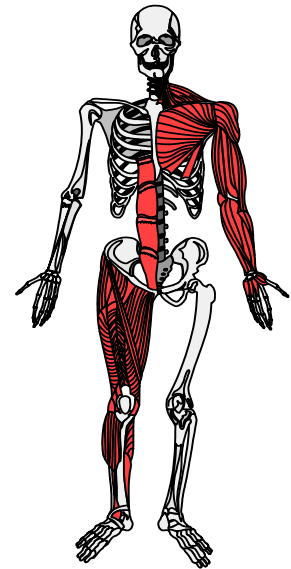
Low Back Pain

Low back pain is one of the most common medical conditions in the world. Most people want to know exactly why their low back pain started. Unfortunately, a lot of different problems can lead to back pain.

Low back pain can be caused by a misalignment of the joints in the spine. This irritates the nerves that come from the spine as well as the joints themselves. Arthritis can also wear down these joints. Muscle spasms may cause pain by pulling on your spine. Another cause of back pain is a disk bulge that puts pressure on the spinal nerves. Any of these conditions can cause pain by themselves or in combination.

You should see a Doctor for any back problem that doesn't get better in 3 or 4 days. You should also get help right away if you have any radiating pain to your legs.

Many different types of treatment are available for low back pain. It's often confusing to know which to choose. To help you decide, the federal government commissioned a panel of medical experts to study low back pain in 1994. After reviewing over 4,000 studies, they concluded that spinal manipulation is one of the few treatments that is effective for low back pain. Most other common treatments like muscle relaxants, bed rest and massage are not as effective and may be harmful.



If you have low back pain and would like to try chiropractic, you can call Dr. Shane at (909) 598-2111 for a free consultation or more information.

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