

UNDERSTANDING BACK PAIN

If you're dealing with back pain, you're not alone. More than 4 in 5 US adults (82%) have experienced back or neck pain in their life.



Fast Facts About Back Pain

- Almost half (46%) of all chiropractic patients visit their doctor of chiropractic for treatment for low back pain (LBP).

46%

- 80% of patients who received chiropractic care for back pain said it was effective.
- LBP is the single leading cause of disability worldwide and the condition for which the greatest number of people may benefit from rehabilitation.
- Back pain is one of the most common reasons for missed work. It accounts for more than 264 million lost work days in one year.
- In 2020, LBP affected 619M people globally and it is estimated that the number of cases will increase to 843M cases by 2050.

What are common causes of back pain?

If you're experiencing back pain, there may be many factors contributing to it. Common causes include, but are not limited to;

- **Muscle Strain:** Lifting heavy objects or sudden movements can strain back muscles or ligaments.
- **Spinal Fractures:** The bones in your lumbar spine can break during an accident, like a car crash or a fall.
- **Herniated Discs:** Discs that cushion the vertebrae can bulge or rupture, pressing on nerves.
- **Arthritis:** Conditions like osteoarthritis can lead to inflammation and pain in the spine.
- **Skeletal Irregularities:** Issues like scoliosis can contribute to discomfort.
- **Osteoporosis:** Weak, brittle bones can lead to fractures in the spine.
- **Inactivity:** Poor posture and lack of exercise can weaken back muscles.
- **Nerve Compression:** Conditions such as sciatica can cause pain when nerves are compressed.



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Fast Facts About Back Pain

- Current evidence-based guidelines for low back pain (LBP) include that nonpharmaceutical options, such as chiropractic care, should be considered as first-line therapy before considering drug therapy.
- Chiropractic care combined with usual medical care for LBP provides greater pain relief and a greater reduction in disability than medical care alone.
- Chiropractic care combined with usual medical care for low back pain provides greater pain relief and a greater reduction in disability than medical care alone.
- Most common age ranges that experience back pain:
 - 30–44: 35.2%
 - 45–64: 44.3%
 - 65 and older: 45.6%

What are the different types of back pain?



Acute Back Pain

- Duration: Lasts a few days to a few weeks.
- Causes: Often results from an injury, strain, or lifting heavy objects.

Chronic Back Pain

- Duration: Persists for 12 weeks or longer.
- Causes: Can stem from conditions like arthritis, herniated discs, or fibromyalgia.

How does chiropractic help with back pain?

Doctors of Chiropractic (DCs) help with back pain through chiropractic adjustments to restore proper joint function to reduce discomfort and improve mobility.

Your DC may also relax tense muscles, provide posture correction guidance, recommend strengthening exercises, and offer lifestyle advice to prevent future pain. Their holistic approach often includes addressing overall whole-being care through nutrition and stress management.



How can I maintain a healthy back?

Maintaining a healthy back involves a combination of good habits, exercises, and lifestyle choices. Practicing proper posture, staying active, managing stress and chiropractic care can help!