Get “Back” to Your Normal Self with Chiropractic Care

by NEWLIFEOUTLOOK TEAM

Chiropractic Treatment for Lower Back Pain

People with lower back pain know how debilitating sudden flare-ups can be. So, what is the best chiropractic treatment for lower back pain?

One minute you’re puttering in the backyard, reaching over to put a tool back in a toolbox or pull a dead leaf off a plant, and the next minute you’re crouching in pain because some muscle or other has mysteriously locked up and you can no longer move.

Reasons for chronic back pain very from person to person. Sometimes the cause is poor ergonomics in the workplace, which can range from improper lifting practices to sitting hunched over at a computer all day.

Increasingly, even younger adults are reporting problems with upper back pain from craning their necks forward for lengthy periods to work on or check updates from a smartphone or tablet.

If this sounds like you, consider having regular spinal manipulation treatments done by a licensed chiropractor.

Although it is easy to shrug off small, nagging pains that don’t restrict normal activities, chronic back pain sufferers know that it’s only a matter of time before the next flare-up catches them off guard.

Chiropractic care is generally very helpful for those with chronic back pain. The best outcomes are realized by those who pay attention to their musculoskeletal complaints and undergo maintenance treatments for their back pain.

Chiropractic Treatment for Back Pain

For those who are unfamiliar with chiropractic care, the spinal manipulation treatment can be surprisingly vigorous and effective.

Chiropractic treatment for lower back pain involves applying short, quick thrusts along the spine – sometimes with thumbs or elbows, using other tools – to restore mobility and reduce or eliminate pain.

Don’t be surprised if you hear or feel your back cracking during the treatment; this is simply the sound of gas being relieved from your joints, and it is a good thing.

You might also feel some mild discomfort following the treatment; this is your body’s natural reaction to being manipulated in a new way. Take at least the next 24 hours off from your usual exercise routine or any manual labor, and allow your body to absorb the benefits of the treatment.

The effectiveness of your spinal manipulation treatment will depend in part on your willingness to follow your

chiropractor’s advice for minimizing back pain.

Follow Your Chiropractor's Advice

In addition to regular treatments, he or she might recommend exercises to stretch and strengthen your back or to alternately apply heat and ice to sensitive areas during flare-ups.

Remember, too, that chiropractic practices can be very busy; if your chiropractor recommends a series of weekly or bi-weekly treatments, go ahead and make all your appointments at once so that you will be able to come in on the recommended schedule and see the best possible results.

Back pain need not limit your physical activity permanently. While over-the-counter medications can provide temporary relief, the most effective treatment is often a chiropractic adjustment.

If you suffer from chronic back pain, don’t wait for the next big flare-up to seek professional treatment. With help from a licensed chiropractor, you can resume living a normal, pain-free life today.