

What are my options for treatment of low back pain?

There are a variety of reasons for low back pain. In the facet joints of the back, there is synovial fluid as well as the majority of pain-sensing nerves in the spine. Normally these joints are smooth and can glide with movement. At times, the joints surfaces can get rough, irritated, and inflamed and cause low back pain. So what's the solution?

Many research projects show conservative chiropractic care is safe and often more effective than back surgery. Surgery often involves removing these facet joints, exposing the spinal cord. If the cause of low back pain is a bulging or herniated disc, surgery involves cutting away the herniated disc tissue. This can permanently alter the disc's ability to separate and cushion the surrounding bones. While surgery is necessary at times, it rarely tackles the primary cause of the problem.

With chiropractic, the goal is to restore normal motion and position to the involved spinal bones. This is done through specific chiropractic adjustments. This may sound too simple, but the success has been documented in many research projects. And it's helped many people avoid risky surgery.

Don't continue to miss work and put up with countless hours of suffering. Find a chiropractor today and see if your low back pain can be helped through safe, natural chiropractic care. You could be among the millions of patients who have discovered its benefits.

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