

Pain

B-A-C-K-A-C-H-E spells trouble...because backache no matter how infrequent, seemingly inconsequential or fleeting is cause for serious consideration. If a backache is frequent or of long duration it is cause for deep concern and immediate action. In every instance, backache means trouble.

HOW SERIOUS IS THE PAIN?

The degree of pain in the back may be anywhere between annoying and excruciating. The person with a continuing pain lives in fear that a tumor or other disease may be gnawing at his vitals. He wants to find out what causes the pain and he wants to be rid of it. The person with backache should keep in mind that although severe back pain is extremely alarming, sometimes it is easy to correct.

STRANGE SENSATIONS -CALLED PARESTHESIAS

There may be misalignment of vertebrae in the spine causing pressure on nerves, yet the patient experiences no pain in the back. Instead, a variety of sensations may be felt in other parts of the body. These include tingling, tightness, hot spots, cold spots, crawling sensations, electric shock sensations, stinging, burning and others. A chiropractor can examine the spine and nerves and trace these sensations to the misaligned vertebrae before more serious trouble develops.

NINE DANGER SIGNALS

Here are nine critical symptoms involving back pain or strange sensations, which are usually the forerunners of more serious conditions. Any one of these usually spells back trouble.

- (1) Paresthesia (see above)
- (2) Headache
- (3) Painful Joints
- (4) Numbness in the arms or hands
- (5) Loss of sleep
- (6) Stiffness in the neck
- (7) Pain between the shoulders
- (8) Stiffness or pain in the lower back
- (9) Numbness or pain in the legs

These signals indicate that your body is being robbed of normal nerve function. Until this function is restored, you will in some degree be incapacitated. The longer you wait to seek help, the worse the condition will become. Don't wait! Should you experience any of those danger signals...see your doctor of chiropractic at once.

WHEN BACKACHE STRIKES

The reasons for backache or pain can be divided into four general categories, but we emphasize that seldom is there one reason and one reason alone for backache. That's why it is imperative that you consult your chiropractor, a specialist of the spine and nerves, when backache strikes.

FOUR CATEGORIES OF BACKACHE

(1) Muscle Pain

Everyone knows that a strain or sprain of the spinal column causes back pain. In these cases, the structure of the spine has been altered due to a fall, a misstep, getting into or out of the car the wrong way, lifting the wrong way, an automobile accident or anything of an accidental nature.

But more often than not, the patient complains of backache when nothing traumatic or accidental has happened. In such a case it may be that weak, flabby, under-exercised muscles may be causing a subluxation in the spinal column. Since the body is supposed to be bilaterally symmetrical...equally balance on both sides...if one side is significantly stronger or weaker than the other, muscles of the back may tug at a misalignment of that column.

Conversely, another major reason for backache is muscle spasms caused by over-exertion or over-use. In order to function smoothly and painlessly, muscles must have the opportunity to relax and return to their full length from time to time. But working or playing in the same position where the same muscles are subjected to the same stresses and strains day after day inevitably leads to back trouble. Stenographers, assembly line workers, draftsmen, truck drivers, in fact, anyone who works or plays in a seldom-changed position is a winning candidate for backache.

Often, emotional tension...allowing you to get and stay "tied up in knots"...keeps a muscle or group of muscles tense shortened and tightened. This causes back pain.

Poor posture due to weak or untrained muscles puts an enormous load on the spinal column and contributes to back pain and poor health. In order to relieve back pain caused by poor posture, you must find out what is wrong with your posture. Your doctor of chiropractic is qualified to advise you because he knows that each individual has an inherent structural balance, which must be maintained. Being a specialist of the spine and nerves, he can help you find and maintain the correct posture for you.

(1) Pinched (impinged) spinal nerves.

Pinched nerves are the result of subluxations in the spinal column. When a spinal nerve is pinched, it is impossible for that nerve to carry normal nerve impulses to the parts of the body it is supposed to serve, and disease is inevitable.

(2) Pain from disease in the body.

While the nerve system carries impulses from the brain to the various parts of the body, it also transmits impulses from the various parts back to the brain and other parts of the body.

Irritation or pinching on a spinal nerve due to subluxation may cause pain anywhere along its distribution. This is called neuralgia. When a patient complains of pain in deep body tissue, he may or may not be experiencing pain in the back. If there is no pain in the back but pain elsewhere, the chiropractor's special training and experience enables him to trace the pain from its beginning...along the course of the nerve...to the precise point in the spine where trouble originates.

We have seen that the underlying cause of back pain is an imbalance of the bony framework of the body, particularly the spinal column, which produces subluxations of one or more vertebrae of the spine. These subluxations (misalignments) cause the affected spinal bones to press on, pinch and impinge nerves. This impingement alters the normal nerve impulse to that part of the body served by the nerve. Without normal nerve function, good health is an impossibility.

The four causes of back pain mentioned here might come alone, but it is more likely that two or more back pain causes will be superimposed one on the other. Only the doctor of chiropractic is trained to sort these causes and put and end to your trouble.

The doctor of chiropractic studies the whole human being, using x-ray photographs of the spine, clinical laboratory examinations and special chiropractic spine and nerve tests before deciding what must be done. His object is to adjust the spine so that the body will have the nerve supply to heal itself.

Since your chiropractor uses no drugs or surgical methods, when the pain is gone you know that the cause of the pain is gone.

The chiropractor is the doctor best trained to determine precisely which vertebrae are involved in the impingement of nerves...but more important...the chiropractor is the doctor most experienced in correcting spinal subluxations.

⌘ A doctor of chiropractic employs a system of practice, which gives particular attention to the structural and neurological aspects of the body in the prevention, care and treatment of health problems.

⌘ Doctors of chiropractic are licensed in Colorado. Most state licensure laws and all chiropractic colleges accredited by The Council of Chiropractic Education (CCE) require two years of general college preparation in addition to four years of professional chiropractic education before licensure. After completing the prescribed course of study, the doctor of chiropractic must pass a state examination to obtain a license to practice.

⌘ Education leading to a degree of doctor of chiropractic requires a minimum of 2 years pre-professional education plus four years of professional instruction in anatomy, biochemistry, microbiology, pathology, physiology, public health, roentgenology, clinical disciplines and other related health sciences.