

Back Pain Facts and Statistics



Although doctors of chiropractic treat more than just back pain, a large percentage of chiropractic patients visit their doctor looking for relief from this pervasive condition. In fact, 70 to 85 percent of all people have back pain at some time in their life.

A few interesting facts regarding back pain:

- Low back pain is the 5th most common reason for all physician visits in the United States.
- Back pain is the most frequent cause of activity limitation in people younger than 45 years old.
- Most cases of back pain are mechanical or non-organic—meaning they are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer.
- Approximately one quarter of U.S. adults reported having low back pain lasting at least one whole day in the past 3 months and 7.6 percent reported at least one episode of severe acute low back pain within a one-year period.
- Low back pain is also very costly: approximately 5 percent of people with back pain disability account for 75 percent of the costs associated with low back pain.

- One-half of all working Americans admit to having back pain symptoms each year.
- Approximately 2 percent of the U.S. work force is compensated for back injuries each year.
- Americans spend at least \$50 Billion per year on back pain—and that's just for the more easily identified costs.

If you have back pain, what should you do?

If your back pain is not resolving quickly, visit your doctor of chiropractic, Dr. Adam Nachmias at Nachmias Chiropractic. Your pain will often result from mechanical problems that Dr. Adam can address in no time.

Many chiropractic patients with relatively long-lasting or recurring back pain feel improvement shortly after starting chiropractic treatment. The relief is often greater after a month of chiropractic treatment than after seeing a family physician.

The chiropractic approach is to find the cause of the pain and treat it directly. This may involve realigning the spine or extremities by chiropractic adjustments, physiotherapy for the muscles and ligaments, rehabilitative exercises, or a combination of these. Sometimes Dr. Adam will suggest exercises or activities to prevent a reoccurrence of the problem. This may provide a long term solution to the condition through prevention (Source: The American Chiropractic Association).

***Don't suffer in silence when there is a good treatment and pain relief out there!
Chiropractic care is your safe and effective pain reliever. Stop poisoning your body with chemical drugs and pain killers. Book your chiropractic exam and consult today and feel much better tomorrow...***

Call any of our offices for an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

Welcome to find relief with the help of Nachmias Chiropractic!