

Everything You Should Know About Low Back Pain



- 1 **31 MILLION AMERICAN** experience low back pain at any given time.
- 2 Low back pain is the **#3 MOST COMMON REASON** for visits to the doctor's office
- 3 Most people with low back pain recover, however **RECURRENCE IS COMMON.**
- 4 Low back pain is the **#1 LEADING CAUSE** of disability, preventing many people from engaging in work as well as other everyday activities.
- 5 Low back pain can affect people of all ages, **FROM ADOLESCENCE TO THE ELDERLY.**

5 COMMON TRIGGERS OF LOW BACK PAIN

AGE : Low back pain becomes more common with advancing age. We lose bone strength and muscle flexibility with age.



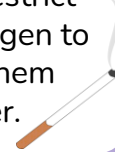
WEIGHT GAIN: Being overweight, obese, or quickly gaining significant amounts of weight can put stress on the back and lead to low back pain.



BAD POSTURE: Working at a desk all day can contribute to pain, especially from poor posture or sitting in a chair with not enough back support.



SMOKING: It can restrict blood flow and oxygen to the discs, causing them to degenerate faster.



MENTAL HEALTH: Mood, depression, and stress can all cause back pain.

How is low back pain diagnosed?



Blood tests



Bone scans

Diagnostic Imaging Tests for Low Back Pain



CT scan



MRI



X-ray

How is low back pain treated?

- Chiropractic care
- Massage therapy
- Physical therapy
- Acupuncture
- Injections of pain medication or a special bone lubricant
- Surgery

Get the **RIGHT** care at the **RIGHT** time



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