

Chiropractic and Physical Therapy, Both Effective Treatments for Back Pain

Back injuries occur at a staggering level in the United States. It is estimated that there are over one million back injuries per year and that 8 out of every 10 individuals will suffer a back injury at some point in their life. Once you've experienced a back injury, statistics indicate approximately a 90% re-occurrence rate. Back injuries can be very painful and debilitating. They can not only cause back pain but radiating leg symptoms as well. They can affect every aspect of a person's life from leisure activities, household chores, work, sleep and self care. There are many causes and combination of causes for back injuries and back pain. These include muscle sprains and strains, disc injuries, arthritis, inflammatory processes, poor posture, poor body mechanics, stress, and de-conditioning.

Chiropractic and Physical Therapy are effective services available to assist in the healing and recovery from back injuries as well as helping to prevent injuries. Each offers a unique treatment approach that can independently be effective in reducing pain and regaining function, but together can compliment each other and assist in the recovery from a back injury.

Chiropractic is not a cure all, but for musculoskeletal conditions such as back pain, it has a high success rate. The goal of the Chiropractor is to restore joint function and motion. The joints that make up the spine are no different then knee or elbow joints. They all need motion to stay healthy. At times, the surrounding muscles need to be strengthened and rehabilitated. This can be done with the assistance of a Physical Therapist.

Physical Therapy offers many services to assist in the recovery from a back injury. Treatments can consist of specific positional exercises to help someone independently reduce or eliminate back and leg pain. Modalities such as electric stimulation and ultrasound can potentially be used to reduce acute symptoms. Instruction and education is typically provided to improve posture and body mechanics to reduce the stress on the back. Progression is then made into back stabilizer strengthening exercises to help strengthen the back and muscles that support the back to reach maximum recovery and help prevent re-injury.

Working together with your Primary Care Physician, Chiropractors and Physical Therapists can provide a unique blend of medical services that compliment each other and help in the recovery process from a back injury.

To find out if Chiropractic or Physical Therapy or both may be indicated for you, call Centerpointe Chiropractic and Physical Therapy located at 4085 North Jefferson Street, Medina, OH 44256 at 330-723-2225

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