

Low Back Pain & UCC

An estimated **80% of the population** will experience lower back pain. It is one of the leading causes of missed work, and it costs the United States an estimated \$25 billion annually.

What Causes Low Back Pain?

While some pain sufferers recall specific injuries that caused their lower back pain, the majority do not. Some state that one day they just woke up in pain. Some say that they felt the onset of back pain when they coughed or sneezed, while others recall they were involved in an everyday activity like putting on shoes or taking a shower when they experienced terrible back pain.

Movements like these should not injure a healthy back. When they do, it can be the first **indication of a chronic, underlying weakness** due to spinal imbalance.

Common Medical Treatments

Standard treatment for lower back pain in the medical community includes rest, over-the-counter or prescription painkillers, muscle relaxants, physical therapy, spinal injections, and surgery. However, a five-year study conducted by the United States Agency for Health Care Policy Research (AHCPR) found little evidence that these treatments are effective for acute back pain.

This study also found that **only 1% of the patients who underwent surgery for back pain benefited from the surgery**. The AHCPR panel recommends spinal adjustments and exercise.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

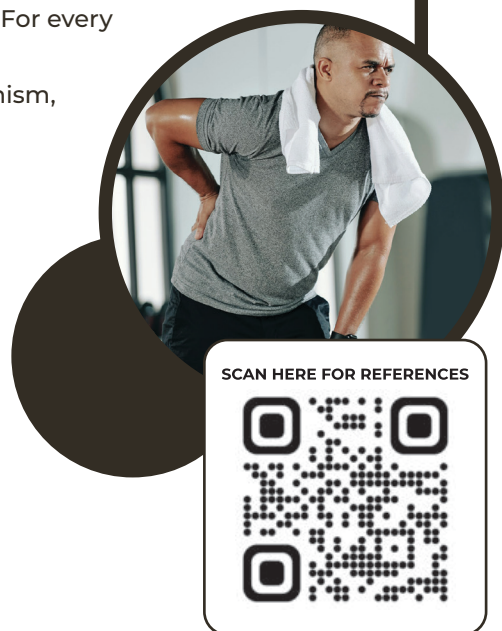
Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

When the spine is aligned, it is extremely strong and stable.

Misalignments of the upper cervical spine (neck) can cause disturbances throughout the rest of the spine and surrounding structures.



If you currently suffer from lower back pain and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
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