



MORRISON
CHIROPRACTIC, P.A.
Gentle, Effective, Quality Chiropractic Care

Back Pain Got You Down Again ...and Again?

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Have you noticed a pattern with your lower back pain? Every year you seem to have the same pain, getting slightly worse with each occurring episode?

Many bouts of sudden lower back pain will eventually just resolve without treatment of any kind within six to eight weeks. However, unless proper treatment and rehabilitation is performed, seventy percent of these people will then go on to experience recurrent bouts of lower back pain, often every few months. These recurrent episodes are one of the most costly problems associated with lower back pain, causing many missed workdays and increased medical costs.

Everything we do, whether walking, bending, reaching or shoveling, creates motion in the joints of the spine. These motions must be controlled to allow the spinal column to move safely and efficiently. It is the spinal muscles that provide the majority of the stabilization to protect our spine from injury.

Studies show that when you experience a bout of lower back pain, you've actually caused a chain of events that leads to the weakening of a specific muscle that works to stabilize your lower back. That initial pain may be due to an acute injury, or even just wear and tear of the "no longer twenty year old" spine, allowing for too much movement of the spinal joint. Once the pain subsides and you return to normal activity, the injured and weak stabilizing muscle fails to protect the spine and is not strong enough to prevent the pain from happening again. With a specific rehabilitation program you are able to strengthen the muscle that has been failing to activate properly.

We utilize therapeutic spinal stabilization exercises, called "The Australian Method," to build back these weakened muscles, stabilizing your spinal column. This Australian Method has been shown with scientific research, to reduce a person's risk of future lower back pain episodes by a factor of twelve. For example, if you have been suffering with a bout of lower back pain each month for one year, it would reduce your episodes to only one per year or less! Specific stabilization exercises such as these, when combined with chiropractic management, are effective in reducing low back pain recurrences.