



# Low Back Pain

## SYMPTOMS:

- ◆ TENDERNESS, PAIN, AND STIFFNESS IN THE LOWER BACK
- ◆ PAIN THAT RADIATES INTO THE BUTTOCKS OR LEGS
- ◆ DIFFICULTY STANDING ERECT OR STANDING IN ONE POSITION FOR A LONG TIME
- ◆ WEAKNESS AND LEG FATIGUE WHILE WALKING
- ◆ DISCOMFORT WHILE SITTING

## Definition

*The majority of back pain patients have not experienced any trauma, accidents or major injuries prior to the onset of their problem. The cause of most back pain is the cumulative affect of improper sitting posture, poor work habits, incorrect lifting, lack of proper exercise and other lifestyle-related factors. All of these factors cause stress and imbalances on the spine and eventually pain. This is why people often injure their back by just bending over to pick up a piece of paper. The spine was already compromised and just the simple act of bending was enough to set off the problem. When this occurs, the surrounding back muscles go into spasm to protect the stressed or injured tissues of the back. In the US, low back pain is one of the most common conditions and one of the leading causes of physician visits. In fact, at least four out of five adults will experience low back pain at some point in their lives. Thirty-one million Americans have low back pain at any given time. One half of all working Americans admit to having back symptoms each year. One third of all Americans over age 18 had a back problem in the past five years severe enough for them to seek professional help. And the cost of this care is estimated to be a staggering \$50 Billion yearly--and that's just for the more easily identified costs!*

## TREATMENT

Chiropractic care works on correcting misaligned or out of place vertebrae and can remove the pressure placed on the nerve endings that line the surface of the joint and course through the space between the joints, reducing pain and improving flexibility and function. To see if chiropractic may be able to help you call 618-234-8300 today for a complimentary consultation.

Shiloh Chiropractic • Dr. Robert B. Rice • (618) 234-8300  
1207 Frank Scott Pkwy E, Ste 100 • Shiloh, IL 62269  
[www.ShilohChiropractic.com](http://www.ShilohChiropractic.com)