***The Secret to Eliminating Back Pain Without Drugs or Surgery***

Over 31 million Americans suffer from back pain every day. Back pain has many causes, from sports or motor vehicle injuries to disease and posture. Back pain is most common in people between the ages 35 to 55 years old but can affect anyone. In fact, back pain is the second most common reason for doctor visits, and the most common reason for absence from work in America.

Each year Americans spend billions of dollars on assessments, testing and treatments of back pain, which includes medications and surgery. As many as 85% of Americans will experience some form of back pain within their lifetime, and with statistics like that, there has been enormous research projects into finding ways to treat it.

Many areas of the back are affected by back pain from your joints and ligaments to muscles and discs, upper and lower back pains have many different origins. The source of lower back pain varies and can be linked to the discs between your vertebrae, ligaments around the spine, ligaments around the discs, bony lumbar spine, abdomen and pelvic internal organs, spinal cord and nerves, lower back muscles and the skin. Pain in the upper back may be due to ailments of the aorta, cancers in the chest cavity, and spinal swelling.

**Back Pain Causes**

The human back is a complex structure of ligaments, muscles, discs, bones and tendons and issues with any of these mechanisms can lead to back pain. The most common causes of back pain are strains. Stained muscles, strained ligaments and muscle spasms are the most common three causes.

*What causes strains and spasms?*

Here are just some of the common causes:

* Incorrect lifting, or lifting beyond your capabilities,
* Abrupt and awkward movements like twisting, or jerking – often associated with motor vehicle accidents and sports injuries
* Physical structural issues like ruptured discs and bulging discs cause pressure to push on a nerve, which results in back pain.
* Sciatica is another common structural issue. Sciatica is caused by bulging or herniated discs pushing on a nerve. Sciatica sufferers feel a sharp pain that starts at the back, and shoots through the buttock and down the leg.
* Patients with osteoarthritis often experience problems with the lower back.
* Abnormal spinal curvature is a very common condition, and one of the most prevalent is scoliosis, which is when the spine curves to one side.
* Osteoporosis is a disease where the bones, which can include the vertebrae become porous and brittle causing pain.

**Standard Treatments for Back Pain**

*Drugs - The Dangers of Drugs for Back Pain Treatment*

Conventional doctors are fast to prescribe drugs like anti-inflammatory medications and opioids for chronic back pain. Although these medications might provide relief for back pain, the effect is only ever temporary. Medication dulls the senses to tell the brain to stop feeling pain, however the underlying issue that is causing the pain is often ignored, forcing the pain to return. Medications most commonly prescribed for relief from back pain usually have severe associated side effects. Anti-inflammatory drugs can put you at a much higher risk of heart attack and strokes, and can often cause gastrointestinal problems, increased blood pressure and kidney problems, all of which can be avoided if the proper treatment is carried out for the cause of the back pain. Of all anti-inflammatory drugs, cortisone injections are the most common, with effects lasting up to six weeks, the drug reduces swelling around the nerve roots, however does not solve the problem that causes the pain.

Opioids are also prescribed often by physicians, however present even bigger problems for users than anti-inflammatory drugs, as they are highly addictive, and can have alarming side-effects.

*Surgery – A Last Option Scenario*

Although surgery for back pain is rare, if the patient is suffering from a herniated disc, surgery is usually a prescribed option, as persistent pain and nerve compression can lead to weakness of the muscles. Surgical procedures can include fusions, where two vertebrae are welded together, with a bone graft inserted between them. Sometimes artificial discs are inserted if there is extreme damage to the cushioning, and sometimes parts of a disc may need to be removed if it presses against a nerve or spinal cord. Surgery is usually only for the extreme cases where a solution can only be formed through an operation. Recovery from back surgery is long, and will require substantial rehabilitation, and is not usually recommended, except in extreme cases.

# **The Secret to Eliminating Back Pain Without Drugs or Surgery**

If you are suffering from chronic back pain, you should understand there are several safe and effective substitutes to medication and surgery, however they will require patience and trust for the doctors that are going to help you through the process.

The most common solution to chronic back pain is through chiropractic care. Modern chiropractors use both traditional adjustment techniques combined with a range of state-of-the-art devices that use no twisting or popping of the spine whatsoever. The combination of both techniques or one or the other, are safe, effective and affordable.

***Chiropractic Care***

One of the best strategies to treat back pain is to see a chiropractor. the chiropractic philosophy places great emphasis on your body's essential healing wisdom and does not rely on band aid treatments like surgery or drugs. A lot of people tend to ignore chiropractic treatments because they believe it is about forcing bones into place, however there is far more detail about chiropractic care than just this.

One of the rudimentary foundations of a chiropractic health system is **vitalism**, which is recognizing the human body’s internal life force that can guide and direct the healing process.

Qualified chiropractic doctors are highly skilled and trained in all aspects of the management of musculoskeletal disorders and many have furthered their therapeutic skills towards massage therapy and therapeutic exercise techniques, including yoga.

Research shows that chiropractic adjustments can affect the biological chemistry processes on a cellular level, and chiropractic care can affect physiological developments that impact oxidative stress, DNA repair and immune function.

Chiropractic care not only helps to eliminate the sources of chronic back pain through adjustment and other techniques, but may also address, prevent and treat bodily dysfunctions.

*Chiropractic Care Consists of Three Phases:*

* The acute phase returns the spine to the correct position to restore body balance.
* Body stabilization and the healing phase happens for approximately six weeks after the body balance is restored.
* Health maintenance phase is when the body begins to return to optimal health. Patients learn new ways to care for themselves, which assists in maintaining the stability of their spinal correction.

***Physical Therapy***

Through a system of prescribed precise strengthening exercises for back, neck, and extremity problems, chiropractic care can prevent muscle deterioration, decrease pain, promote joint health, increase stability and strength and motion range, as well as protecting against new or recurring injuries.  Lumbar stabilization exercises aim to reduce amount of back pain by strengthening the muscles to support the spine. Therapeutic exercise helps to regain control over spinal movements, heal soft-tissue injury, and reduce the chance of back injury caused repetitive or sudden movements.

***Yoga***

Through yoga, patients will have an effective strategy for easing back pain by becoming more aware of how to move their body. Yoga helps to increase muscle strength muscle groups. It improves strength by staying in specific positions and integrating various movements. Many yoga postures gently strengthen the back and abdominal muscles which are vital components of the muscular web of the spine. Strengthening these muscles will help the body sustain correct upright posture and movement, reducing back pain significantly.

***Massage & Muscle Therapy***

Massage and muscle therapy uses a variety of methods to create positive responses from the body. Massage is the natural approach to pain relief and has been around since ancient times as a therapeutic strategy. Massage therapy has several potential ways it can relieve back pain including increasing circulation and blood flow and circulation to deliver the required needed nutrition to tissue and muscles. Massage aids in muscle recovery muscle and alleviates pain from soft tissue injuries like muscle strain. Massage also decreases muscle tension which in turn can improve flexibility and strength, reducing pain.

Eliminating back pain is a priority for anyone who suffers from it and knowing the best options to the road to recovery is vital for your own well-being. The real secret to eliminating back pain is in body balance, stabilization through muscle strength and elimination of the cause.