

Back pain recovery seen as grim by public

Question: Why is it that most people I talk to feel like their back pain will never go away and it is something they will have to live with forever?

Answer: It is because of the nature of any kind of back pain being so restrictive and annoying on any level, that back pain seems worse than other ailments in the body. Your back is involved with every motion or activity you do including trying to sleep. Although it may be your back that is irritated, the rest of your body has to accommodate for the change.

Many people have back conditions from poor habits, repetitive behaviors or working in the same position every day. Rather than switch their jobs, behaviors or habits people decide to live with the pain and accept it as part of their life. This perception would make a person believe back pain was a life-long problem because in these cases by deciding not to take steps to change they have succumbed to believe this is normal for them. It is not normal to have back pain any time on a regular basis. Pain is a protective mechanism of the body to tell us something is wrong. Living on medications is not a solution either. Masking your pain or thinking it away is temporary at best.

A recent study in Canada received statistical responses on the prevalence of back pain that were alarming to me. Generally, a pessimistic view of back pain recovery was held. Most agreed that back pain makes everything in life worse, will eventually stop one from working, and will become progressively worse with age. Other significant results of the study reported that most were unsure as to rest or stay active with back pain and many lost work time do to

their back conditions. There is a mismatch between public beliefs and current evidence showing how back pain can be minimized and corrected. Public reeducation is warranted and more importantly public access to their chiropractor should be encouraged. Chiropractic is the most effective natural approach to back pain and along with an educated patient, results in a life with minimal or no back problems.

Quote of the week: *“You can measure a man by the opposition it takes to discourage him.”* - Robert Savage