

Back problems are found in 80 percent of population

Question: Why do so many people have back problems?

Answer: Approximately 80 percent of the population has back problems or will eventually. It seems like such an alarming number (8 out of 10), but discuss health with any group of people and you will expose the magnitude of the situation.

Many back problems originate from acute trauma, such as sports injuries, slips, and falls, and motor vehicle accidents, and work injuries. Clinically, my observations indicate that poor postural and body movement habits perpetuate most low-back pain day after day. We learned many of these habits when growing up by modeling the behavior of those older than us. We did this without knowing that most of these people had developed back problems well before we started copying their behavior. What looked normal to us was the blueprint for developing and perpetuation back problems. What looks normal to us is actually abnormal to the human body in many ways. It is not unusual to have a parent and their offspring all have identical spinal misalignments and poor postural development. I have seen this in three generations of the family yet it is not necessarily genetic. It is modeling those closest to us that we are in contact with on a daily basis.

The good news is there are chiropractors in this world to help educate you on proper posture as well as examine and correct existing misalignments of the spine.

The solution to an 80-percent population with back problems is an 80-percent population that gets adjustments (gentle corrective treatments to realign the spine) to balance our lifestyles.

Quote of the week: *“It’s taken me all my life to understand that it is not necessary to understand everything.”* — Rene Coty