

FOR USE IN WEEK STARTING

April 18, 2011

# CHIROPRACTIC OUTLOOK

(photo)

By \_\_\_\_\_

## NOTICE

COLUMNS MAY BE USED ONLY DURING THIS  
QUARTER, AND ONLY IF LICENSE FEES, AS  
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## BACK PAIN LASTS

Back pain is not likely to go away on its own. And the fact that 80 percent of people will have back trouble at some point in their lives is no consolation. It's the second most common reason for a visit to a doctor's office. The back is a complex structure, with muscles, bones, joints, nerves and ligaments working in delicate balance. A twinge or a minor pain in the back may come on suddenly and be gone after a day or two. But what most of us would describe as 'pain' will not go away without treatment.

The pain is usually the result of one of the back's many components not working properly. If, for instance, a vertebra is out of line, it could be pinching a nerve or causing a muscle to spasm. This problem is not going to go away without a chiropractor putting that vertebra back in place. Avoiding back pain is one of the best approaches. Regular exercise, particularly those exercises that strengthen the body's core, is critical to keeping back pain out of your life. A sedentary lifestyle contributes to the likelihood of developing lower back pain. Talk with a chiropractor about ways to avoid back pain.

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(name, address, phone)