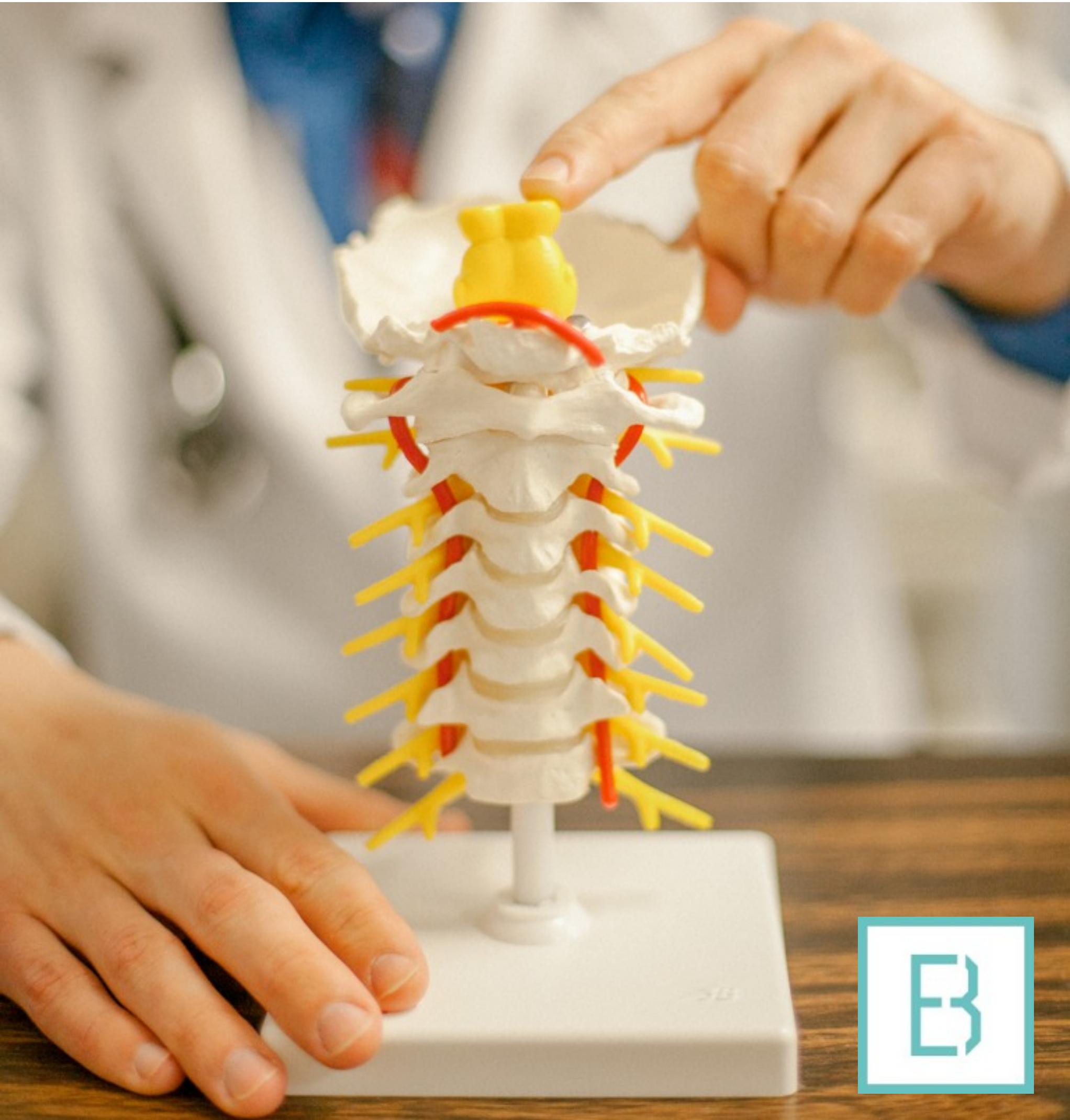
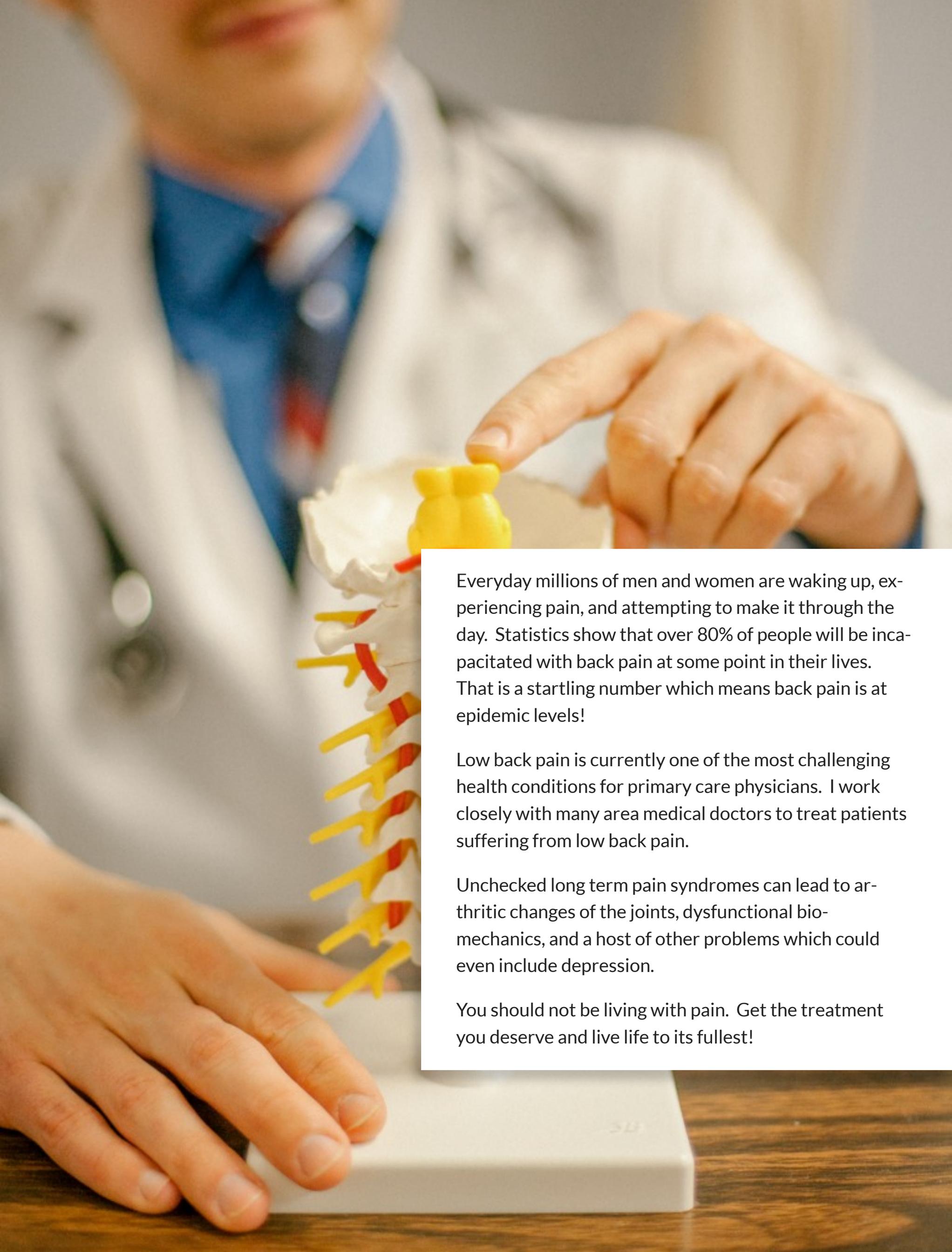


BACK PAIN- 5 THINGS YOU NEED TO KNOW

A PUBLICATION OF [THE EVIDENCE BASED CHIROPRACTOR](#), BY JEFF LANGMAID, DC





Everyday millions of men and women are waking up, experiencing pain, and attempting to make it through the day. Statistics show that over 80% of people will be incapacitated with back pain at some point in their lives. That is a startling number which means back pain is at epidemic levels!

Low back pain is currently one of the most challenging health conditions for primary care physicians. I work closely with many area medical doctors to treat patients suffering from low back pain.

Unchecked long term pain syndromes can lead to arthritic changes of the joints, dysfunctional biomechanics, and a host of other problems which could even include depression.

You should not be living with pain. Get the treatment you deserve and live life to its fullest!



BACK PAIN- 5 THINGS YOU NEED TO KNOW

1. Leg and Buttock Pain can be a Sign of a Low Back Problem

The bones (vertebrae) of your spine serve as the protection for your spinal cord. Between each vertebra is a disc which acts like a ball bearing; allowing motion and providing cushioning. Towards the back of the vertebrae is an arch which provides space for a nerve to branch off from the spinal cord and exit the spine. The nerves that exit the spine in the low back (lumbar spine) travel down the buttocks, thighs, legs, and all the way into the foot and toes. In some instances, injured tissue in the low back can affect these nerves and cause pain that seems to be coming from where the nerve ends (foot, calf, thigh, etc). While many people are familiar with sciatic pain or herniated discs; often pain in the knee, groin, foot, calf, and thigh can be traced back to the spine. This is why a detailed history and thorough examination are essential in determining the exact cause of your pain. By pinpointing the exact cause, your chiropractor is able to make a determination regarding the best treatment to reduce your pain and increase your function!

2. Less than 2% of Low Back Pain Requires Surgery

Did you know that less than 2% of back pain requires surgery? Most surgeons will recommend conservative care prior to surgery because of the risks and complications associated with spine surgery. Only a small subset of patients who have back pain will require surgical intervention. Even patients with severe pain will often recover with conservative care, including chiropractic. A very small percentage of people do require immediate surgical intervention, which is why it is important to be evaluated by a qualified health professional if you are experiencing pain, discomfort, or numbness and tingling.

Surgical intervention for back pain is often considered a last resort due to the inherent risks and complications





3. Bed Rest is the Worst Thing to do for Back Pain

Long gone are the days of bed rest for back pain. As a matter of fact, bed rest is one of the worst things you can do when suffering from back pain. Even patients who have back surgery are encouraged to start moving as soon as possible. Nutrition and blood flow to the discs of the spine (and the very small nerves around the vertebrae) are facilitated by movement. The limited mobility of the spine during bed rest inhibits this important process. When our discs do not have adequate motion, the nutrients needed for healing are not delivered, and our recovery can take longer. If we are not moving the spine, then the ability for the spine to rehabilitate and heal is hindered. This is also why chiropractic care can be so essential to facilitating the healing of spine conditions. Chiropractors are trained to assist you in restoring proper motion to the spine. This has the potential to speed up the

healing process, getting you active, and feeling good as quickly as possible!

4. Conservative Treatment is Recommended

The American Medical Association recommends conservative care as the primary measure to recover from back pain. Additionally, as we highlighted earlier, most spinal surgeons recommend conservative care as the first option for back pain. Research has proven that most back pain can be resolved without surgery. Conservative care, such as chiropractic, generally has lower risks than injections and surgery.



High-quality, peer-reviewed research continues to show the efficacy of chiropractic care for a variety of conditions

5. Chiropractic Care is Deemed Safe and Effective

Chiropractic care is considered an effective treatment for acute and chronic back pain. Research has also shown chiropractic to be helpful in treating low back pain, headaches, sciatica, neck pain, and a variety of other musculoskeletal conditions.

All treatment is based on an accurate diagnosis of your back pain. Your chiropractor will look at your medical history, including ongoing medical conditions, current medications, traumatic/surgical history, and lifestyle factors.

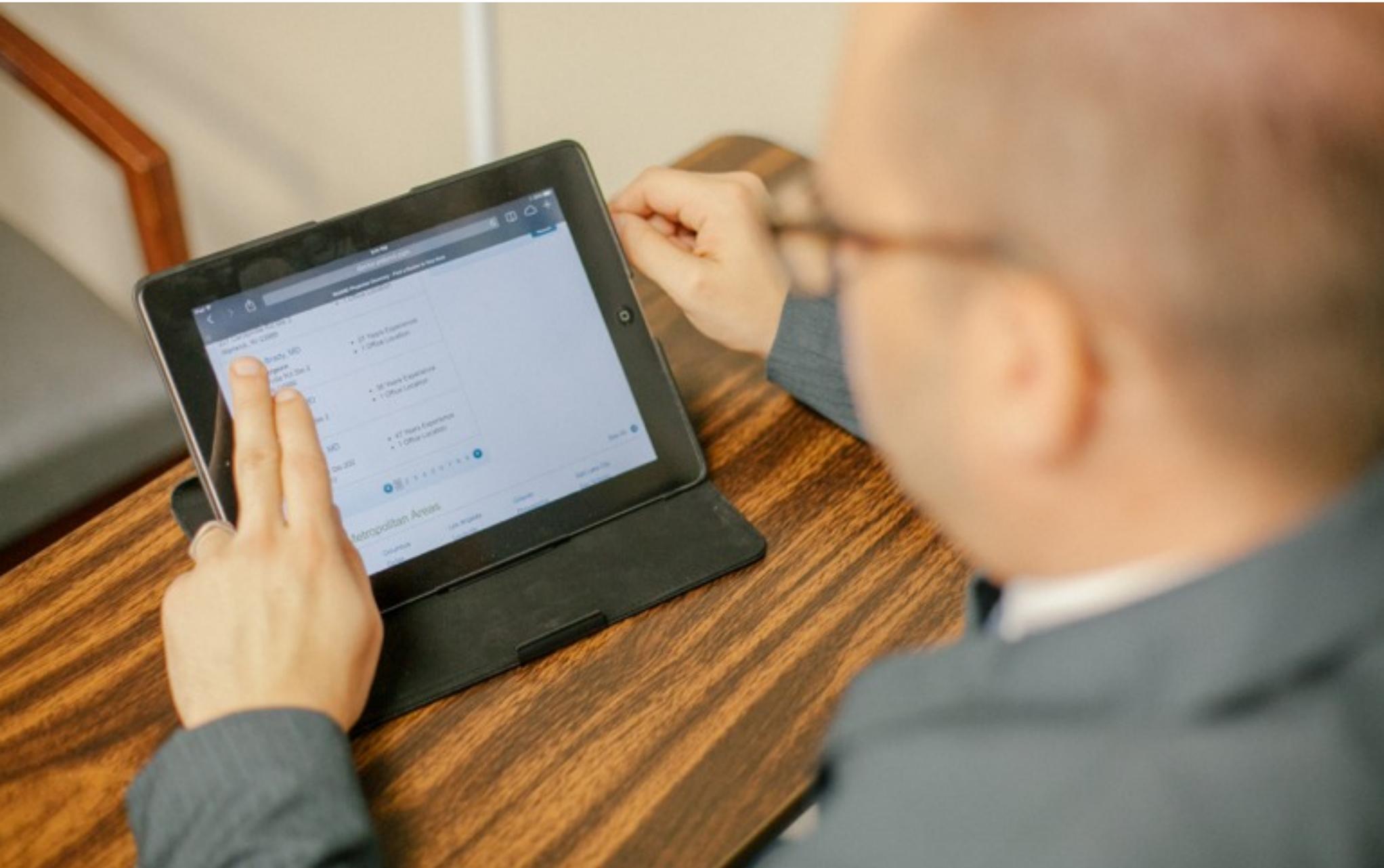
Below you will find some frequently asked questions regarding chiropractic care:

When should I see a chiropractor?

Eight out of ten people will experience back pain at some point in their life, and at least one third of the people in our community have back pain at any given time. For many people, the pain can keep them away from work, school, or even their day-to-day activities. If pain causes interruptions and restrictions in the activities of your daily life then you should consult a health care provider.

Chiropractors are highly educated and extensively trained to evaluate, diagnose, and treat conditions disorders of the spine, joints, muscle and nervous systems. These disorders may include back pain, neck pain, headaches, referred pain in your arms and legs, etc. Many patients seek chiro-

Chiropractors choose from a variety of techniques to create an individualized treatment plan for each patient





practic treatment for wellness care. Others, like seniors, find that treatment helps them to maintain mobility and good range of motion. Pain should never become a way of life, especially when there is qualified help available.

What are some of the benefits of chiropractic care?

Chiropractic care has the potential to:

- Improve movement in your neck, shoulders, back and torso
- Provide relief from headaches, neck, and back pain
- Help prevent work-related muscle and joint injuries
- Improve your flexibility and range of motion
- Relieve pregnancy-related back ache
- Assist with the correction of gait and foot problems

Are chiropractic adjustments safe?

Chiropractic is widely recognized as one of the safest, drug-free, non-invasive therapies available for the treatment of headache, neck, and back pain. It has an excellent safety record. However, no health treatment is completely free of potential adverse effects. Even common over-the-counter medicines carry a risk.

Does chiropractic care require a referral from an MD?

Patients can consult chiropractors directly. However, chiropractors often work closely with medical doctors, many of whom refer to chiropractors when they believe chiropractic treatment will help alleviate a patient's condition. Similarly, chiropractors frequently refer to medical doctors when necessary.



LOOKING FOR A CHIROPRACTOR?



NATHAN CASHION
DC, MS, CCSP®

Now that you've read the 5 things you need to know about back pain, you may have more questions or you might feel ready to take action and get control over your low back pain.

WE'RE HERE TO HELP

[Natural Family Health Clinic](#) is located near Progress Ridge Townsquare along Barrows Road, just across from the New Seasons.

Dr. Nathan Cashion is our resident chiropractor. He earned his Doctor of Chiropractic and Masters of Science in Exercise and Sports Science while studying at University of Western States here in Portland, OR. He also has obtained the postgraduate designation of Certified Chiropractic Sports Physician® (CCSP®).

Dr. Cashion uses a patient centered approach to low back pain, encouraging autonomy and avoiding dependence on frequent visits to the clinic. Visit the clinic website below or call **(503) 246-2995** to schedule your complementary consultation.

[SCHEDULE NOW](#)

*always consult with your doctor. this report is informational, it does not provide specific health advice for your condition

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