

# Chiropractic Care for Back Pain

There are numerous chiropractic care treatment options that can help relieve your back pain.

Chiropractic care can help address back pain caused by numerous conditions, including the following:

- back sprain injuries
- facet joint sprain
- lumbar intervertebral disc injuries that don't require surgery
- sacroiliac sprain
- spinal stenosis

## **How Does a Chiropractor Diagnose Back Pain?**

Before your chiropractor creates a treatment plan for your back pain, he or she will do a thorough exam to diagnose the specific cause of your pain.

To determine areas of restricted movement, your chiropractor will perform physical and neurological exams. He or she may also use motion and static palpation—an examination by means of movement and touch.

The chiropractor will also analyze how you walk, and he or she will look at your overall posture and spinal alignment.

X-rays, MRIs, and laboratory tests may also be used to help your chiropractor diagnose the cause of your back pain.

Once your chiropractor diagnoses the specific disorder (or disorders) causing your back pain, he or she will be better able to create an effective treatment plan for your back pain.

But your chiropractor will also rule out a back pain condition that will require surgery. If he or she thinks your back pain would be better treated by surgery, then your chiropractor will refer you to a spine surgeon.

## **Chiropractic Treatments for Back Pain**

As part of your overall back pain treatment plan, your chiropractor may use a combination of spinal manipulation, manual techniques, therapy instruments, and therapeutic exercises.

## **How Does Chiropractic Care Treat Back Pain?**

Chiropractors treat the "whole person"—not just your back pain—so that you'll be able to gradually increase your daily activities. Your chiropractor will also emphasize the importance of back pain prevention. With chiropractic care, you'll learn how to prevent your back pain from getting worse as well as how to prevent future back pain.