

# Why Does My Back Hurt More When It's Cold?

*Scientists ponder this very question!*



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Have you ever noticed your back hurts more when it's cold out? And, it's probably not just your back. Joints all over your body stiffen up and things seem to hurt "all over."

If that describes you, then you are not alone. Many people seem to suffer more from back and joint pain related conditions as soon as the temperature starts to dip.

Not only that, many migraine and fibromyalgia sufferers believe their headaches and condition results and worsens from weather changes too. But why? That is a question scientists have been asking and still do not have an answer for. But they do have theories.

One theory is that barometric pressure affects the joints. Nerve endings in the joints have receptors that can sense pressure changes. Hot and cold temperatures seem to have an effect on how you may feel but achy joints may be more affected by the pressure.

Many people with back pain, joint pain, headaches and fibromyalgia attest to the correlation of cold weather and worsening of their symptoms – regardless of scientific proof.

So what can you do? Since you can't change the weather (although living in a warm, sunny place might help!) Chiropractic care may dramatically minimize its effects on your back pain.

So if you haven't tried Chiropractic for your back pain, give Gastonia chiropractor Dr. Lidia Adkins a call. Like all doctors' offices, care may vary from office to office. But if you are looking for a Chiropractor who offers short term, affordable back pain care, or if you have questions, call Dr. Adkins's friendly and caring office at 704-853-8000. You can be seen immediately...and here's the best part; no obligation to extensive treatment plans!

#### **References**

1. Scientists still mulling causes of weather-related pain. USA Today February 24, 2005  
[http://www.usatoday.com/weather/resources/safety/2005-02-21-health-pressure\\_x.htm](http://www.usatoday.com/weather/resources/safety/2005-02-21-health-pressure_x.htm)