

Winter Can Bring Back Pain

How Many Are Getting Relief...

For many people, winter not only brings the flu but also back pain. That's why many celebrities, top professional athletes and "average Joes" utilize modern Chiropractic care for safe, effective and lasting relief.

Evidence suggests conservative chiropractic care, with exercise when appropriate, is likely to reduce pain, improve back function and even minimize the chances of your pain coming back.

Modern Chiropractic procedures and documentation track improvement and allow patients to get maximum relief with minimal time and cost. Chiropractors who use pain scales and diagrams,

daily living questionnaires, tests for lifting, strength, flexibility and endurance can create a treatment program that may be right for you.

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 Gastonia Chiropractor Dr. Lidia Adkins at 704-853-8000. You can be seen immediately with no obligation to extensive treatment plans.

Reference

Globe, GA, Morris CE, Whalen WM, et al. Chiropractic management of low back disorders: report from a consensus process. J Manipulative Physiol Ther 2008;31:651-658.