

# Back Pain Common After The Holidays

The holidays are over. There are no more presents to unwrap... or big holiday meals to devour. But there is one thing left-over: your back pain.

This is more common than you may think. And the culprit may have been one of a number of things.

For example, all those special holiday meals (and desserts) you enjoyed. Clearly, the holidays are a special time not just for sharing with loved ones – but packing on a few extra pounds. And adding just a little extra weight can be enough to flare-up old back pain or be the straw that breaks the camel's back to create 'brand new' back pain.

Add in all the stress the holidays inevitably bring, and many cases of back pain either begin or get worse.

What can you do? One of the best solutions is to exercise because exercise not only helps reduce the extra pounds, it also relieves stress.

But there's a problem: it may not wise to start an exercise program if you already have back pain. Many times, back pain is caused by malfunctioning joints in the lower back which could be

aggravated by exercise.

Back pain caused by malfunctioning joints can be helped by conservative Chiropractic care. One study found, "manipulation to be a recommendable method of symptom control."\*\*

Chiropractic care can gently help your lower back function correctly so the pain can possibly go away naturally and when you're pain free, exercising and shedding the pounds is much easier!

Like all doctors' offices, care may vary from office to office. So 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.

#### **References**

\* Bigos s, et al. *Acute Low Back Problems in Adults*, Clinical Practice Guideline No. 14. Rockville, MD: U.S. Public Health Service, U.S. Dept. of Health and Human Services, AHCPR pub. No 95-0642, Dec. 1994