

BACK PAIN?



If you are experiencing acute or chronic back pain, please come see us at Freedom Chiropractic - we are a great treatment option. With over 20 years experience we have had great success treating all types of pain in our Park City and Heber City offices.

Research indicates that nearly everyone will experience some form of back pain in their lifetime, ranging from slightly uncomfortable to completely crippling. Whatever the degree of discomfort you are experiencing (acute or chronic), it's no fun to be in pain. In more extreme cases it becomes difficult to even function with it.

This article is a brief overview to help you to understand what causes back pain, and how chiropractic care can help you achieve lasting improvement and help you return to doing the things you love most.

BACK PAIN IN PARK CITY AND HEBER CITY

The back is made up of many tendons, ligaments, discs, muscles, and bones. With a comprehensive understanding of this complex system, Dr. Raven can effectively help to locate and address the source of the pain. The following explains some common issues and their identifying features. It also explains how chiropractic can help to resolve them. These are general guidelines to help you in your quest for effective treatment, we highly recommend that you seek a professional opinion to properly diagnose and treat these issues.

DISC BULGES AND DISC HERNIATIONS

Disc bulges and herniations are conditions in which the outer edges of the discs, located between the vertebrae, become frayed, damaged, and inflamed. This causes the jelly-like center of the disc bulge out. This is a surprisingly common issue and can vary widely from no pain to extremely painful. The quality and intensity of it, for those who experience pain, depends on the type and position of the herniation. If the damaged disc is irritating a surrounding nerve, shooting or stabbing pain along with eventual weakness in the leg are common symptoms.

It is important that this issue be identified and treated to avoid further damage. Dr. Raven at the Heber City or Park City location will thoroughly assess your back to determine the extent of the issue and the appropriate treatment to prevent worsening of the herniation, and provide treatment to remove the cause of pain.

PINCHED NERVE and SUBLUXATIONS

Subluxation is a term describing a misalignment in the back (vertebral column). There is a wide variety of causes from sleeping wrong and fall (physical stress) to the stress of everyday living to even foods and toxins we are exposed to. Subluxations maybe subtle on the onset but can become painful and disrupt normal movement. Subluxations are one of the most commonly overlooked contributors to back pain. Chiropractors are uniquely trained to identify and correct this issue using non-invasive adjustment techniques.

MUSCULAR SPRAINS AND STRAINS

Strains and sprains typically occur when we engage in lifting or bending tasks that our body is not accustomed to, or when we are involved in an accident. Lifting while twisting, or even stretching past one's limits are common causes of strains and sprains of the back. These can be extremely painful, and are often accompanied by stiffness and restricted movement. Strains and sprains in the back tend to mal-align the spine and typically respond very well to chiropractic care.

STRESS AND BACK PAIN

Chronic stress tends to build, wreaking havoc on the body, and is a leading cause of upper and lower back pain. The back pain is a result of muscle spasms that occur in response to stress. The tension will often accumulate in what are known as trigger points. Trigger points can be extremely painful. Chiropractors have the knowledge and experience to help relieve stress from trigger points and to address underlying nervous system imbalances

(pinched nerves) that may be keeping your body locked in patterns of stress, fatigue and pain.

OTHER ISSUES THAT MAY CAUSE BACK PAIN

Obesity, arthritis, kidney stones, and urinary tract infections can also cause symptoms of lower back pain. These are all serious issues in which chiropractic doctors are trained to support you in getting the appropriate treatment. Many of these issues can be exacerbated by or find their source in spinal misalignments and respond well to chiropractic adjustments.

If you have questions about how our team at Freedom Chiropractic of Park City and Heber City can help you, please don't wait another day call now for a free 5 minute phone consultation with Dr Raven today.