

# Dr. Colin Gage \* Dr. Duane Drobot

---

Nicola Valley Chiropractic  
1949 Quilchena Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax: (250) 378-8259  
Email: info@merrittchiro.com  
Website: www.merrittchiro.com

*"treating the cause of your problem, not just the symptoms"*

---

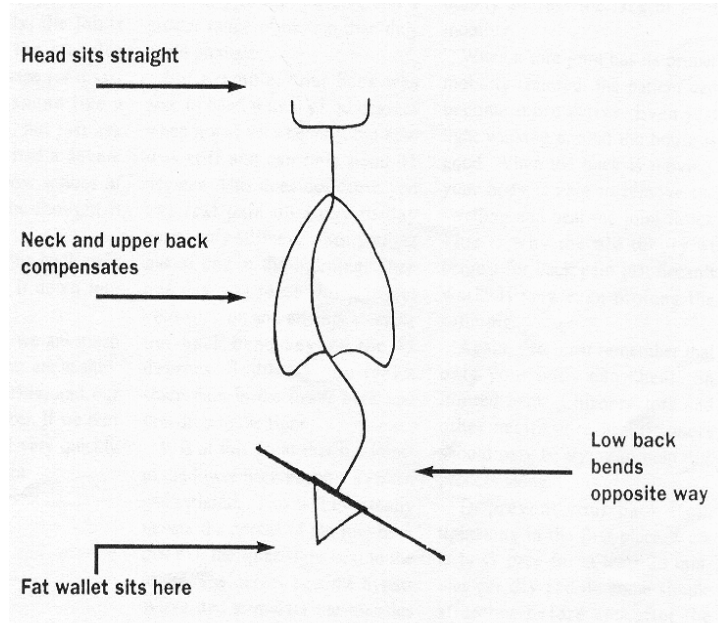
## Back Pain and Your Wallet

Would you believe that your wallet could cause back pain? How many of you place your wallet in your back pocket and think nothing of leaving it there all day as you sit in your chair at work or in the car? Likely, quite a few of you.

When your wallet is stored in your back pocket, you may actually be sitting on it. If it is in the back left pocket, the left hip and pelvis will be sitting higher than the right (see diagram). The thicker the wallet, the more your pelvis will be uneven and the more your lower back will lean to one side. For example, if the concrete foundation of your house is not constructed close to exactly level, the rest of the house will be uneven as well. The taller the house, the greater it will be tilted. However, your spine is not a rigid structure like a house. Whenever your pelvis is sitting unevenly, your upper back and neck will compensate and bend the other way. This compensation will allow your head to sit level and can happen without you even being conscious of it. If this position or crooked posture is maintained for long periods of time, your back and neck will suffer. These abnormal curves in your spine will create pressure on some of the joints of your neck and back, resulting in joint stiffness and inflammation. The neighboring muscles will also become tense and achy. Even the nerves that exit between the vertebrae of the spine can become irritated, making the symptoms even more severe.

It is usually after the above scenario has been present for some time that the person usually enters my office. He or she cannot understand why they are in such pain because they did not fall or lift anything heavy. After noticing the wallet-sized "wear spot" on the back pocket of their favorite pants, I then explain to him or her how this may actually be the primary cause of their problem and that regardless of how much Tylenol he or she consumes, if they continue to leave their wallet in their back pocket, the back pain will either remain or frequently reoccur.

Once the wallet is removed and the pelvic imbalance corrected, treatment of the symptomatic areas can begin. Firstly, chiropractic treatment should be used to restore the normal motion within the stiff and sore joints within their spine. Only then can these joints heal naturally and completely. A few specific stretches and exercises prescribed by your chiropractor would also accelerate the overall recovery.



In my office, our mission is to “*treat the cause of your problem, not just the symptoms*”. This simply means that rather than trying to just treat wherever it hurts, we search for what is actually the “*cause*” of your problem. For more information about how a chiropractor can help you, log onto our website at [www.merrittchiro.com](http://www.merrittchiro.com) or call me at my office (250-378-5456).