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

Test Your Back Pain Knowledge

Every day in my office I do my best to answer every question that my patients throw at me. I try very hard to educate everyone that visits my office so that they understand what their problem is, how I am going to treat it, and how they can prevent it from happening again.

For those of you who have not been a patient in my office, I have created a ten-question quiz so that you may test your knowledge, and perhaps learn something new, about back pain. The answers are given at the end of the article (no peeking).

- 1) Back pain is inevitable, as you get older.
 - a) True
 - b) False

- 2) What percentage of adults will experience at least one bout of low back pain during their lives?
 - a) 95%
 - b) 80%
 - c) 65%
 - d) 40%

- 3) Men experience back pain more often than women.
 - a) True
 - b) False

- 4) What type of mattress is best for a person suffering with back pain?
 - a) Firm
 - b) Medium Firm
 - c) Medium Soft
 - d) Soft

- 5) Back pain is typically caused by a pinched nerve.
 - a) True

b) False

6) Chiropractors successfully treat more people with acute low back pain than any other healthcare practitioner.

a) True

b) False

7) In the situation where you are experiencing an acute bout of back pain, you should rest in bed for up to a week.

a) True

b) False

8) What sleep position is best for your back?

a) On your stomach, with your arms along your sides

b) Curled on your side with a pillow between your knees

c) Flat on your back

9) What symptom can indicate a much more serious condition when it occurs in conjunction with low back pain?

a) Fever

b) Unexplained weight loss

c) Leg weakness

d) Loss of bowel and/or bladder control

e) All of the above

10) What lifestyle habits contribute to someone being more likely to experience one or ever many bouts of acute back pain?

a) Being overweight

b) Not having an active lifestyle

c) Not seeing a chiropractor regularly

d) Lifting heavily and repetitively

e) All of the above

Here are the answers: 1)B, 2)B, 3)B, 4)B, 5)B, 6)A, 7)B, 8)B, 9)E, 10)E