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

Avoiding Your Back Problem?

Most Canadians will experience back pain at some point in their lives. Left untreated, back pain can seriously impact daily living, yet almost 15 per cent of Canadians report that they do nothing to treat their back pain, while almost 50 percent treat the symptoms of the back pain, rather than the actual cause. Are you holding back from taking control of your back pain? Take this quiz and find out.

1. Do you experience recurring back pain that comes and goes every month? Yes / No
2. Do you experience daily or weekly back pain? Yes / No
3. Do you miss out on sports or physical activities as a result of back pain? Yes / No
4. Do you believe there is no effective treatment for back pain? Yes / No
5. Are you concerned that treatment for back pain might not be covered by your benefits plan or provincial health plan? Yes / No
6. Have you taken pain reliever for more than three days in a row to treat back pain?
Yes / No
7. Are you worried about what a diagnosis might mean if you visit a health professional?
Yes / No
8. Do you hope that your back pain will go away on its own? Yes / No
9. Are you too busy to seek treatment for your back pain? Yes / No
10. Do you just tough it out when you experience back pain? Yes / No

If you answered "yes" to four or more of the questions or "yes" to questions 9 or 10, you are probably avoiding dealing with back pain that is limiting what you want to do in your life. So, if you experience back pain that restricts your activities and lasts for more than three or four days, stop holding back and visit a chiropractor.

A combination of specific therapeutic exercise and chiropractic treatment, together with minimizing or eliminating the triggers of your pain, are often successful in getting patients back to feeling and being healthy. It will also play a major role in preventing the back pain from reoccurring.