

When to See a Chiropractor for Back Pain

Do you have low back pain?

If the answer is yes, that means there is something that is not functioning properly in your back. The body uses pain to communicate with the brain and to alert it when there is a problem. Using over the counter pain relievers stop the communication, the pain signal, but do not fix the problem the body is trying to warn the brain of. Without fixing the dysfunction you are exposing your body to unnecessary medications and are leaving the problem dormant to come back again and again, likely worse in the future.

Do you have low back stiffness?

The obvious reason for low back stiffness is that there are joints that are not moving correctly. Throughout the spine there are vertebrae stacked upon one another all with a disc and joint in between. Each joint was created to move a specific amount and when one is not moving properly other joints begin to take over leading to problems in other areas of the spine. Stiff joints prevent adequate nutrition from entering the disc leading to degeneration and other significant problems to the disc and surrounding nerves. Stiff joints also lead to uneven joint wearing and contribute to degeneration and arthritis of the spine. Arthritis can also be a cause of stiffness, which when left alone can lead to further degeneration.

Do you have leg/foot symptoms?

All of the nerves responsible for sensation in the legs and feet leave the spinal cord through passageways between the vertebrae in the low back. If you are experiencing sharp pain, shooting pain, burning pain, dull pain, numbness, tingling, or even muscle weakness of the legs or feet it is highly likely the problem is originating in the the lower back. Any type of injuries, wear and tear, and/or daily activities could cause these symptoms. Complaints related to the nervous system can be very serious and if untreated can become permanent. Some people even complain of hip pain or knee pain, but it is really the nerves exiting the lower back that are causing the problem.

Do you work at a job where you sit or stand for long periods?

Our bodies are designed to be active and change positions frequently. If your job does not allow activity you are at risk for postural overload syndrome. This is a term describing muscle sprain/strains due to repeated poor posture. The condition is also found with muscles of the neck, but more commonly in the low back. In Singapore, Chiropractic care is widely available and a very effective, conservative treatment for such conditions. Chiropractic adjustments are a very effective way to restore mobility, relief pain and joint stiffness. You can always visit our Chiropractic Clinic at Raffles Place for a further evaluation and treatment. It is also important to

be educated in proper ergonomics, posture, equipment available for extra support, and specific exercises to keep muscles that are not active in the work place strong to prevent future injuries.

The one thing all of these conditions have in common is, by not seeing your chiropractor and addressing the problem, they are getting worse. Occasionally we come across patients that have these simple complaints and uncover more serious matters. With all examinations we must determine if the patient can be treated by chiropractic or if they need medical attention prior to their treatment. Once this has been determined, specific orthopedic tests will be performed to identify the biomechanical cause of the complaints. An individualized treatment plan will be created to alleviate the symptoms and restore proper function, and lifestyle recommendations made to prevent future occurrences. If you have any further pain relief or pain management questions, please feel free to contact us at:

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