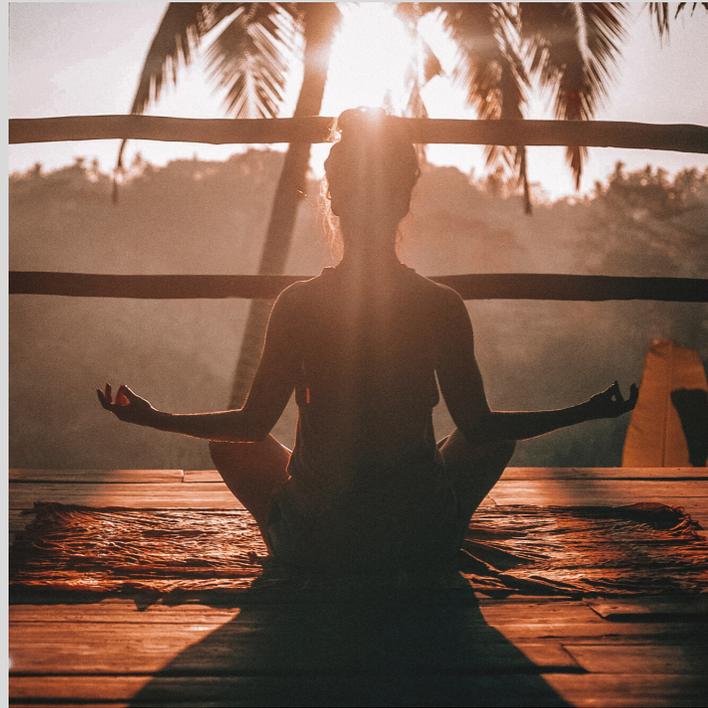


Healing is a 50/50 Process

Low back pain can make day-to-day movements difficult and can cause us to feel like we are missing out on our lives. Whether it be being unable to pick up our children, perform tasks around the house, participate in sports or exercise, or simply just being in pain – low back pain makes our life more complicated than it needs to be.

While many seek chiropractic care with low back pain, it makes sense that correcting the problem by reducing subluxation takes time and repetition and relief is not always instantaneous. Many factors play a role in how long the process takes, and while true correction is different for every person, there are some factors that affect healing that would surprise you.

Researchers have found that healing happens faster in practice members who have a positive relationship with their chiropractor, who are educated on the process, and who have set clear and specific goals! That's surprising to many when they first hear it, but after thinking about it, it makes sense. True healing is a 50-50 process; your chiropractor is going to reduce subluxation, but the word "doctor" means teacher, so the more you participate and are educated on your healing process, the better your results will be!



That's surprising to many when they first hear it, but after thinking about it, it makes sense. True healing is a 50-50 process; your chiropractor is going to reduce subluxation, but the word "doctor" means teacher, so the more you participate and are educated on your healing process, the better your results will be!

Innes, S., Beynon, A., Hodgetts, C., Manassah, R., Lim, D., & Walker, B. F. (2020). Predictors of instantaneous relief from spinal manipulation for non-specific low back pain: A delphi study. *Chiropractic & Manual Therapies*, 28(1). doi:10.1186/s12998-020-00324-7



Spread knowledge! Share this with a friend!
(402) 881-0883
awakenomaha.com



© Intellectual property of ChiroEdge