

The Real Cost of Low Back Pain

Living with any sort of pain can be debilitating. It's hard to want to get up out of bed each day and move forward with our lives when we have chronic pain waiting for us. It can cause us to live in constant fear of triggering that pain, meaning missed social events, time with family, and feelings of isolation and loneliness.

Low back pain (LBP) is the leading cause of disability worldwide and will affect 80% of adults worldwide. We can feel it in many forms, including stiffness, sciatica, tension, or achiness. While the level and cause of LBP can vary from person to person, researchers have found that the emotional toll LBP takes on people can be found across the board in some aspects.

Depression, anti-social behavior, and a negative self-image are all commonly found among LBP sufferers. Research also demonstrates that the more pain an individual was in, the more likely they were to have issues with self-care and employment.

However, there is an answer. Chiropractors around the world have helped many suffering with low back pain, not because of a "quick fix" or temporary relief, but because we analyze to find what is going on underneath the surface. Subluxation can affect not only pain but also the functions of the body. Gentle, specific, and scientific chiropractic care works with the body to help it heal the way it was designed, amazingly.

Esson, S., BSc, MHSc, Côté, P., DC, PhD, Weaver, R., MA, PhD, Aartun, E., MSc, PhD, & Mior, S., DC, FCCS(C), PhD. (n.d.). I stay in bed, sometimes all day." A qualitative study exploring lived experiences of persons with disabling low back pain. J Can Chiropr Assoc, 16-31.



Research demonstrates that sufferers of chronic low back pain commonly experience depression, anti-social behavior, and a negative self-image.



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