

BACK PAIN MYTHS



MADE
~ TO *move*

BACK PAIN MYTHS

Myth #1:

I need an X-ray, MRI or CT scan to figure out why I have back pain.



Most causes of short term back pain will not show up on X-ray.

Physical examination and history help Chiropractors get to the bottom of what is going on.

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Myth #2:

Bed rest is recommended
for back pain.



Bed rest may worsen your pain
unless it is so severe that you can't move.

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Myth #3:

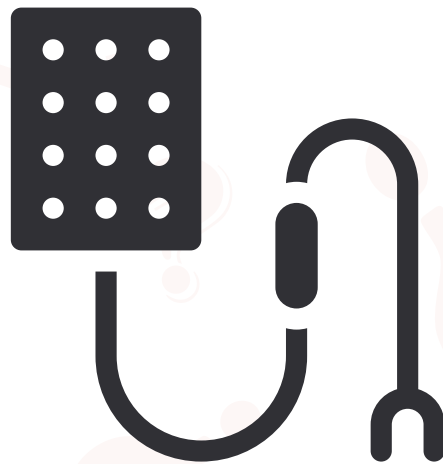
I just need to stretch my back.



**Always get checked before stretching.
Certain stretches may need to be avoided,
depending on your condition.**

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Myth #4:
Heat is recommended
for a sore back.



Heat may worsen inflammation.
Usually ice is recommended for
acute injuries for the first few days.

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Myth #5:

**Pain is the main indication
that something is wrong.**



**Restricted movement, discomfort in arms, legs,
and shoulders may indicate spinal problems.**

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Myth #6:

If I am in a lot of pain there must be something wrong.



Intense pain does not always indicate significant damage. Pain is a warning system to your brain, and a licensed Chiropractor can help determine the cause of your pain.

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Myth #7:

The pain is so intense, I should probably head straight to the ER.

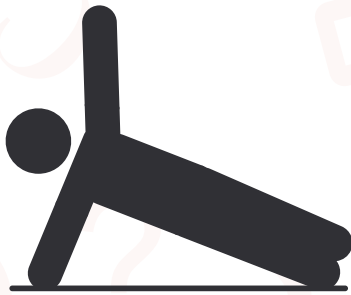


Evidence shows that most causes of low back pain don't require a visit to the ER. Loss of sensation in your saddle area or loss of bowel/bladder control IS indication to visit the ER.

BACK PAIN MYTHS

Myth #8:

Now that my back feels better
I can stop doing my exercises.



Exercises work best when implemented
as a part of regular, routine maintenance.