

# Lower Back Brochure Transcript

PREMIER PATIENT COMMUNICATION MATERIALS

**BACKTalk**  
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*Note: Due to recent brochure revisions, minor differences in content may exist. Actual product samples are available for your review when you call Back Talk Systems toll free (800) 937-3113.*

## LOSS OF WORK AND UNTOLD SUFFERING.

Low back pain results in millions of dollars of lost work and untold suffering every day.

Improper sitting or lifting, over-exertion, trauma, or inherited spinal abnormalities can be the cause.

Many factors can be responsible for low back pain.

Chiropractic care is safer and often more effective than surgery.

Many of the pain-sensing nerves of the spine are in the facet joints, the two interlocking "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide, can become rough, irritated, and inflamed.

Surgical treatment often involves removing these facet joints, exposing the spinal cord!

Another cause of lower back pain can be a bulging disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the leg. Cutting away the bulging disc tissue, can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause(s) of the problem.

The chiropractic approach is to help restore a more normal motion and position of affected spinal bones by specific chiropractic adjustments. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid risky surgery.

Find out if yours is a chiropractic case and enjoy the positive results that millions of patients have discovered.

Get started today!

Photo Caption: Many research projects show conservative chiropractic care is safer and often more effective than back surgery.

Photo Caption: Chiropractic doctors often consult with neurologists, radiologists, and orthopedic specialists when designing care programs for patients with disc involvement.

Photo Caption: Magnetic Resonance Imaging is often used to show the extent of soft tissue damage.

## THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

References:

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