Effective Way to Deal With Low Back Injury at Work

Brian McKay March 27, 2017

Dealing With Low Back Injuries at Work

Low back pain is a common work injury. Learn how chiropractic care is an effective way to deal with low back injuries at work.

(Newswire.net -- March 27, 2017) Darien, CONNECTICUT -- Most low back injuries involve people who do physical labor. According to OSHA, “Manual materials handling is the principal source of compensation injuries in the American work force, and four out of five of these injuries will affect the lower back.” The cost of health care due to pain ranged from $261 to $300 billion. This does not figure in the missed days of work and the misery from living with chronic pain.

Chiropractic care is a low cost alternative to the medication route often prescribed by gate keepers in the medical community. Chiropractors focus on stabilizing the spine. This is accomplished by identifying subluxations. You are probably wondering what a subluxation is so I will tell you. The subluxation is where a bone moves out of place. This is very often the painful event causing lower back pain. When the bone moves, it alerts the brain which is very sensitive. The movement can irritate either the nerve dense spinal covering called the meninges or the delicate nerve root as it exits the spine. These are painful events that can be calmed with medication.

When the back pain persists, there is strong suggestion that there is a subluxation. Typically, you need to have the irritation removed by re-positioning the offending bone. Any bone that moves can go out of place. The spinal bones called the lumbars are likely to subluxate as a result of poor muscle control of the core and an overall sedentary lifestyle. There is way too much sitting adding to the pandemic problem this country faces with work related lower back injuries.

While some will opt for surgical intervention as a means to end the pain this should only be a last resort. Chronic pain is defined as pain lasting 12 or more weeks. If chiropractic is going to be effective in treating low back injuries it should be resolved within 12 weeks of conservative care. Physical therapy is essential to preventing the problem from reoccurring. A combination of chiropractic care along with physical therapy is a powerful way to fight low back pain.

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