Recent studies indicate that Chiropractic spinal manipulation is effective for treating low back pain. Low back pain is a malady that has a total annual cost of more than $100 billion in North America, from lost wages and reduced productivity. (Newswire.net -- October 10, 2013) Langley, BC -- Back pain is so common that it afflicts 8 out of 10 persons in their lifetime. The most often affected area is the lower back. Back pain can go away on its own after a few days or weeks. But for many, the pain remains and can last for months or even years. Chiropractic spinal manipulation—sometimes called spinal manipulation therapy is practiced by health care professionals - Dr.’s of Chiropractic.

Recently, 26 clinical trials looked at the effectiveness of different treatments, including spinal manipulation, for chronic low-back pain. The study concluded that spinal manipulation is effective for reducing pain without drugs.

Benefits Of Chiropractic Care

In 2010, a review of many clinical trials looked at spinal manipulation and massage, and found strong evidence that spinal manipulation is effective for chronic low back pain and moderate evidence of its effectiveness for acute low back pain.

Chiropractors perform spinal manipulation by using their hands to apply a controlled force to an area of your back and spine. The effect is to relieve pain and improve physical functioning. Quality chiropractic care is important and involves more than just examination and treatment. At Rice Family Chiropractic, in Langley, British Columbia, Doctors Erin and James Rice emphasize the need and value of a holistic approach to health.

The Rice Family Chiropractic clinic, which is focused on total, lifetime family health, also includes Registered Massage Therapists and offers the highest quality care possible. If you unfortunately experience low back pain, contact the clinic so that your discomfort can be helped as quickly as possible and the likelihood of future complications minimized.

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