Surprisingly, the number of people suffering from low back pain at a given time, is up to 30% of the population. Recent studies have found that back pain is even a common occurrence among school children and adolescents.

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Many studies have shown that the care of a Doctor of Chiropractic is effective for treating low back pain. Health Canada in a 1993 study (Economic Burden of Illness in Canada) found that back pain ranked 2nd after cardiovascular disease in terms of highest cost of illness in Canadian society, at over $17 billion annually.

In 1995, the British Medical Journal stated, “at three years, the follow-up results confirm the findings of an earlier report that when chiropractors treat patients with low back pain, those treated by chiropractic derive more benefit and long-term satisfaction than those treated by hospitals.” Further, there have been several surveys conducted in recent years assessing patient satisfaction with chiropractic care, which was found to be extremely high.

According to Wikipedia

"Lower back pain affects about 40% of people at some point in their lives. Low back pain (often abbreviated as LBP) may be classified by duration as acute (pain lasting less than 6 weeks), sub-chronic (6 to 12 weeks), or chronic (more than 12 weeks). The condition may be further classified by the underlying cause as either mechanical, non-mechanical, or referred pain."

Chiropractic care is important to relieve back pain and involves more than just examination and treatment. Dr. James Rice and Dr. Erin Rice at Rice Family Chiropractic, in Langley, British Columbia, emphasize the importance of a whole lifestyle approach to health, educating and encouraging patients to be involved in their recovery through proper diet and appropriate exercise.

The Rice Family Chiropractic clinic, is concerned with total, lifetime family health, and includes Registered Massage Therapists. Their skill, training and dedication offer the highest quality care. If you experience back pain, contact the clinic so that you can be helped as quickly as possible so you can enjoy an active life.