

## The Nerve System and Chiropractic

Your nerve system extends to every part of your body and energizes every organ, tissue and cell. Each small spinal opening allows some 300,000 fibers to pass through, coming from the brain and extending to all body parts. When imbalance of the spinal column brings on subluxations of one or more vertebrae, the affected spinal bones will press on, pinch and impinge nerves. Normal nerve impulse to that part of the body is then altered.

When back pain is experienced, it may come from a single source or it may be a combination of the causes discussed. Your doctor of chiropractic studies the whole human being and conducts examinations with laboratory tests and X rays of the spine as well as special chiropractic and nerve tests. Chiropractors are well qualified to decide what should be done in spinal treatment to allow the body's nerve supply to heal itself. Chiropractors have both the knowledge and the experience to correct spinal subluxations causing back pain and related problems.

Call your doctor of chiropractic soon... why not now!

**Give this pamphlet to a friend  
who suffers from backache.**

Complements of:  
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# LOW BACK PAIN AND BACKACHE





## Low Back Pain and Backache

Excruciating or just annoying — any pain in the back can be a serious problem for your health and should elicit your serious consideration. Pains in the lower back or anywhere along the length of the spine can be caused by a variety of situations. Unusual muscle strain or emotional tension can bring it on. Sometimes it comes from bumps, jars or wrenches which often happen during times of fatigue and overwork. Your back pain may also be caused by a misaligned vertebra or subluxation.

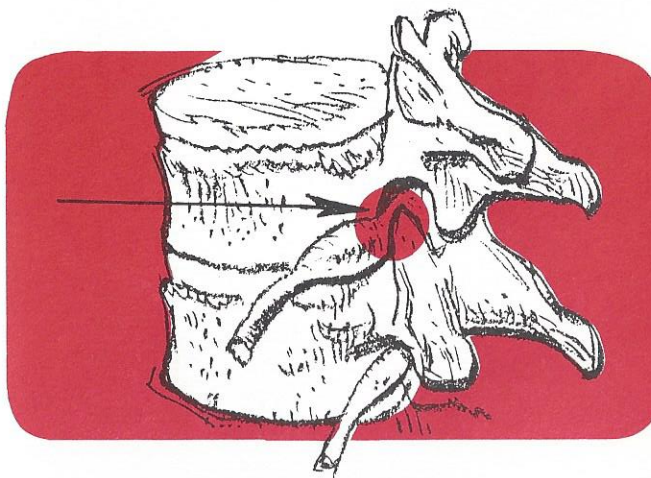
Sometimes the most severe pain in the back can be the easiest for the chiropractor to alleviate. However, any unrelieved pain in the back calls for immediate action. People who have a continuing pain may live in fear that a disease of some vital organ is the cause of their pain. Pain, even fleeting, seemingly inconsequential pain, should bring about a prompt visit to your chiropractor.

### Paresthesia Can Arise From Misalignments

Patients often experience no pain when there are misalignments of the spine that cause pressure on the nerves. Strange sensations called Paresthesia may be felt instead in other parts of the body. Some of the sensations are hot and cold spots, feeling tingling, burning or stinging. These, too, should be looked into by your chiropractor before more serious problems develop.

### Main Causes of Backache

**Impingement of spinal nerves** can result from subluxation in the spinal column. In simple language, a nerve cannot carry



normal nerve impulses if it is pinched at its exit from the spinal column.

**Muscle pain** can come from a strain or a sprain of the spinal column and cause backache. A fall, lifting something the wrong way, an automobile accident or even a misstep can alter the structure of the spine. Often there is no traumatic reason for patients to have backache, just weak, underexercised muscles may be permitting a subluxation and bringing on back pain. Since the body is equally balanced on both sides, a significant weakness or strength of various muscles in the back can bring about an imbalance that tugs at a misalignment. On the other hand, over-exertion can cause muscle spasms. Muscles need the chance to relax (lengthen) from time to time and in over-exertion, the same muscles are worked the same way day after day.

Muscles of the back also hurt from emotional tension. Tension keeps the muscles tight (shortened), which causes back pain.

Poor posture can also be a cause of back pain. In such a case, weak or untrained muscles put a heavy load on the spinal column, contributing to back pain and poor health. Your doctor of chiropractic can analyze your posture and explain problems to you. In each person structural balance must be maintained for good spinal health. Chiropractors are trained to help you maintain this balance.

**Nerve Pain** — can be felt deep within the body tissue - or anywhere along the distribution of the nerve. It is called neuralgia and is not necessarily felt at the spine. Doctors of chiropractic will be able to trace the pain along the nerve to locate the precise point where the pain originates. Irritating or pinching of the nerve can cause pain anywhere along its length.

**Disease of the spine** itself, such as arthritis, accounts for only five percent of back pain. It takes years of training and experience to confirm this type of back problem, but your doctor of chiropractic is well qualified to do so.

### Low Back Pain and Backache

Check the following list to see if you have experienced any of the critical symptoms that might mean more serious back trouble:

- \_\_\_\_\_ Numbness in the arms or hands.
- \_\_\_\_\_ Pain between the shoulders.
- \_\_\_\_\_ Leg pain or numbness.
- \_\_\_\_\_ Lower back pain or stiffness.
- \_\_\_\_\_ Pain in any of the joints.
- \_\_\_\_\_ Paresthesia (strange sensations).
- \_\_\_\_\_ Insomnia.
- \_\_\_\_\_ Headaches.
- \_\_\_\_\_ Neck pain or stiffness.