



Free Yourself of Back Pain this Independence Day!!



For many people, upper & lower back and neck pain, seem to be just part of everyday life. In fact, according to Gordon Waddell, M.D., author of the second edition of *The Back Pain Revolution*, published in 2004, 27-65% of people had back pain in the last year and 59-84% at some point in their lives. Treatment for back pain can also be expensive depending on the type of care that is chosen.

So what is the **most effective treatment** for acute back pain? United States government studies and an unbiased study commissioned by the Ontario Ministry of Health and other studies show that chiropractic treatment is **cost-effective, safe, has a high rate of patient satisfaction and is more effective than medical treatment for lower back pain**. Avoiding the complications from medications and back surgery are reason enough to try conservative treatment first.

So what should you do when back pain occurs? First, do not fear back pain. There is no need to run to the emergency room or even to my office with the first symptom. Sometimes back pain will get better on its own with ice and reduced activity but not bed rest. Keep moving as much as you can. **If pain persists for more than two to three days or seems to be getting worse instead of better, that's when you need to make an appointment**. In the office, the cause of back pain needs to be understood through examination, treated appropriately and if needed, a spinal stabilization program needs to be taught.

The most common causes of back pain are mechanical joint pain (sprains/strains) in which joints become twisted and the motion needs to be restored through manipulation. Other causes are disc problems (bulging and herniations) which usually resolve through time and treatment without surgery. Contributing factors for the above problems are caused by **deconditioning** (weak and imbalanced muscles). These are addressed through a rehabilitation examination and simple exercises to correct the imbalances. Many of you have been given exercises in my office for these reasons. The long range goal in your care is to keep you from ongoing back pain.

Cost effectiveness is another factor when choosing a physician. Many times, two weeks of care in our office will equal the cost of one office visit to an orthopedic surgeon, who usually sends you to a physical therapist which can take weeks of expensive treatment. In our office, you get the same exam that the orthopedic surgeon does plus the chiropractic, mechanical examination that is so important, and then effective treatment and exercises to help prevent future episodes, all in one office.

We often hear patients ask, "Why didn't I do this long ago?" **Help others** to be free of back pain and share this information with them.

Cigna Insurance

At the first of the year, many groups switched to Cigna Insurance, notably Prudential Financial and Alliant Energy. Initially I was not listed as a provider for these groups but we have gotten things straightened out, and as of July 1, I am a provider for Cigna for these groups. If you have any questions regarding any insurance coverage, please call our office.

**Again, thank you for being our patient!
We appreciate you and look forward to serving you.**

David J. Weber, D.C., D.A.B.C.O.

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