



Dr. Travis R. Oller

117 SW Seventh Street Topeka, KS 66603

Phone: (785)233-2300 Fax: (785)233-2320

www.topekachiro.com

Back Pain

Will I have to live with it?

Pain is a warning sign. Like the piercing sound from a smoke alarm, the alarm is not the problem. The alarm has a cause, just like every ache or pain has a cause. Some people choose to cover up the pain instead of correcting the cause. What's your approach?

It makes sense to correct the cause instead of treating the symptom.

The nerve rich facet joints on the back side of each spinal bone are a common cause of back pain. If these pairs of interlocking "fingers" aren't moving right, they can cause painful symptoms.

The discs between the spinal bones can be a source of back pain, too. These rings of fibrous tissues act as spacers, connectors, and "shock absorbers" for the spine. Trauma can cause the soft, pulpy material to bulge or herniate, putting pressure on delicate nearby nerves.

Once you know the cause, you have several choices. One approach is bed rest. But research shows that prolonged bed rest can actually delay recovery and make the problem worse!

Another choice is to numb or cover up the pain with drugs. While drugs can offer temporary relief, they can't correct functional problems of affected spinal joints.

The most drastic measure is surgery. A laminectomy cuts off a portion of the offending spinal bone, leaving the spinal cord exposed! A spinal fusion cuts out the disc tissue and immobilizes the joint! While there are times when surgery makes sense, it's expensive, risky, and permanent.

More and more people are choosing chiropractic care first. Specific chiropractic adjustments can help improve spinal function.

Better yet, chiropractic is safe. Chiropractic is natural. And chiropractic looks to correct the underlying cause of the problem.

What if my insurance company won't pay for chiropractic care?

Insurance companies make two mistakes by limiting or denying coverage. First, they ignore current research showing the efficiency of chiropractic care in these cases. Plus, they overlook the lower cost and higher patient satisfaction enjoyed with chiropractic care. We offer ways to make chiropractic care affordable to just about anyone.

How long does it take for chiropractic care to work?

Chiropractic results vary depending upon many factors. How long have you had your problem? Do you keep your appointments? Are you getting the proper rest, exercise, and nutrition? Are you in otherwise good health? It's impossible to predict how long care will take; however, generally speaking, the longer you have had the problem, the longer it will take to resolve.

Will I need chiropractic care forever?

After patients get the relief they want, many choose to continue with some type of periodic care. These chiropractic "checkups" can help support the final stages of healing and help detect and resolve new problems before they become serious. How long you want to receive chiropractic care is up to you.

- While a sedentary lifestyle can make symptoms worse, back pain affects those who are tall, short, thin, heavy, young, old, active, and inactive.
- While over-exertion can cause back pain flare-up, the underlying cause of the problem may go undetected for years.
- Ironically, many insurance companies would rather pay for expensive surgery than conservative chiropractic care!

Safe and Natural

Chiropractic is a team approach to better health. We want you to be active in your healthcare and strive to teach you methods to help prevent pain and injury.

**Downtown Chiropractic – Dr. Travis Oller – 117 SW 7th St. Topeka, KS 66603 – (785) 233-2300
www.topekachiro.com**