

## What do you do for back spasms?

Initially the chiropractor would take an extensive case history, conduct a thorough examination and determine the cause of the back spasms. These spasms can originate from a number of problems. Poor posture, excessive sitting, or even unexpected quick movements. A sports injury, a work related injury, a motor vehicle accident, a repetitive lift or even an injury that occurred early in childhood could be the origin of the spasm.

The most common cause is the spinal misalignment. With trauma or strain, muscle, ligaments damage, and spinal alignment must be addressed. Spasms are a signal that the body is trying to guard against irritation. Resetting the alignment restores proper function, which reduces irritation. The spasm will subside and the back will return to its healthy state.

Our rule of thumb is to apply ice for pain and inflammation and heat for stiffness but always ice first.