

I've been visiting the Chiropractor for years and feel ready to stop but I'm worried about re-occurring back pain. How do I know whether I am ready to stop treatments?

Re-occurring back pain can be a debilitating problem for many people. The return of the pain can be due to many factors. The general state of health of the spine such as scoliosis, arthritis or degenerative disc disease will often increase the number of re-occurrences as these conditions weaken the spine.

Secondly the activities one does such as a sedentary job, a heavy manual job and a repetitive motion job all affect how one uses the spine and influence the daily wear and tear.

Thirdly, if one does regular exercises and stretching, has good posture, uses good body mechanics, eats regular nutritious balanced meals and gets adequate sleep, these all influence ones state of health. It is very difficult for most patients to do all the right things therefore chiropractic is an essential part of maintaining good health and should be continued on a periodical basis.