



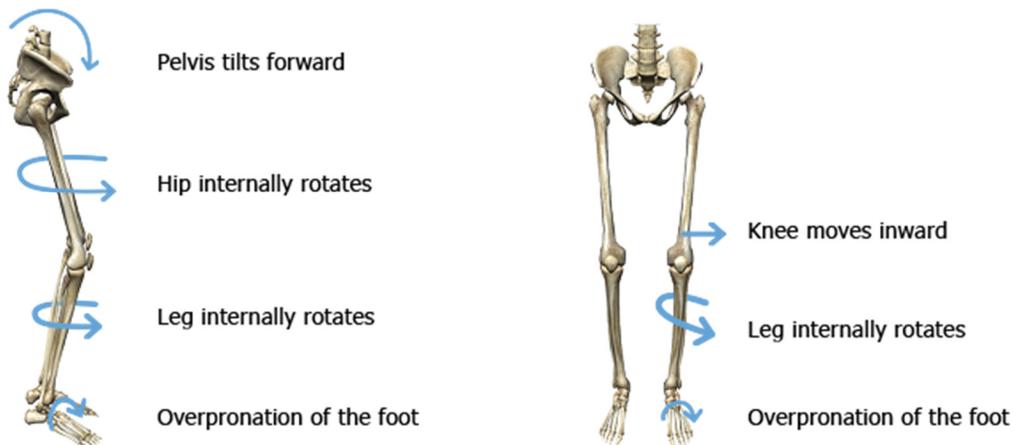
What's Really Causing Your Back Pain?

When back pain happens to you, it's a far cry from enjoyable. And while no one likes to experience it, the pain itself is actually quite common. In fact, nearly every adult in the world has experienced back pain at some point during his or her life. But in many cases, back pain doesn't actually begin in your back.

So, where does it start?

Take a look at a few options that could be responsible for your back pain.

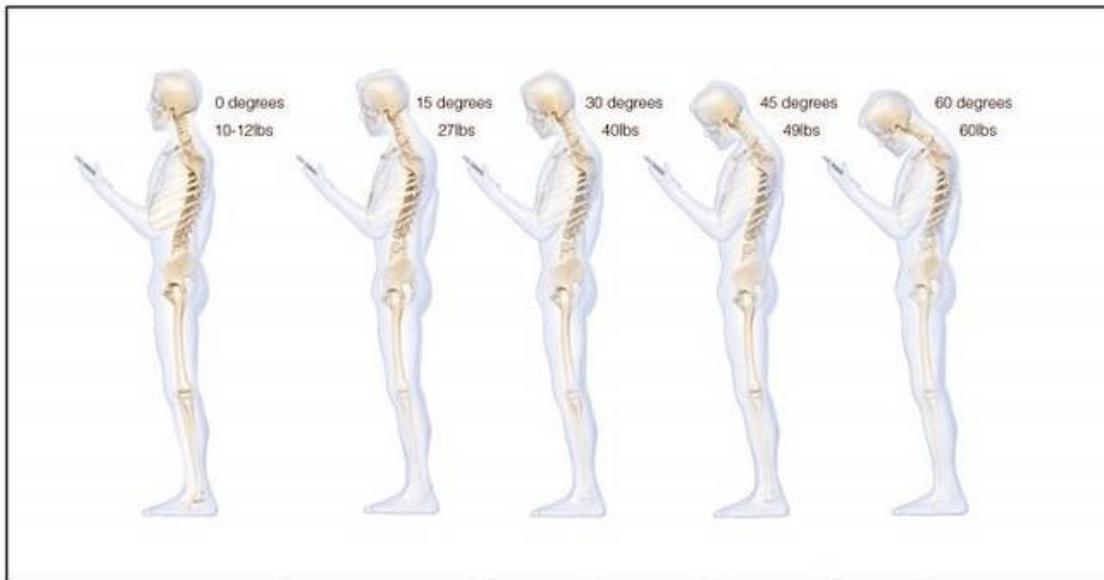
Misalignment Patterns of the Hip



Hip Misalignment

Back pain often begins in other parts of the body.

Do you ever feel like you're taking uneven steps? Frequently carrying a heavy bag to one side, poor posture, and not wearing supportive shoes can all contribute to hip misalignment leading to low back pain. Misaligned hips often begin as a result of weak back, core or pelvis muscles and uneven shoe wear.



Position	Neutral	15 °	30°	45 °	60 °	90°
Force To Cervical Spine	10-12lbs.	27lbs.	40lbs.	49lbs.	60lbs.	Not Measurable

Figure 1. The weight seen by the spine increases when flexing the neck at varying degrees. An adult head weighs 10-12 pounds in the neutral position. As the head tilts forward the forces seen by the neck surges to 27 pounds at 15 degrees, 40 pounds at 30 degrees, 49 pounds at 45 degrees and 60 pounds at 60 degrees.

Text-Neck

In today’s world, it seems that we’re all guilty of spending at least some amount of time each day looking down at our smart phones or tablets. Unfortunately, too much of this downward tilt can cause pain in your neck from overstretching tissue and muscles, eventually leading to spinal misalignment. Back pain as a result of text-neck is a compensation reaction, with the real issue being the neck.

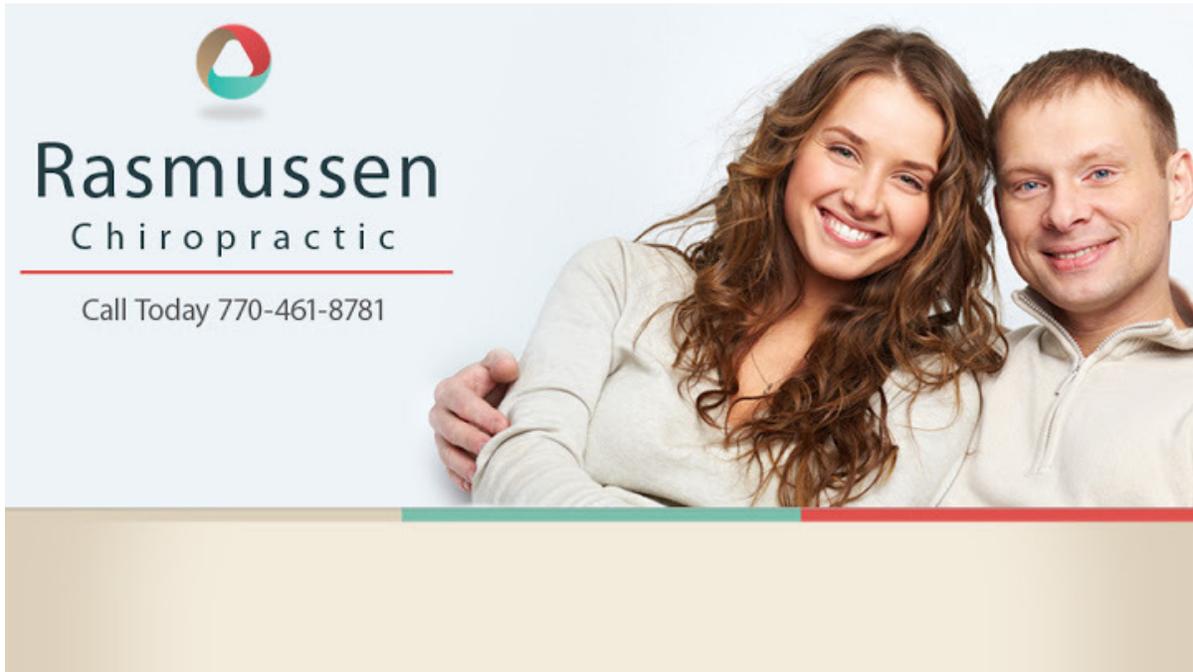
Teenagers and younger children face the highest risk for suffering from symptoms of text-neck.



Prolonged Sitting

If you spend most of your day behind a desk, you could find yourself sitting for hours on end without much movement. Prolonged sitting compresses the spine and increases stress on the back, legs, arms and even neck. To combat back pain caused by long periods of sitting, set an alarm to remind yourself to get up and move every hour. Choosing an ergonomic chair, keyboard, and mouse pad for your work space can also benefit your health.

Regardless of where your back pain has started, chiropractic care can usually help.
To learn more about how adjustments could help you, contact us to set up an appointment.
If you or someone you know suffer of any of the above, don't wait – give our office a call today!




Rasmussen
Chiropractic

Call Today 770-461-8781

A photograph of a smiling young couple with long brown hair and a man with short brown hair, both wearing light-colored clothing, embracing each other. The background is a light blue gradient.