

Common Questions About Back Pain Relief

At Champion Chiropractic we know about back pain...well it's a pain. The pain can sometimes cripple. There are many reasons back pain can come about albeit from a fall from a ladder, sports injury, work lifting injury, car accident, diseases, or just getting old. No matter the cause the main goal is finding pain relief. Here are some common questions about back pain relief.

1. Is Walking Good for Back Pain?

As much as you might not feel like walking, walking is highly recommended to do so. Keeping active can help speed up the healing process, prevent getting stiffness, build stamina.

2. Is there an exercise I can do to help alleviate back pain?

There is no special exercise really. Exercise can be very helpful in relieving back pain. Core exercise is perfect for lower back pain. One exercise to avoid though are leg lift on your back.

3. I was thinking about going into alternative therapy for my low back pain. Does Acupuncture work?

Studies have been done and found that acupuncture does actually help in relieving back pain. Soothing and painless the idea is that the needles hit certain spots on the body that activate the body's natural pain relievers.

4. Does chiropractic for back pain help with pain?

The answer is yes. A chiropractor will thoroughly examine you, may even order X-rays or other tests to find the root of your pain. Once they know what they are dealing with they use what is called spinal manipulation to help stop what is giving you pain which is usually perhaps build up pressure in the spine or out of an aligned disc. Relief is usually felt instantly after treatment.

We at Champion Chiropractic care about helping you find relief. Located in College Station area specialize in you. Our mission is to find the best type of therapy for

your pain to get you going and moving again. Come see all the services we have to offer. Start your road to wellness today.