

# CHIROPRACTIC & HEALTH

A Natural Connection

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## *Research Shows Spinal Issues Don't Recover Without Proper Care*

Itz, C.J. et al. (2013) Clinical course of non-specific low back pain: A systematic review of prospective cohort studies set in primary care. *European Journal of Pain* (17): 5-15

### QUOTE BOARD:

"The findings of this review indicate that the assumption that spontaneous recovery occurs in a large majority of low back pain patients is not justified. There should be more focus on intensive follow-up of patients who have not recovered within the first 3 months."

"The findings in this review are in stark contrast with current recommendations and guidelines for the treatment of patients with non-specific LBP, which are based on the assumption that in a large majority of patients spontaneous recovery occurs."



### Key Concepts:

It is no more logical to wait for back pain to go away or to use drugs to numb back pain than it is to wait for tooth pain to go away or to use drugs to numb tooth pain.

If you want to recover your health and function you need to address the cause of your problem, you need to "fix the spinal cavities"; not simply try to numb the pain that they are causing.

Ignoring the issue does not resolve it. Even if the pain goes away the unresolved problem is still causing decay in the tooth or spine. Unresolved issues get worse with time not better.

### Key Take Home Points:

Evidence-based chiropractors have always emphasized the fact that it is important to identify and address the cause of spinal pain and that it is both unscientific and illogical to cover up symptoms rather than fix problems and restore health and function. If people had listened to chiropractors we would not have an opioid crisis!



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