



Understanding Lower Back Pain

Lower back pain is one of the most common health complaints in the United States. In fact, more than 80% of people will experience lower back pain at some point in their lives. While symptoms can range from mild discomfort to severe, debilitating pain, the underlying causes are often similar. Many cases stem from muscle strain, overuse, or minor injury, while others develop from specific structural changes within the spine.



Common Spinal Conditions That Cause Lower Back Pain

- Herniated Disc**

A herniated disc occurs when the soft inner material of a spinal disc pushes outward, irritating nearby nerves. This can cause sharp pain, numbness, tingling, or weakness that radiates into the legs.
- Degenerative Disc Disease**

As we age, the spinal discs naturally lose hydration and elasticity. When discs begin to break down, they provide less cushioning for the vertebrae, resulting in persistent lower back pain and stiffness.
- Spondylolisthesis**

This condition develops when one vertebra slips forward over the one below it. Depending on the degree of slippage, patients may experience low back pain, muscle tightness, or nerve compression.
- Spinal Stenosis**

Spinal stenosis occurs when the spinal canal narrows and puts pressure on the spinal cord or nerve roots. Symptoms often include back pain, leg pain, weakness, and difficulty walking.
- Osteoarthritis**

Arthritis in the spine can lead to inflammation, stiffness, and the breakdown of protective cartilage, all of which may contribute to chronic low back pain.
- Other Causes**

Although less common, several additional conditions can also contribute to lower back discomfort, including:

 - Sacroiliac joint dysfunction
 - Spinal tumors
 - Fibromyalgia
 - Piriformis syndrome

These conditions may produce symptoms that mimic more common spinal problems, making a thorough evaluation essential.



Why a Chiropractic Evaluation Matters



Because lower back pain can come from many different sources, an accurate diagnosis is the most important first step. Chiropractors specialize in identifying the root cause of pain, whether it stems from joints, discs, muscles, or nerve irritation. With targeted adjustments, soft tissue therapy, and corrective exercise strategies, chiropractic care helps restore mobility, reduce inflammation, and support long-term spinal health.



Taking Action: How Chiropractic Care Can Help

Lower back pain doesn't have to control your life. Chiropractic care offers a safe, non-invasive approach to relieve pain, restore mobility, and improve overall spinal health. By focusing on the underlying causes—whether it's a herniated disc, degenerative changes, or muscle imbalances—chiropractors provide personalized treatment plans tailored to each patient's needs.



- Spinal adjustments to restore proper alignment**
- Soft tissue therapy to reduce muscle tension and inflammation**
- Rehabilitation exercises to strengthen the core and support the spine**
- Lifestyle guidance to prevent future injury**

Take control of your back health today—your spine will thank you.