

New Orleans Back Pain

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Back pain is a problem that affects numerous people throughout the world. There are a number of reasons that one may develop back pain. Trauma to the lower back and arthritis are two reasons that people often suffer from this painful problem. Few people realize exactly how much the muscles of the back are responsible for every day activities, and when the agony of back pain strikes, they are left feeling helpless.

Having a serious case of back pain can result in a limited range of motion, an inability to stand straight, and limited flexibility of the back muscles. While everyone experiences back pain at one point or another, back pain that is prevalent for three months or more is considered chronic, and needs to be treated.

To that end, there are a host of solutions when it comes to back pain. There are two things that need to be accomplished to solve a back pain problem: restoring the strength of the back muscles, and lessening the chance of the problem reoccurring. Medications are often of merit when it comes to lessening the pain of the condition, and anti-inflammatory drugs may be prescribed to help reduce the inflammation of the back's muscles. Exercise can also be effective in treating back pain since conditioning the muscles of the back strengthens them to lessen the chance of the problem occurring in the future.

Many people choose chiropractic care when it comes to reducing the cause of their back pain. An expert in the field of chiropractic care is Dr. Gordon DuBois, who operates out of his New Orleans Chiropractic office. Dr. DuBois has over thirty years of experience when it comes to helping back pain, and his office in New Orleans provides the utmost in patient care. His expertise in the field ensures that you'll be getting the quality care that you deserve.