

The Little e-book of Low Back Pain

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The little e-book of low back pain

Low back pain is affecting more and more people on an almost daily basis and finding the right treatment for you, can be a challenge.

There are many excellent treatment forms available, such as:

- Chiropractic
- Osteopathy
- Physiotherapy
- Acupuncture
- Massage

The challenge is often to find which one may suit you! And research is still trying to determine what works the best and what does not work.

As a chiropractor with 17 years of experience I still very much enjoy the results we get with chiropractic care, but will often **combine** the chiropractic treatment with other forms of therapy, such as acupuncture and Pilates. And if I don't feel the treatment is achieving a good enough result, other therapies will be considered, both in the complementary and medical world. This would include GPs, rheumatologists, pain specialists, orthopaedic physicians, orthopaedic consultants, neurologists and neuro-surgeons.

So let's look at what happens, when you get **low back pain**:

This is only a sample of the actual e-book.

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