

**Read This Report If You Want To Be Pain Free Again!**

# **Back Pain**

**Warning:**

Call 911 or go to an emergency facility if you are experiencing loss of bladder or bowel control.

**“ 80% of Pittsburgh Area Residents  
Will Suffer Back Pain!”**

## **What You Are Doing May Make Things Worse!!!**

Pain medication is temporary relief. It is a drug that puts stress on your liver and kidneys. There is a better way.

Improper sleeping positions may strain the lower back. You need to create an environment for healing. If you are constantly aggravating your lower back, you will never get better.

Most exercises put more pressure on the discs of your lower back. If you are in pain, chances are you are making things worse if the cause of the pain is not addressed.

**“Although 90% Of Patients With Acute Low Back Pain Improve After 2 Months, They Face A 60% Chance Of Recurrence Over The Following 2 Years.”**

**Signs and Symptoms include numbness, tingling, muscle weakness, muscle stiffness or shooting pain in the legs or buttocks, usually on one side only. Pain may be aggravated by coughing, sneezing, bending or twisting.**

Some types of back pain are worse at night, worse in the morning, and worse in the late afternoon.

Back pain has many causes, including spinal tumors, protruding disks, ankylosing spondylitis, spinal stenosis, arthritis, fibromyalgia, osteoporosis, obesity, pregnancy, back sprains or strains, Lumbar Dysfunction With Posterior Joint and/or Sacroiliac Syndrome, Paraspinal Muscle Syndromes, Posterior Joint or Sacroiliac Syndrome, or Complicating Isthmic Spondylolisthesis.

## **Why Am I Telling You This?**

So you may appreciate the fact that low back pain has many causes, and unless the causes are eliminated, you may never be free of low back pain.

The good news is that chances are I can help you.

See, most back pain sufferers have minor strains of the low back; particularly the joints of the low back called "facet joints".

The bad news is that only 2-3% get better after 6 months, and 1% get better after 1 year.

**Research shows that if your low back is treated is in it's early stages of degeneration, you have a better chance of receive long term benefits from care and a better chance of becoming pain free.**

**“If You Want To Feel Better, You Will Have To Do Something Different!”**

Hello my name is Dr. Donald P. Nebel, Jr., my office focuses on patients like you who suffer from back pain.

In our office we try to relieve folks of their pains in the **shortest amount of time possible**. We try at all costs to avoid lengthy treatment plans by putting our patients on a customized home low back exercise program as quickly as possible.

Often times, low back pain is caused by dysfunction of the joints of the spine that can lead to **scar tissue** (fibrosis) and a limitation of motion (stiffness). Once the dysfunction is corrected, patients usually are pain free in a relatively short period of time.

We attempt to find the cause of the back pain rather than the most common approach which is pain relief medication.

## **Pain Relief Medication And Other Drugs Do Not Stop The Degeneration Of Your Low Back!**

In other words, while you are covering up your pain with medication, you may be making your condition worse!

Since few medical doctors or surgeons are skilled in removing minor misalignments of the spine, conservative chiropractic treatment is the care of choice for certain low back conditions.

## **We Know Patients Don't Like Going To Doctors. But They Do Like Fast Lasting Pain Relief!**

You will never feel better again unless the cause of your low back pain is corrected. Does this make sense?

If you take a bent nail and hit it over the head with a hammer, what happens to the nail. Of course IT GETS WORSE!!!

Well taking pain relief drugs does the same thing; it masks the problem. Similar to cutting the wire that goes to your oil light in your car; you don't see the light on any more but your engine is wearing out!

## **Back Pain Causes More Than Just Pain**

Back pain causes sick days from work and a disruption in leisure activities. Back pain can affect normal sleeping patterns and is even known to cause relationship problems.

Frequent complaints of back pain sufferers include:

- Irritability
- Weight gain
- Feeling older
- Sense of helplessness

Back pain has many causes, including spinal tumors, protruding disks, ankylosing spondylitis, spinal stenosis, arthritis, fibromyalgia, osteoporosis, obesity, pregnancy, back sprains or strains, Lumbar Dysfunction With Posterior Joint and/or Sacroiliac Syndrome, Paraspinal Muscle Syndromes, or Complicating Isthmic Spondylolisthesis.

### **Back Pain Can Go Away By Itself!**

That's the good news!

The bad news is that every back pain episode that you experience can lead to further degeneration even after the pain goes away.

So it's important to know what to do and what not to do if you experience back pain.

1. Immediately following a low back pain episode apply ice not heat. Heat can increase inflammation and

create an environment for the laying down of scar tissue.

Never directly apply ice to your skin. Wrap ice in a moist

towel or place in a plastic bag. Ice can be applied for

10 minutes per hour to decrease inflammation and decrease pain.

2. Prolonged sitting can make back pain worse. Try to stand and move around for at least a couple minutes every

20 minutes.

3. Stay away from caffeine or other stimulants and drink plenty of water.

4. Visit a Doctor of Chiropractic to assure proper joint and nerve function. Chiropractic care is safe and affordable. It can help keep your low back young.

## **More And More Pain Sufferers Are Going To Chiropractors Instead Of Their Regular Doctors!**

### **Our Patients Speak...**

"When I first came to Dr. Nebel, I could not walk or stand up straight. The pain was unbearable! After only a week of treatments, I could stand up straight and the pain had subsided greatly."

J.B., Monroeville

"My lower back has been achey and stiff for many years; but I injured my lower back in the beginning of November, which caused excruciating pain and immobility. I took advil, but I didn't get much relief. On my very first visit, I felt better. Not only does my back feel better, but my indigestion has subsided and I am more energetic. Not only is Dr. Nebel helping my pain, he is teaching me to be more healthy overall. I feel terrific!"

A.K., Penn Hills

"Initially, I came to Dr. Nebel because I had extremely sharp pain across my left shoulder and chronic back problems,

which made working on the computer unbearable by mid day. Before coming to Dr. Nebel, I constantly took advil and tylenol, but the pain still persisted. I had also tried another chiropractor, who did not set me up on a specific treatment plan and it did not help. Without a doubt, with the treatment plan that Dr. Nebel prescribed, I have experienced great relief from the chronic back problems and the agonizing shoulder. Not to mention that Dr. Nebel and his staff are always friendly and make coming to the office a pleasure."  
L.W., North Hills

### "What Do I Do Next?"

**Step #1: Consultation** - Your chance to talk to a doctor about problem. Important information will be gathered during this time. Often times, the mechanism of injury can be established which will help in determining the anatomy effected as well as working diagnosis.

**Step #2: Examination** - A physical exam is the next step. Your posture will be analyzed, a thorough evaluation of your range of motion will take place, pertinent orthopedic and neurologic tests will be conducted.

**Step #3: Static "EMG" Testing** - Our office is one of the few, if not the only office that has a computerized electromyography instrument. The Static EMG test is an important test. This painless procedure determines if there is an abnormal function of the muscles that support your neck and helps us discover where your problem is.

**Step #4: A Radiographic Study** - Xray of your low back in the neutral position as well as pictures of your lower spine. This will

give us a chance to evaluate the disk spaces of your spine as well as the surrounding joints and anatomy.

**Step #5: Diagnosis** - Establishing a working diagnosis and a plan of action with the goal of relieving pain and restoring function which may include a referral to an Orthopedic doctor if only absolutely necessary.

**Call Today For Your Free Surface EMG Test!**  
**412-856-6262**

"I Look Forward To Meeting You In Person.  
It Will Be A Pleasure Providing You This Free Evaluation."

Dr. Donald P. Nebel, Jr.

**P.S.- Once we evaluate your back pain, we will tell you if we can help you or not, and if so, how long it will take and how much it will cost. You can take that information home with you and call us only if you want care. No strings attached.**

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