

Back Pain and the Athlete

By Dr. Boyd Williams
Certified Chiropractic Sports Physician

Back pain is likely to affect 3 out of every 4 people in the general population. Athletes, although often times in better overall physical condition than the general public, subject themselves to frequent and challenging physical activities. This results in the athlete not uncommonly experiencing back pain.

Back injury in sports can be the result of collisions, lifting, falls, or quick twisting movements. Pain may be the result of muscle strains, ligaments sprains, contusions, injury to the disc and subluxation of the spinal joints. More severe injury can result from fractures or dislocations.

Traditional medical care for back pain has been limited, both in its approach and its effectiveness. Drugs, surgery and bed rest are the classic medical avenues of care. Scores of recent studies including those published by the RAND Corporation, the British Journal of Medicine and other medical journals have found chiropractic care to be superior in its results and less expensive in its cost than other forms of care. In fact, every single scientific study done by medical physicians, comparing chiropractic care with medical and physical therapy of non-surgical back pain, shows chiropractic care to be twice as effective.

Bearing this in mind, it only would be reasonable for the athlete (and non-athlete for that matter) experiencing back pain, to consult a specialized chiropractor before pursuing any other less proven methods of relief. The chances are good that help will be found.

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