



8 DANGER SIGNS OF BACK PAIN

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INTRODUCTION



Being the foundation and support of your entire body, it's crucial to take care and pay attention to your spine health. Our backs can reveal pain in multiple different ways and discomforts. The warning signs can be hidden and subtle, but can snowball into more significant problems if not addressed. Take these danger signs seriously to help gauge your pain's seriousness and address how it affects daily life.

1. PERSISTENT HEADACHES



Can't seem to get rid of that headache? Persistent headaches that stem from your neck and have a non-throbbing pain traveling from the back to the front of your head, may be a warning signal of nerves experiencing tension. These signals can quickly develop into a pinched nerve or other problems in your upper back.

2. NECK STIFFNESS



Pause. Bend your neck gently to the right, then the left. Feel stiff? Neck stiffness indicates the normal flow of nerve impulses have been affected by strained muscles and back. Like other joints in your body, neck joints tend to wear down with age and become increasingly stiff if not cared for correctly.

3. PAIN BETWEEN SHOULDERS



Pain points in the upper back, specifically in between the shoulders, are not something to take lightly. Feel a pinch after working at your desk for too long? If not attended to, the pain between shoulders can lead to severe back complications due to extra pressure on joints.

4. PAINFUL JOINTS



Bones are coupled together by delicate joints. Injuries can result in one or more of the joints locking out of position. Unaligned joints cause pressure on the delicate nerves that are situated close by these joints. The result is pain - and without care, will only get worse.

5. NUMBNESS IN HANDS OR FEET



Numbness in hands and feet, or nerve impingement, most often occurs at the spine and travels to the upper and lower extremities of the arms, hands, legs and feet. The danger of this pain is you can experience tingling in your limbs, but not feel back pain - even though your back is the root cause.

6. PAIN IN LEGS OR ARMS



While the pain may manifest itself in the arm or leg, it often originates in the spine. When people irritate a nerve in the neck or low back, it often sends a signal down to the hand or leg. It continues to cause pain in the arms and legs until freed from the irritation source.

7. NERVOUSNESS



When we experience discomfort in our back, our pain receptors kick into overdrive. Imagine an alarm system that never turns off. They continue sending pain signals to the brain even at the slightest sign of a threat. This explains widespread chronic pain after an auto collision or seemingly random flare-ups after an injury.

8. BACKACHE



Research is suggests that back pain can have significant ramifications for the health of the central nervous system. A new study confirmed that patients with lower back pain show signs of reduced pain tolerance along the entire spinal cord, which may indicate a hyper-sensitized central nervous system.



ADDRESSING THE PAIN

If you suffer from one or more of these 8 danger signs, don't ignore them. Chiropractors provide a natural alternative for handling back pain. Avoid further damage and surgery by aligning your body to perform and function properly.

Our team educates our patients on all aspects of a healthy lifestyle - not just performing quick fixes to address superficial pain. We personally tailor a program specifically targeted to each client's wellness needs.

With our state-of-the-art chiropractic facility, let us help you discover the true wellness lifestyle - free of aches and pains!



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