



Sea Lark Chiropractic



5 THINGS

EVERYONE SHOULD
KNOW ABOUT BACK PAIN

**AVOID BACK
SURGERY AND
DANGEROUS
PAIN
MEDICATIONS**





Dear Friend,

Thank you for requesting this report. If you have ever had back pain, you know how debilitating it can be. I hope this report will lead you in the right direction and help you to get the relief you need.

My name is Dr. Venessa Bartholomew, and I am a Chiropractor. I have suffered from severe back pain in the past and I want to give you a few tips and ideas to consider to help you find the relief you need. You should not be living in pain.

Over 80 percent of people will suffer from low back pain in their lifetime. Back pain is the second most common reason people see their family doctor, the most common cause of job-related disability, and a leading contributor to missed days at work.

Pain can start abruptly as a result of an accident or lifting something too heavy. It can also develop overtime due to poor posture and poor mechanics during repetitive everyday motions and activities. Most low back pain is mechanical, meaning the way the bones, muscles, intervertebral discs, and nerves of the spine are moving and working together.

1

Bed Rest Is The Worst Thing You Can Do

"Bed rest should be limited. Individuals should begin stretching exercises and resume normal daily activities as soon as possible, while avoiding movements that aggravate pain. Strong evidence shows that persons who continue their activities without bed rest following onset of low back pain appeared to have better back flexibility than those who rested in bed for a week."

National Institute of Neurological Disorders and Stroke,
Low Back Pain Fact Sheet

Bed rest should be avoided if possible. It can make your back pain worse. To ease the pain when you are in bed, try putting a pillow between your knees when you are on your side or under your knees when you are on your back.



2

Leg And Buttock Pain Can Be A Sign Of A Low Back Problem



The nerves that come out of your back travel through your buttocks and down your legs. Compression of one or more of these nerves can cause pain, numbness, tingling, or weakness in one or both of your legs. This may make it seem like the pain is coming from where the nerve ends in your buttocks, legs, or feet. You feel the pain where the nerve travels and not where the problem is - your low back. Sciatica is a generic term that can describe this condition. There are many causes of sciatica and you should get a thorough examination to pinpoint the cause of your pain.

"Lumbar radiculopathy is typically caused by a compression of the spinal nerve root. This causes pain in the leg rather than in the lumbar spine, which is called referred pain."

Emory Healthcare,
Lumbar Radiculopathy (Nerve Root Compression)



3

You Can Improve Your Chronic Back Pain By Improving Overall Health

Smoking cessation, adequate sleep, stress management, physical activity, good body mechanics and posture along with a healthy diet are important for overall health and can decrease or prevent low back pain.

Smoking increases the risk of osteoporosis and can slow healing. Also, coughing due to smoking can cause or aggravate back pain.

"Multiple studies have established a link between smoking and lower back pain. Smoking raises inflammation inside the body and hinders the body from healing itself."

Johns Hopkins Medicine,
Lower Back Pain: What Could It Be?

Adequate sleep and stress management can help with mental health issues which can influence how one focuses on their pain and their perception of its severity. Sleep is the time when your body can heal, therefore, sleep is important for recovery.

Body mechanics and posture are major contributors to back pain. Heavy lifting, pushing or pulling, especially if it involves twisting, can lead to low back pain. Also, inactivity and having poor posture while you are sitting for long periods of time can contribute to back pain. Lifting properly and having good posture can help prevent back pain.

"The vast majority of low back pain is mechanical in nature."

National Institute of Neurological Disorders and Stroke,
Low Back Pain Fact Sheet

Back pain is more common among people who are not physically active. Weak back and core muscles leave your back more vulnerable to stresses and forces that cause injury. Make physical activity a daily habit. Also, being overweight will add stress to the low back and can lead to low back pain. A healthy diet can help prevent weight gain.

Some foods increase inflammation such as sugar, foods high in trans fats, white flour, and other highly processed foods. Other foods help to decrease inflammation such as foods high in omega-3's like fish, brightly colored fruits, and vegetables. Drinking enough water is also important. Proper hydration is key for nearly every process the body performs.

"Obesity is also associated with several types of chronic pain, including lower back pain. In people with high body mass index (BMI), the stress on the spine increases, contributing to even more wear and tear."

Johns Hopkins Medicine,
Lower Back Pain: What Could It Be?



4

Less than 5% of low back pain requires surgery

"Back pain is extremely common, and surgery often fails to relieve it. Back surgery can help relieve some causes of back pain, but it's rarely necessary."

Mayo Clinic,
Back Surgery: When is it a good idea?

Back surgery is considered a last resort due to the risks and potential complications. It is best to wait if possible before having surgery. Surgery can help some but not all causes of back pain. Most back pain, even patients with severe pain, will recover within a few months with conservative care. Only a very small percentage of people require immediate surgery. Most of the time surgeons will only recommend surgery when all other conservative therapies fail. Also, surgery can cost thousands of dollars, and recovery can take weeks.



5

Conservative Treatment Is Recommended - Chiropractic Care Is Safe And Effective

As you now know, most of the time spinal surgeons recommend conservative care as the first treatment option because most back pain can be resolved without surgery. Conservative care, such as chiropractic, has lower risks than medications, injections, and surgery.

Research has proven that chiropractic is a safe and effective treatment for acute and chronic back pain. Many other conditions such as sciatica, headaches, and neck pain are effectively treated by chiropractors. Chiropractors use a variety of techniques including hands-on manipulation or adjustments to help with alignment and to restore movement to the joints, particularly of the spine, to help the body heal itself without surgery or medication.



Research Concludes Chiropractic Is The Smart Choice

“Patients with chronic low-back pain treated by chiropractors showed greater improvement and satisfaction at one month than patients treated by family physicians. Satisfaction scores were higher for chiropractic patients.”

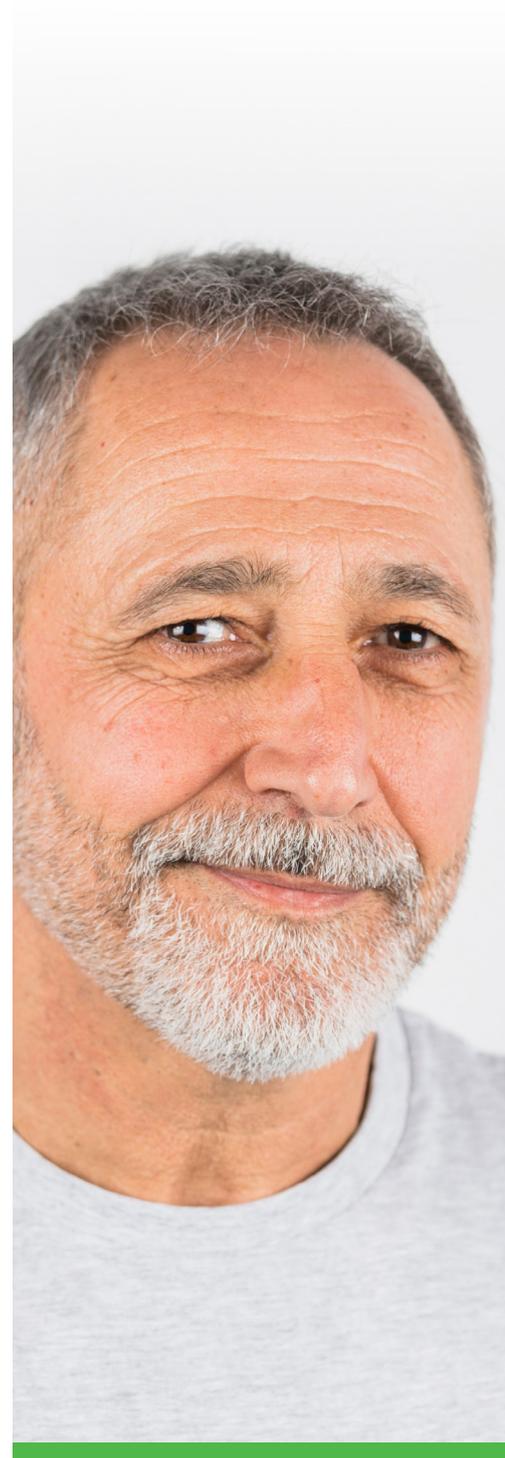
Nyiendo et al (2000),
Journal of Manipulative and Physiological Therapeutics

“Acute and chronic chiropractic patients experienced better outcomes in pain, functional disability, and patient satisfaction; clinically important differences in pain and disability improvement were found for chronic patients.”

Haas et al (2005),
Journal of Manipulative and Physiological Therapeutics

“Chiropractic patients were found to be more satisfied with their back care providers after four weeks of treatment than were medical patients. Results from observational studies suggested that back pain patients are more satisfied with chiropractic care than with medical care. Additionally, studies conclude that patients are more satisfied with chiropractic care than they were with physical therapy after six weeks.”

Hertzman-Miller et al (2002),
American Journal of Public Health



Chiropractic Helps Decrease Dangerous Opioid Prescriptions And Total Cost Of Care:

"The likelihood of filling a prescription for opioids was 55% lower in the chiropractic recipient cohort. . . . Average per person charges for clinical services for low back pain were also significantly lower for recipients of chiropractic services."

- Whedon J. Association between Utilization of Chiropractic Services and Use of Prescription Opioids among Patients with Low Back Pain. March 14, 2017.

Chiropractic is much more effective and popular than many people think. Chiropractors are highly educated and extensively trained to diagnose and treat back pain. Chiropractic care is known as one of the safest, non-invasive, drug-free therapies available.

Pain should not be a way of life, especially if there is a safe non-invasive treatment right around the corner. If pain is interrupting your life and keeping you away from work, exercise, or your day to day activities, such as playing with your kids, you should consult a chiropractor.

Pain is your body's way of telling you something is wrong. The longer you wait the worse your condition can get. Your health and life are too important to put off any longer. I welcome the opportunity to help you on your journey to pain relief and health. I am offering a \$97 New Patient Special that includes a consultation, examination, adjustment, and 30-minute massage. This is an easy first step to take towards better health. Many drugs, pain killers and surgery simply numb the pain and avoid fixing the problem. Say goodbye to quick fixes that mask the symptoms. Not in pain? You may just want to do preventative maintenance to keep back pain from happening or reoccurring.

Don't procrastinate with your health. Take a second to complete the form on our website: <https://sealarkchiro.com/appointment>

We will set aside time for you to come in and get checked right away.

Thank you for taking the time to read this report. I hope it helped you get a step closer to understanding how you can get some relief and get the treatment you need. Got questions? Fill out the appointment request above and put your question in the notes to the Doctor section and we will be happy to answer them.

Yours in Health,

Dr. Venessa Bartholomew
Chiropractor

P.S. Don't put this off, you have come this far. You are one step away from pain relief. Complete the form at <https://sealarkchiro.com/appointment>, and come in for your first treatment.

Here Is What A Few Of Our Patients Say About Sea Lark Chiropractic



Chad Creagh
2 reviews
★★★★★ a week ago
I have been a patient for about six weeks. My poor posture was causing so much pain that I could not sit at my desk for more than an hour. My back pain started affecting all aspects of my life. I was skeptical on my first visit but the pain was unbearable and I was willing to trust her plan. After weekly adjustments, stretches, and exercises, I am now almost pain free and can work 6-8 hours with no issues.
Dr.V and her staff are very friendly and accommodating. The facility is updated and spotless.



Esteban Fonseca
1 review
★★★★★ a week ago
Dr. Vanessa is Golden! I got tired of literally dragging my leg around and I had to see a Chiropractor. I hit the JACK POT and I could not be more happy and satisfied with her and her staff. Visiting Sealark Chiropractic has changed my mood, posture and back in such a positive way that it reflects at my job and home life. #Blessed



Fernando Correa
★★★★★ a day ago
I will strongly recommend Dr. Vanessa and her staff. I have visited other chiropractic Dr. but never get me better. Dr. Vanessa in the other hand had helped me to manage my back pain. I will recommend her 100%



sonofthesouth357
1 review
★★★★★ 2 months ago
Great place. Professional staff. I no longer have sciatica. I would recommend to anyone!



Jennifer Beesix
2 reviews
★★★★★ 2 months ago
Dr Vanessa is amazing. I highly recommend her! I've been coming for 4 weeks and my back pain is gone!!!!



Shannon Garris
6 reviews · 21 photos
★★★★★ a week ago
Dr. Vanessa really helped my lower back and hip pain. The front office is so nice and helpful. I highly recommend Sea Lark Chiropractic. Thanks for helping me eliminate my chronic pain. My only regret is not coming in sooner!