



Esprit Wellness Chiropractic and Physical Therapy

(
PRLEAP.COM

) Lower back pain is the number one cause of disability worldwide. The World Health Organization recognizes this widespread problem, and confirms that it affects people of all ages, all over the world. Numerous studies have been completed to find the causes of back pain, but, with so many contributing factors, researchers have not been able to come up with definitive answers for why back pain is such a widespread problem.

Causes of Back Pain There are many causes for back pain, including pinched nerves, repetitive stress, workplace injuries and chronic illness. It can be difficult to pinpoint the root cause of back pain, but there are safe and effective therapies that can be used to reduce pain and restore a full range of movement. Using the correct therapies can cut down on time missed from work and family events. Back pain often causes people to feel less than their best, which makes therapeutic services all the more important for restoring life balance.

Treatment Options New York chiropractors use a range of treatment options to relieve back pain. These treatments include medical massage, acupuncture, spinal decompression and physical therapy. When it comes to the active release technique, Manhattan chiropractic specialists use this innovative therapy to relieve lower back pain, which can be particularly difficult to treat. Many people rely on prescription and over the counter pain medications to relieve symptoms, but these medications only mask symptoms and don't address the root cause of the back pain. An experienced chiropractor can pinpoint the problem and create a therapeutic plan that tackles the problem effectively for long-term results.

People who suffer from chronic or acute back pain are encouraged to seek professional treatment from a chiropractic expert who understands the inner workings of the spine and back muscles. Together, the patient and chiropractor can create an effective treatment plan to treat virtually any back problem. Visit the [Esprit Wellness Chiropractic and Physical Therapy Wellness website](http://EspritWellnessChiropracticandPhysicalTherapyWellnesswebsite) for more information.

About Esprit Wellness Chiropractic and Physical Therapy Esprit Wellness Chiropractic and Physical Therapy is a doctor-owned-and-operated business that has served residents of NYC for over 15 years. The staff offers chiropractic care using the latest methods and treatment options. The mission of Esprit Wellness Chiropractic and Physical Therapy is to provide holistic treatments that serve the individual as effectively as possible, without the use of potentially

Back Pain Leading Cause of Disability Worldwide

Written by Australian Business

dangerous and addictive prescription drugs.