

## Effective and Reliable Treatment Options for Low Back Pain

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An estimated 619 million people live with low back pain (LBP) and it is the leading cause of disability worldwide according to the World Health Organization. LBP is a major public health issue and is often associated with loss of work productivity thus producing huge economic burdens on individuals, companies and societies.

LBP is often referred to as “specific” or “non-specific.” Specific LBP is pain caused by a certain disease or structural problem in the spine, or when the pain radiates from another part of the body. Contrary to popular belief, the origin for “non-specific” LBP can be identified by a properly trained primary spine care provider.

Although there are many forms of treatment for LBP available, not all are effective. While no one treatment option is right for everyone, Spinal Decompression Therapy (SDT) by trained primary spine care professionals is an example of one option that offers many patients a painless, non-surgical and side effect-free **treatment for conditions previously refractive to traditional medical care**. SDT can help relieve pain and symptoms associated with many low back and neck pathologies. Some common conditions treated are herniated discs, facet syndromes, degenerative discs, bulging discs, joint pain, radicular pain, and spinal root impingements. SDT can significantly reduce recovery time over traditional therapies from several months to just a few weeks.

Spinal Decompression is a classification-based application of axial traction with the intention of decompressing a compressed structure, namely a disc. It is based upon directional preference positioning and specific protocols. We administer treatment parameters at safe force levels based upon evidence-based science and research standards. Decompression accelerates tissue healing with a dramatic decrease in pain and inflammation by a process called osmosis, which is an interchange of fluid in and out of the discal space. **Unlike all other treatment modalities, SDT actually takes pressure off of the spinal nerves, helps disc pathologies heal, and is a powerful non-addictive drug free form of pain management.** Clinical studies and research proves substantial patient results and overall quality of life improvements.

If you are in pain and present treatments have failed, there is hope to bring the pain relief you are seeking. At the end of the day, you will end up paying less, as well as possibly preventing the need for costly and sometimes unnecessary surgeries that may offer marginal results at best. Be thorough and cautious when choosing treatment options for back pain and associated extremity pain. Dr. Dallas Humble and the team at Louisiana Accident & Injury Care offer credible, safe practices with adequate experience, the proper credentials, and a willingness to work with area medical professionals and specialists to ensure you receive the best clinical outcome.

Contact Louisiana Accident & Injury Care of West Monroe at 318.303.6142 to learn more about how SDT or other treatment options that can help you get the relief that you deserve.