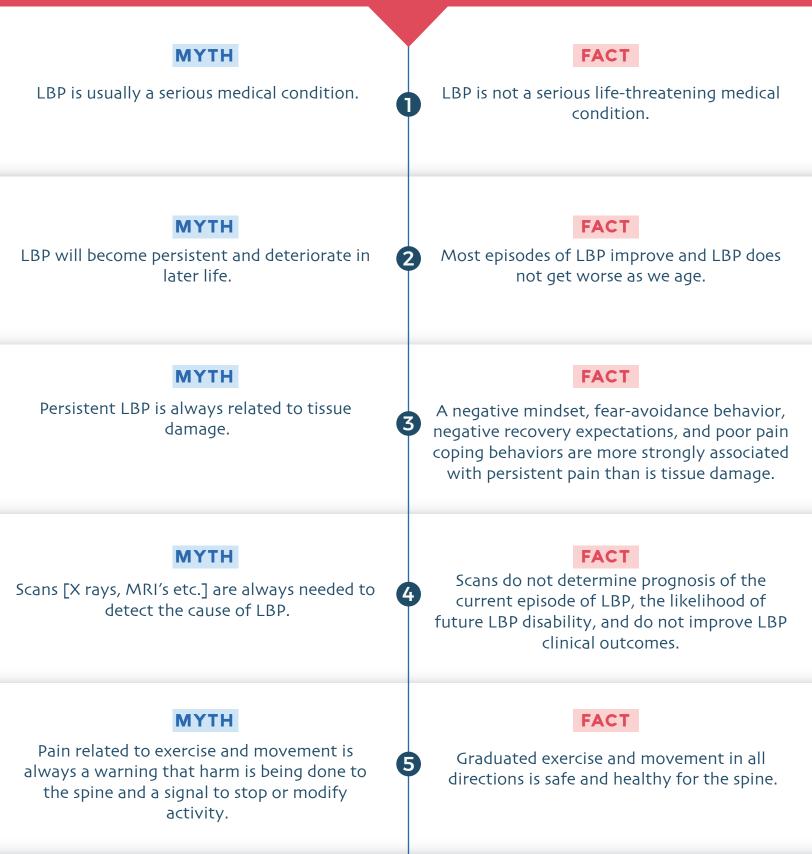
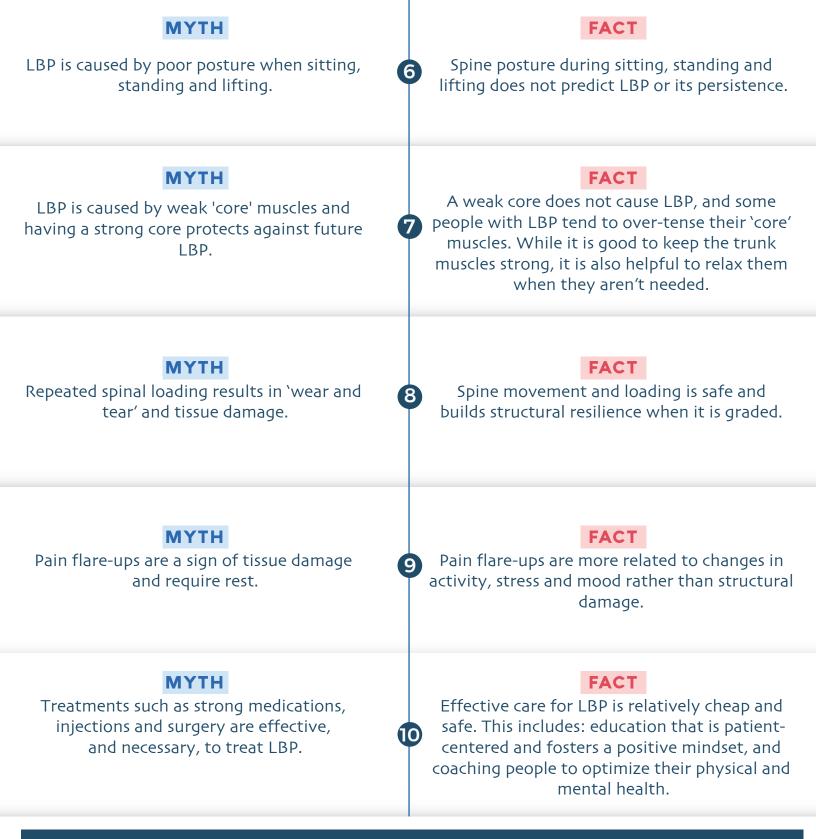
Low Back Pain Myths & Facts

The following information was obtained from:

O'Sullivan PB, Caneiro J, O'Sullivan K, et al Back to basics: 10 facts every person should know about back pain. British Journal of Sports Medicine Published Online First: 31 December 2019.





Safe, Effective & Affordable Care

The American College of Physicians clinical practice guideline recommends that for acute, subacute, or chronic low back pain, physicians and patients initially utilize spinal manipulation and delay pharmacologic management.

Reference: Qaseem A, et al. for the Clinical Guidelines Committee of the American College of Physicians. Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. Ann Intern Med. 2017;166(7):514-530.

If you or someone you know suffers from low back pain, follow the expert advice: **stay positive**, **stay active**, and **seek safe** and **affordable** non-drug options including **chiropractic**.