Compressed Lower Back Key Facts

Summarizes what the article says about chiropractic care for a compressed lower back.

1. Compressed lower back pain is described as sharp pain, stiffness and numbness in the legs.
2. It is also called a pinched nerve, where tissues squeeze the nerves.
3. Common causes listed are osteoporosis, herniated disk, minor injuries or, in the worst case, a tumor.
4. In an adjustment, you lie facedown on a padded table while the chiropractor applies controlled force to joints.
5. Popping or cracking sounds may occur as the joints move.
6. Minor side effects include headaches, fatigue and discomfort.
7. The article says to avoid adjustment with severe osteoporosis, or numbness, tingling or weakness in the limbs.
8. It also says to avoid adjustment with cancer, an increased stroke risk or an upper neck abnormality.
9. Contact a physician if side effects do not go away.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/treatment-for-compressed-lower-back/