

# How 5 Lies About Back Pain May Keep You Hurting, Frustrated & Exhausted

*Part of the HealthSource Pain Relief Series covering ALL TYPES of pain*

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## **Introduction**

As Doctor of Chiropractic at HealthSource Chiropractic of Clear Lake, I've discovered what may be the best healing secrets for "bad backs"—ever! This paper exposes the "FIVE MYTHS" of back pain that doctors, medical professionals and, yes, even other chiropractors, just wish you didn't know.

Now, I would never make a claim that I couldn't back up. But my claim is backed by many, many people that I've already helped. In fact, at the end of this short article, there's a quick checklist to see if we can help you, backed by our 100% HealthSource satisfaction pledge.

I hate empty promises, and I also hate the lies most folks have been told about their backs. That's why I go out of my way to expose these myths about back pain.

I hope you find this short article interesting, informative and – ultimately – helpful!

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## **MYTH #1**

### **Sciatica (pain down your leg) is always caused by a herniated disc!**

This is simply not true...even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain.

But what they don't tell you is that there is about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels exactly like you've got the worst slipped disc on earth. And even the MRI won't tell you that.

Many of my patients are tired of having their doctor run them through a series of expensive tests, only to find no conclusion and – more importantly – offer no help. The idea that the pain going down your leg may be caused by a small muscle is just too simple for them – but for you it can be MAJOR DISCOVERY, especially with the good news is that it can be easy and inexpensive to correct!

## **MYTH #2**

### **Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!**

This is also not true, because there are thousands and thousands of folks with arthritis in their backs that have absolutely no pain! But then why do you feel like your back will snap if you bend forward or twist too fast?

But the truth is that this is all-too-often another mis-diagnosis, and your stiffness may be caused by a hidden, even more dangerous problem than arthritis, which may eventually lead to a hip replacement! And you'll never know about that missed diagnosis until it's too late!

Many arthritis problems are caused by a combination of unseen imbalances in the spine and surrounding muscles. These problems are serious – and if left uncorrected – can lead to hip failure and eventual replacement.

In fact, although these arthritis problems are the most common cause of hip replacements, they are not that hard to correct if we catch it in time.

Think of this problem like the tires on your car. If the wheel alignment is off even just a teenyweeny bit, you may not notice anything at all for many, many miles. The car drives fine, makes no strange noises, and may not even pull off to one side like you might expect.... But, after a few thousand miles you start to see signs of wear – the tires may show a strange pattern of baldness, the car may start to pull to one side, or a blow-out may one day cause a life-threatening accident.

In the case of your spine, we can find and correct these slight misalignments well before they cause any major problems. And, if you are already feeling the pain, there's no time to lose.

So how do we fix them? Let's look at Myth #3...

## **MYTH #3**

### **Your Back is “Out”!**

In many cases, this is exactly how your back may feel.

You've probably heard the joke about how a sure sign of old age is when your back goes out more than you do? ☺

In actual fact, your back may feel like it's going out, but we've found that's usually not the case. You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

1. low-grade spasm
2. pelvis torque and tension
3. imbalance of hips
4. fallen or dropped arches (yes, in your feet)
5. stiff vertebra joint
6. adhesions in leg muscle
7. pinched nerve.

All of these may leaving you feeling like your back has gone “out”, but it really hasn’t. You see, it’s rarely a problem with just your spine or just your muscles. It’s almost always a combination of both.

Think of it this way. If one of the major muscles that stabilize the spine is partly spasmed, a “2nd stringer” will have to carry the load. But this is a serious problem. It’s like having your plumber doing all the dangerous electrical work! Sure, he may get it done, and it may work at first, but how long until there’s a fire? Or until your back locks up?

Again, in my work on back pain, I always look at all seven of the causes listed above, supplemented with a complete set of spinal x-rays and computerized scan. And almost always, we can find and correct the root causes of what is giving you the pain. Not just to relieve the pain for today, tomorrow or next week – but forever!

But read more about the muscle misconceptions in the next myth...

## **MYTH #4**

### **“It’s Only a Muscle!”**

It’s scary how many people think muscle problems are no big deal. Unfortunately, bound-up, spasmed or tight muscles can wear out joints faster than you can say, “Charley Horse”!

That’s why diagnosis of a back pain problem should never start with a \$3,000 MRI. Instead, it should start with a careful, hand-on examination of the muscles and bones in your back – an area that your medical doctor or even pain management specialist would rather replace with expensive (and unfruitful) testing.

But for a chiropractor like myself, it is of paramount importance to examine the bones and structure of the spine together with the muscles that control it. You see our secret to success is grounded in the basics – examining all the various components that may be involved in bringing about your pain, performing a detailed computer EMG scan of muscle and nerve activity, analyzing full spinal x-rays for bone structure and alignment — all the way up and down the back.

It may not be as glamorous as all that fancy testing (it certainly is less expensive!) but it’s why we’ve had such outrageous success with even the worst backs at Healthsource Chiropractic.

You see, in order to properly diagnose and correct your back problem, we must look at bone structure, nerves and muscles at the same time. Otherwise, the risk is too great of incorrect diagnosis and – worse yet – your concluding that the pain is something “you just need to live with.”

## **MYTH #5**

### **Muscle Relaxants help your muscles heal!**

I don’t know how often I have heard this – maybe the pain relief advertising by the pharmaceutical companies has distorted even the medical community’s view?

It is simply not true that muscle relaxants help your muscles heal. They work to relieve pain by distorting nerve-to-brain communications – and at the same time hampering the brain-to-nerve communications needed to bring about healing!

When you have tight muscles, this is for a reason. And adding muscle relaxants to the mix are like turning back the clock on a time-bomb... it's still going to blow up!

There's no denying that it may make you feel better now, but you'll pay later...and pay "in spades"!

## CONCLUSION

Check these five myths on back pain versus what others have told you? Does what they told you measure up? Have they been able to find the source of your pain, and better yet, have they been able to propose a solution that corrects (not masks) the problem?

Don't fall for any of these lies about your back pain – they'll keep you hurting, frustrated and exhausted — forever!

Instead think about what is exposed in the discussion of these 5 myths... doesn't it make sense to carefully and closely examine the inter-relationship of bone structure, nerves and muscles?

At HealthSource, we combine the knowledge of chiropractors like myself with skilled physical therapy / massage specialists to identify your source of pain and then work together to correct it.

I can't promise a quick fix to your problem – but I can promise a careful and complete diagnosis and assessment of your situation – without expensive fancy-sounding tests that give no insight. And I can promise to complete our examination at our office and on the same day (*no running around for you*).

And, then – if you're like most of my patients – I can work with you to correct the underlying problem that's causing your pain.

In summary, I have two goals in providing care to my patients:

1. **Relieve your pain**
2. **Correct the cause of your pain**

## THE NEXT STEP

The next step is to come in for a **Back Pain Screening Examination** so that we might see if we can help you.

**In the unlikely event that we cannot help you, we won't charge you either.** I know that's so very unusual in today's medical community, but think of that as my gift to you.

After all...

Wouldn't you rather turn over in bed without pain waking you up?

Get up in the morning without being as stiff as a board?

Be able to stand for as long as you want without sitting down for relief?

Lean forward over the sink without that "stabbing" in your back or leg?