Good news about bad backs
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The good news is that we can help your back pain.

Sometimes, just changing the way you sit or stand can make a big difference. Other times, we may recommend physical therapy, medication, or surgery.

Physical therapy can help you learn how to move your body in ways that minimize pain and discomfort. Medications can help relieve pain and inflammation. Surgery is usually reserved for severe cases where other treatments have failed.

It’s important to work with your doctor to find the right treatment plan for you. Don’t delay seeking help if your back pain is getting worse or if you have other symptoms such as weakness, numbness, or tingling in your legs.

Remember, taking care of your back is important for your overall health and quality of life.

Good luck!