

Back Pain Treatment

Causes/risk factors:

What causes back pain?

One of the most common causes of back pain is injury, which can result from sports, manual labor or lifting something heavy.

Auto accidents also can cause back pain due to strained muscles, tendons and ligaments.

Another cause is a slipped or herniated disk. The disk that provides cushioning between each vertebra slides toward the **Spinal Canal** and presses on nerves can cause severe pain through nerves.

Diagnosis:

Doctors can diagnose back pain by taking a physical exam and check the patients medical history. MRI will help for a detail diagnosis for this problem.

Treatment:

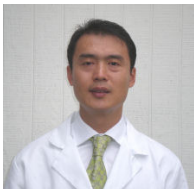
For injury caused back pain **chiropractic** adjustment, **physical therapy** usually aggravate the problem. Dr. David Peng uses his family secrete recipe herbal patch, which can heal injured tissues, tendons, muscles and ligaments, once the treatments are finished the patient does not need any more follow-up therapy.

For herniated disk, spinal decompression is an effective treatment, but if the traction machine is too strong it will cause damage to the spine and aggravate the pain.

- Chiropractic service can be helpful for this back pain, but the treatment usually only lasts for several days, and the patient will end up having to see the chiropractor regularly for many years. Dr. David Peng uses **Acupuncture** to treat the symptoms such as **scoliosis**, pain in the thigh and calf, numbness at toes, and uses an herbal patch to treat the back, which is the root of the problem. The herbal medicine is a natural anti-inflammatory medicine, which can reduce the swelling and inflammation of local tissues in order to make more space for nerves, after acupuncture therapy the pressure of the nerves will lessen and the symptoms will be relieved in a short period of time.

Prevention:

- Avoid standing or sitting for prolonged periods of time, stop every hour or so to walk around.
- Do not wear high-heeled shoes.
- Do not lift objects that are too heavy for you.



Dr. David Peng | Pengs Herbal Science and Acupuncture Clinic | Houston, TX 77036 | <http://www.pengsacupuncture.com> | <http://www.pengsherb.com>