

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Schmaltz



Dr. April Ruzicky



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069

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Ask The
Experts®

on Chiropractic Care

Dr. Wallace Jans

TIME for BACK PAIN

When's the best time for you to be laid up with back pain? When can you be off work, perhaps for an extended period of time? When is it good for you to leave the housework and yardwork undone? When can you let the kids look after themselves? When will your team mates do without you for the game? When will someone be around to help you get dressed and washed? Perhaps no time is ever a good time.

Statistically about 64% of Canadians experience back pain in a given year. That means most of you reading this article will have back pain in 2013. Approximately 80% of the population will have back pain at some point during their life. Of those experiencing back pain, 69% will report that it is moderate or severe. That means it affects their ability to do the things they need and want to do. Their lives are negatively affected. If they could schedule a time to be disabled with back pain when would it be? NEVER! However back pain doesn't happen when it's convenient for us. It usually happens when it's most inconvenient.

If you have back pain you want it gone as soon as possible. Chiropractic has demonstrated over the last 118 years that it is very effective in relieving back pain. Every year there is more research backing up the positive experiences people have come to expect when they visit a chiropractor for back pain. The chiropractic approach to treating back pain is so effective that our procedures have been adopted by other professions. Chiropractors remain the leaders in effectiveness and patient satisfaction when it comes to treating back pain.

While treatment of back pain is important, wouldn't it be better to not have debilitating back problems in the first place? Most cases of back pain are preventable. Helping people adopt a healthy, chiropractic lifestyle is one of the keys. It enables a person to handle the physical, chemical, and emotional stresses that can weaken the spine. Some of the factors to consider are diet, exercise, rest, posture, and emotional stress management.

Not all stressors can be avoided so the body needs to be strong enough to withstand their on-slot. Something that chiropractors are very effective at is finding spinal problems before they become symptomatic. This is a very important consideration if a person wants to prevent back pain.

When's a good time for back pain keep you from doing the things you need to do? Get your spine checked today!

Prevent Back Pain with
CHIROPRACTIC CARE



Call
403-529-9069
today for a
FREE
consultation

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