



B A C K P A I N: 5 Alternative Medicine Treatments: As Supported by Scientific Evidence

James Lee Anderson

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“Although, your health condition may impact your everyday life, do not let it define who you are.” Pain is the most common reason for seeking medical care. It is also a common reason why people turn to alternative health approaches. The lower back is the area most often affected. If you are considering an alternative treatment approach for pain, this textbook can help you look for the information you need. The five (5) proven alternative medicine treatments for back pain being discussed in this text include: chiropractic (spinal manipulation), acupuncture, massage therapy, yoga, and relaxation therapy. It also discusses information about the types, scientific research on effectiveness and safety, finding qualified therapist, what to expect from visits, and additional information regarding training, licensing, and certification. Cost information is also available to some of the treatments to give you an estimate as to how much money you would consider allotting on your budget. Each year, up to one-quarter of U.S. adults experience low-back pain. It affects 8 out of 10 people at some point during their lives. For many people, back pain goes away on its own after a few days or weeks. But for others, the pain becomes chronic and lasts for months or years. Finally, I thank you and may you all have a good knowledge about these alternative treatments. It is important to know these approaches because it allows us decide which one to apply for our back pain, especially if we are not considering conventional treatments.

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