

Pain is one of the primary ways that the body has to alert us of a problem. When the body is unable to repair the damage that is causing the pain, and appropriate treatment is not available or not considered, then pain can become chronic.

Recently, a recent survey focusing on the beliefs of Americans regarding pain, was completed. It showed that half of us believe that nothing can be done about chronic pain. About 40% of Americans believe that pain is a normal part of aging. Almost as many refuse pain medications due to fears of addiction. One third of us believe that the side effects of medication are worse than the condition itself. One third also don't seek treatment for their pain because they don't think they can afford it.

Concerns about the side effects of pain medication are well founded. There are many known negative effects of all types of pain medications. New side effects are also being discovered, even for medications that have been on the market for decades.

As I have suggested in previous articles, it is always better to try to encourage healing of painful conditions, rather than simply treating the symptom. It is also wise to use active, less invasive procedures first, before considering surgery for most conditions.

When it comes to spine related conditions; exercise, soft tissue therapies, chiropractic adjustments, and spinal decompression are often the best approach, before resorting to more invasive procedures like surgery and injections.