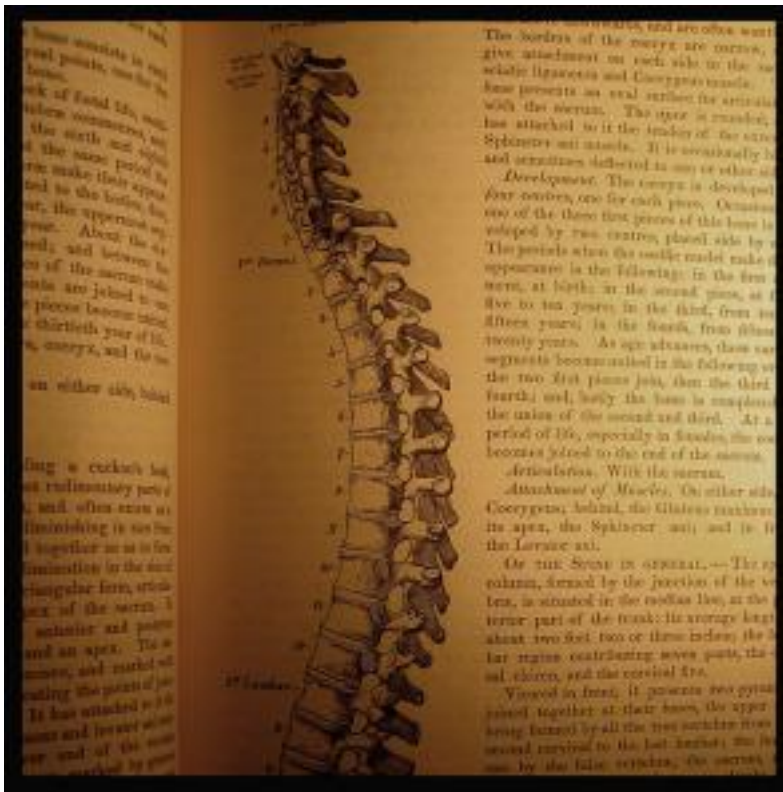


Journal of the American Medical Association recommends Chiropractic



Perhaps a turning point has been reached. The [Journal of the American Medical Association](#) (JAMA) has recommended that patients who seek back pain treatment should consider chiropractic care before taking invasive measures such as electing for surgery. The surgical option should only be considered if conservative therapies fail. According to the JAMA, conservative alternatives like Chiropractic care should be the first “line of defense” because they are safer and more efficient in relieving pain.

The JAMA’s recommendation comes on the heels of a recent study out of the medical journal *Spine* where sufferers of lower back pain all received standard medical care (SMC) and half of the participants additionally received chiropractic care. The researchers found that in SMC plus chiropractic care patients, 73% reported that their pain was completely gone or much better after treatment compared to just 17% of the SMC group. Back pain can be anything from dull or sharp pain in your back or tingling or numbness that runs down your leg. These symptoms may indicate a pinched nerve which occurs when the disc bulges out and puts extra pressure on the nerve that is exiting between the spinal bones.

Chiropractic care can show you how to properly maintain back health and prevent the possibility of future spinal pain. Surgery should always be a last resort because there is a higher chance of failure. If you have or have had back pain or any other spinal conditions, please follow the advice of the JAMA and consider seeing a [chiropractor](#).