



Back Pain & Mental Health

Back pain is a musculoskeletal disorder that affects over 4 million Australians and is the world's single leading cause of disability.

Back pain accounts for the greatest proportion of persistent pain conditions. It is often linked to depression when sufferers are restricted in their ability to work and can increase the risk of disability and isolation while limiting everyday activities that bring enjoyment to life.

For those experiencing back pain, it's important to seek early treatment from a member of the Australian Chiropractors Association (ACA) who can treat back pain to help minimise the risk of developing chronic pain conditions that can pose mental health challenges.

Chiropractic healthcare is an effective, gentle, drug-free, non-surgical option that can help prevent chronic pain and limit the impact back pain has on mental health and if back pain is impacting your mental health, consult your GP.

If you or someone you know are among the millions of Australians suffering back pain, consult your local ACA chiropractor for holistic treatment of musculoskeletal disorders including back pain.

Adjust Your Thinking. Consult an ACA chiropractor because a healthy spine supports a healthy mind.

Consultachiro.org.au

Chiropractic healthcare & back pain

Chiropractic healthcare is an effective treatment for back pain to improve spinal health and overall wellbeing.

By taking a holistic approach to healthcare, your ACA chiropractor can treat the underlying cause of back pain, not just the symptoms. To minimise long-term implications and help manage back pain; personalised, specialised chiropractic treatment includes a spinal health assessment and gentle adjustments to increase mobility and strengthen your spine to improve spinal health and help limit the instances of mental health complications among sufferers.

Every week, more than 400,000 chiropractic consultations help everyday Australians improve their spinal health.

Prevention is the best protection

Early chiropractic intervention can help minimise deterioration of musculoskeletal disorders, including back pain to reduce severity and enable sufferers to lead more active, independent, pain-free lives while helping minimise pain-related mental health challenges.

Your ACA chiropractor will assess postural imbalances, identify areas of weakness or strain, provide personalised exercise programs to help improve core and trunk strength, and provide guidance on a range of effective strategies to help prevent chronic back pain and disability among Australians of all ages.

Consult your local chiropractor today.

Visit consultachiro.org.au to download ACA's free Back Pain Factsheets.

For a full list of references, visit chiro.org.au/references.



AUSTRALIAN
CHIROPRACTORS
ASSOCIATION

