



newbury  
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

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# PERSISTENT PAIN: AN ACTIVE RECOVERY

CHIROPRACTIC:  
SAFE & EFFECTIVE TREATMENT

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[www.newburychiropracticcentre.co.uk](http://www.newburychiropracticcentre.co.uk)

# PERSISTENT PAIN: AN ACTIVE RECOVERY

**Persistent pain is when pain has been present for more than three months. In cases of persistent pain, often you begin to move differently to reduce the pain. Over time, these different ways of moving become habitual. The muscles you are supposed to use become weak and no longer work as effectively.**

With persistent pain, an active recovery programme consists of specifically tailored exercises that focus on strengthening weak areas of the body that have been affected by injury. Combined with chiropractic treatment, they address the initial problem, enabling you to recover from the injury by ensuring your joints are working as well as possible. Studies have shown this can help keep recurring problems at bay.

In the past, complete bed rest was prescribed for back pain. Improved knowledge has now shown that bed rest for more than two days increases the recurrence of back pain.

## **First episode of back pain**

The first episode of back pain can last from days to weeks, with the acute painful symptoms easing within the first ten days. Studies have shown that individuals who have experienced previous spinal problems are more likely to suffer with future problems or increasingly frequent relapses. If the reason for the pain is not fully addressed, the chances of experiencing further problems are increased.

## **One size does not fit all**

The aims and nature of the exercise programme will differ according to the problem that has been diagnosed.

The programme for a 'simple back strain' focuses on strengthening the supporting muscles of the back (the core muscles) that may be weak and that allowed the original injury to occur.



For recurrent ankle sprains, the programme would aim to re-educate the joint sensors in the ankle, and strengthen up the supporting muscles around the ankle and lower leg. This in turn improves balance and co-ordination, making future ankle sprains less likely due to increased support.

The commitment to doing the exercises on a regular and continuing basis is key to pain recovery and rehabilitation. Exercise programmes have been proven to prevent back pain and other joint pain but can only have a lasting effect when continued for a minimum of three months and ideally adopted as a lifestyle.



# FAQs ABOUT CHIROPRACTIC



## What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

## Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

## How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

## What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

## How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.