

Dwight Pain & Injury Center

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(815)584-2225

Dr. Michael Smith DC, DACRB

Affordable chiropractic Care

**Physical Therapy performed by the
Chiropractic Rehabilitation Physician**

Experience the Chiropractic Difference

Rehab, Relief, Recovery

Chiropractic treatment of: **BACK PAIN**

It's estimated that eight out of ten people suffer from back pain at some point in their lives. Back pain is one of the most common reasons people seek medical attention.

Virtually all human beings are subject to back problems. The fact that humans walk upright, on two legs, puts a great amount of pressure on the spine and muscles that support it. Normal wear and tear, accidents, disease, bad "back habits," and unnecessary strain from overexertion at play or work (especially lifting, pushing, pulling and reaching for things improperly, and poor standing and sitting posture) result in both immediate and long-term back problems.

Doctors of Chiropractic draw upon a wealth of knowledge and experience with treating and preventing back pain and back injuries. Soothing and pain reducing spinal adjustments, physiotherapy modalities such as, ultrasound, electric muscle stimulation, ice and heat, as well as exercise therapy are utilized by Chiropractic Physicians to provide relief and return function to an ailing back. The Chiropractor of today offers a comprehensive and natural approach to the treatment of back pain.

For **Help** with your **pain** and **activity limitations**, consider **DP&IC** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Call (815)584-2225 today for appointment. Visit www.DwightChiropractor.com for more.

Dr. Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt