

# e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



## What you need to know about back pain

If you're experiencing back pain, you're not alone. In fact, it's one of the most common medical problems in the U.S.<sup>1</sup> Back pain is different for everyone, but knowing how to prevent it — and when it's time to call a doctor — can help you protect your health and stay feeling your best.

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## What happens when you visit a chiropractor?

Chiropractic treatment can be an excellent alternative to prescription drugs for relief from aches and pains throughout the body. While you may have a basic understanding of what a chiropractor does, the process of chiropractic treatment remains a mystery to many. Here's what you can expect during that initial visit with a chiropractor.

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## Be strong and flexible

Your musculoskeletal system includes the bones and muscles that help you move. Doing the same motion day after day can be hard on your body, and can strain your musculoskeletal system. It could be an injury from repeating the same motion. Repetitive motion injuries (RMIs) usually affect the hands, wrists, elbows and shoulders.

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