# Chiropractic Clinic Publishes New Blog Post Detailing Facts About Back Pain

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Florida Spine and Injury, a chiropractic clinic specializing in helping victims of personal injury accidents in Ocala, Florida, has announced the publication of a new blog post detailing facts about back pain. The clinic says that back pain is one of the most common reasons that patients come into the clinic, and that anyone who is dealing with back pain should come in as soon as possible in order to have it addressed quickly.

Dr. Jonathan Walker of Florida Spine and Injury says, "We see all types of back pain in our office. Many people will start to get back pain from sports injuries, work injuries, or accidents, but we also see people coming in from just bending over to pick something up or just getting out of bed in the morning. We've also seen patients come to us with back pain from disease, bone loss, or kidney infections. But no matter your age or ethnicity, back pain can happen to anyone."

According to the American Chiropractic Association, around 31 million Americans will experience some kind of back pain at any given time, and that an estimated 80 percent of people will have some kind of back pain in their lives. Cited as the leading cause of disability in the U.S., back pain has caused 264 million lost work days in one year, and combined with the cost of treating it, estimates of lost wages skyrocket to $100 billion.

"The back is made up of so many ligaments, muscles, bones, and joints that it can be more susceptible to injury, even with the simplest of movements," Dr. Walker says. "We want to provide quality care to our patients, so we focus on providing gentle therapeutic options to our patients while utilizing the most state-of-the-art care."

While people can take some preventative steps such as stretching and warming up before starting any physical activity or maintaining a healthy diet, there are times when back pain is unavoidable. Accidents that are caused by other people such as truck accidents, automobile accidents, and motorcycle accidents are common and deserve serious attention, says the chiropractor Ocala residents can go to.

When accidents happen, Dr. Walker says it is crucial to see the team at Florida Spine and Injury right after the incident. "We offer a free consultation for all of our patients to assess the extent of the injury and work with you on a treatment plan," he states. "We know that not everyone's back pain is the same, so therefore not everyone should get the same treatment."

Florida Spine and Injury offers a number of different services for those who have been injured by accidents. Their slate of services includes treatment of knee pain, neck pain, work-related injuries, injuries from slips or falls, auto accidents, and complete chiropractic care.

Chiropractic care is non-invasive kind of medical care typically used to treat pain in the joints in both the upper and lower body. Most chiropractors focus on the alignment of the spine in order to correct nerve problems and relieve pain. Dr. Walker says that the longer people wait on any kind of pain, the worse it could become. "A lot of people think they can just treat their pain on their own with over-the-counter medication, but that's really only a band aid," he says. "You want to come and see us right away so that trigger points don't develop in your body."

The clinic has been receiving rave reviews about their services for many years. Aimee T. on Google Maps said, "I highly recommend Ocala Spine & Injury for both chiropractic treatment and physical therapy. Wonderful & caring staff. If you've tried physical therapy before, and it didn't work for you, give them a try. They really listen to you and individually tailor your treatment around you and what you're having problems with."

Florida Spine and Injury not only services the residents of Ocala, they also treat patients in Oak Run, Silver Springs Shores, Lake Weir, Fort McCoy, Salt Springs, Belleview, and many more locations in Florida. The clinic also provides an attorney referral service, as they work with a wide network of personal injury attorneys well-versed in Florida personal injury law to help patients get compensation.

More details about the clinic's services can be found on their website. "Get more information now about how we can help relieve you of your back pain," Dr. Walker says. "We want to get you on the road to recovery as soon as possible. We'll even provide free transportation to and from your appointments."

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For more information about Florida Spine & Injury - Ocala Chiropractor, contact the company here:Florida Spine & Injury - Ocala ChiropractorDr. Jonathan Walker, D.C.(352) 251-3699DrWalker@flspineandinjury.com1541 SE 17th StreetOcala, Florida 34471

## Florida Spine & Injury - Ocala Chiropractor

*At The Florida Spine and Injury Centers, we?ve been treating Accident Injuries for over 20 years. By using a combination Chiropractic Doctors and Medical Doctors we are able to diagnose, treat and document your injuries.*

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