

# SHEPPARD CHIROPRACTIC

## Pain, Pain Go Away...

Come again another day.... You may laugh at this, but I hear this all the time. Why isn't my pain gone yet? I've already had a couple of adjustments. Well, the first and most important thing is how long have you had it? Second, is did you take care of yourself like eat the proper foods, workout, get enough sleep and get regular chiropractic tune-ups. And third, miracles due happen, but not with 60 years of arthritis, mortgages, car payments and kids and grandkids. If your answer is not much at all, than it is easy to understand why you still have pain. How is it that me, Dr. Joe, could have back pain? That doesn't sound right. If chiropractic was only good for back pain, mine would have been gone long ago, especially with 30 years of adjustments. In the office only about 25% of the patients come for back pain. So, what is it that I have low back pain? Many years ago, I used to work out a lot. When I was 19 years old, I was attempting to break a world record. This record was 681 lbs. in the Squat power lifting exercise. About 1 month before I was going to break the record, I severely injured my back, while working out with 600 lbs. The weight came down on top of me and I was paralyzed and unable to move. At the Gym, they wanted to take me to the Emergency Room. I wouldn't let them. I would only go to my chiropractor. I knew that my body needed an adjustment. My father and brother brought me to my chiropractor and left me there for the rest of the day. The chiropractor adjusted me 3 times a day (they dropped me off at



7:30am and Dad picked me up at 6:00pm). On the 4<sup>th</sup> day I was able to walk. It was a groundbreaking experience in my life and set the stage for me to finish out my credits at

Morehead State University and go to Chiropractic School in Davenport Iowa. So, why do I have back pain today even with chiropractic? That specific injury combined with all the other accidents I had (just like everyone else) made my spine weaker and more susceptible to pain and stress. You see that once you injure yourself severely your body forms scar

tissue and the nerves become more sensitive and susceptible to changes (like the weather). If chiropractic was only about back pain, mine would have been gone many years ago. The majority of your pain will go away over the next few weeks, but there are exceptions to the rule. But chiropractic isn't about back pain; it is about the health and function of your nervous system. Just as with myself, I cannot make my old injuries or yours go away, they have done permanent damage to your spine. There are certain things that I shouldn't do (like do heavy squats or workout with weights). But we can prevent future damage and allow your nervous system and spine to be as healthy as it can be. I still have back pain on a regular basis, but that is like knowing that you have a 69 Chevy and still continuing to drive it with 250,000 miles on the odometer. As long as I continue to take care of my spine and get adjusted on a regular basis, my health and yours will be maintained even with occasional lower back pain.