

Lower Back Pain & Acupuncture by David McCartney

Lower back pain (lumbago) is such a common complaint that not a day goes by in my clinic where I don't treat it. It's estimated that as many as 80%- 85% of us will have some sort of back pain at one time or another in our lifetime.

photo credit: [rachel a. k.](#)

There are many types and causes to lower back pain. The vast majority of the types of back pain I treat are muscle pain and stiffness through injury, over exercise or trauma, trapped nerves, sciatica, pain due to herniated discs, post-surgical pain and pain that comes from age, being over weight, menstrual problems and women in late pregnancy.

Relief from back pain can be very quick. In acute, intense cases such as from sciatic pain or herniated discs, Acupuncture treatment is necessarily frequent, usually involving a course over several days. Chronic back pain is also incredibly common and in these cases a more medium to long term course of treatment is more appropriate to help eliminate pain and bring about in many cases, a long lasting recovery.

Here at Wisdom for Health we endeavor to provide you with the best treatment possible for your complaint. In some cases of back pain, Acupuncture is most effective. At other times, Massage, and at other times a combination of both provides the best results. We will always advise you as to what is the best course of treatment to take.

If you suffer from lumbago, lower back pain, or sciatic pain, please don't hesitate to call us for more information and to make an appointment.

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