



## What you need to know about low back pain

*"It is my mission to empower patients with knowledge and care so that they can enjoy a higher quality of life." – Dr. Milo Wilcox*

**DO YOU EVER FIND YOURSELF ASKING ANY OF THESE QUESTIONS?** Why does my back hurt? Why doesn't the pain go away? Why can't I just be like normal people? How bad can this get? Will I eventually be crippled? Will I ever be able to live the life I used to? Why don't people without back pain understand me?

Isn't it sad to feel so alive and full of vigor, and not be able to do all the things you want to do because the low back pain you suffer from is so pervasive, so intruding, and so unfair? Don't you sometimes feel downright angry and discouraged because the pain and symptoms just won't go away? The fact is, you may not have to suffer any longer!

I am dedicated to changing the lives of low back pain sufferers across north central Kansas. This is what I do. I have over 30 years of experience in helping low back pain victims get out of the pain quickly and naturally without drugs, injections, or surgery. Patients with bulging discs, herniated discs, degenerative arthritis, and spinal stenosis have a good chance of getting pain relief and improvement in their quality of life.

The odds are, I've seen and helped hundreds of people with the same problem you suffer from right now. I have seen scores of patients who have had prior surgery. Most have responded favorably to less invasive, less costly, computerized chiropractic care. I understand exactly how you feel. In fact, one of the reasons I decided to become a Doctor of Chiropractic was because I suffered from low back pain and nothing would work for me until I finally found a chiropractor. I understand how much you hurt. I know how horrible it is to have lingering pain that you can't do anything to get rid of. I know how it feels to not be able to do the activities you used to love to do.

When you explain your problems to me, I'm not going to downplay them just because they don't appear on the surface or may not easily show up on an MRI or x-ray film. I'm not going to make you feel like there's something weird or wrong with you. You're not going to have to feel like you have to be guarded or cautious when you explain your ailments to me. I WANT you to unload your feelings, concerns, and fears so I can help you get better! I UNDERSTAND. I have been there myself. I will do my best to determine the right diagnosis, the correct evaluation, and the proper treatment to end your pain and suffering. I am here to help you. If I do not think you will respond favorably to my care, I will tell you. In this day and age of technology, you need to work with the right professionals who are trained and experienced. Being "familiar" or "knowledgeable" about low back pain isn't even close to being enough. You need to get advice and help from someone who has made getting rid of low back pain their life's work!

**WHAT MANY DRUG COMPANIES DON'T WANT YOU TO** is that their drugs do not cure you of what causes low back pain. You see, the way these drugs work is to disable, for a short time, your brain's ability to feel the sensation of pain coming from your back. The cause of the pain is still there, you just can't feel it!

A serious problem with these pain pills is that you can't feel the severity of your pain. Your body has no way to stop you from injuring your back more and more. Pain is your body's way of saying, "Don't do that!" Because your body is effectively disabled from protecting you, you will only hurt yourself more and more by taking more pills. At the same time, you are at greater risk to only make your condition and pain worse and worse. You are putting yourself at risk to suffer from the serious side effects of the most common pain relievers. They can damage your stomach, kidneys, and liver. Obviously, using drugs is not the way to go when it comes to getting rid of the real cause of low back pain.

**PAIN MEDICATION MAY INCREASE YOUR RISK OF NEEDING KIDNEY DIALYSIS** It is estimated that 35% of the people requiring kidney dialysis ruined their kidneys by taking pain medications. Long term use of drugs for pain is a risky way to treat pain, isn't it?

**A MAJOR CAUSE OF BACK PAIN**, especially in the low back, is due to misalignment of the spine. Only one bone just slightly out of alignment can cause the nerves from your spine to become irritated. The result is pain. Most doctors are trained to try to relieve symptoms with drugs. They sincerely do their best. All the while, the REAL cause of your pain is still there.

**BACK SURGERY** may or may not be successful resulting in temporary relief or none at all. Each time you experience surgery, you need to be aware of the small, potential risk of going under anesthesia and also of getting an infection! You may also develop scar tissue that could cause problems later.

**FOLLOWING IS A PARTIAL LIST OF BACK PAIN SYMPTOMS** that patients have frequently related to me:

- Development of Low Back Pain & or Leg Pain (Sciatica) with or without leg weakness.
- Tightness,
- Stiffness
- Dull Aching
- Tingling
- Pins and Needles
- Radiating
- Burning
- Sharp, Shooting, Stabbing, and Throbbing Pain
- Some patients also report Restless Leg Syndrome and night time painful leg cramps.

Are you just going to keep suffering? Millions of people have arthritis and degenerative discs in their low backs. I have successfully treated many patients with spinal stenosis, arthritis, and very severe disc degeneration. This includes people with spinal fusions, laminectomies, disc removals, etc.

**FALLEN ARCHES AND BACK PAIN** If you have suffered from low back pain for any amount of time, you may have fallen arches in your feet that contribute to your chronic low back pain. Fallen arches alter your center of gravity and tend to cause low back or disc degeneration. In order for the fallen arches to be diagnosed and treated, we offer a complimentary, Foot Levelers 3-D Foot Scan. The scan is easily understandable with its color coding. One copy will go into your file and another will be sent home with you for future reference.

**WE PRACTICE COST CONTAINMENT.** Our fees are reasonable. You receive the most necessary treatment each visit and we keep therapies to a minimum. We believe you can use cold packs, hot packs, exercise, etc. at home for free rather than being charged for home solutions. Don't you agree?

**THE GOOD NEWS IS YOU HAVE A LESS INVASIVE, LESS COSTLY OPTION**

The computerized Pulstar System gently and effectively treats back pain and the conditions that cause it. When my patients receive a free demonstration of how the Pulstar System works, their fears vanish. Certainty replaces doubt. Confidence replaces fear.

When you visit our office, you will have the opportunity to meet with my understanding staff and get to know us. You will be able to tell us about your back pain and other health concerns. Your FREE DEMONSTRATION VISIT will give us a good idea about the severity and true cause of your pains and what we can do to help you live a normal life again.

If, after your free demonstration visit, you believe there is no benefit to working with us, you simply leave. There is no obligation on your part. However, if you believe that you can benefit from our help and care, we will discuss how to proceed. Many insurance plans pay for our care, including Blue Cross and Medicare. If needed, we have credit plans for deductibles and co-pays.