

IT'S YOUR FUTURE... BE THERE HEALTHY.

Do you have a nagging dull low back pain? Do you get back pain when sitting or standing? Does your low back feel tight? Do you have buttocks and leg pain?

Low back pain is an all too common health complaint. 85% of Americans will suffer incapacitating low back pain in their lifetime.

The doctors at HealthFirst have a heritage of healing with over 40 years of combined experience and have been treating thousands of low back cases for over 28 years.

If you experience any of the symptoms described below, please do not hesitate to give us a call. The sooner you begin the healing process the sooner you'll be walking pain-free.

MUSCLE SPASMS

Muscle and back spasms occur in any muscle, but usually happen in the lower back. Spasms can be a result of old or new injuries, and vary in degree of severity.

STRAINS AND SPRAINS

Strains and sprains are injuries from overuse or repetitive motion. They also involve injuries to a joint with a possible tearing of ligaments or tendons. When you suffer a strain/sprain there is usually enough force to cause abnormal function of the spinal joint.

DISC INJURIES

Slipped, ruptured, or degenerated discs are caused from years of forceful movements of the spine, often following falls or auto accidents. Disc injuries do not always require surgery and can be treated by the doctors at HealthFirst.

One of the most common causes of low back pain and sciatica (leg pain) is the loss of normal function of a vertebra in the low back. These vertebra become jammed or twisted causing abnormal disc wear, muscle function, and nerve pressure.

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Our approach to low back pain and sciatica is to locate its underlying cause in the low back. This begins with a comprehensive consultation, a full and complete O.N.C.E exam which includes an examination and necessary x-rays. The doctors will then give a report of their findings and gentle corrective adjustments if necessary. The doctors give special attention to the structure and function of the spine and its affect on your nervous system.

We will use specific chiropractic adjustments, if needed, to help restore proper spinal function.

Call HealthFirst to find out how if your pain and discomfort is a chiropractic case and when combined with proper diet, exercise and other aspects of good health can enhance your well being and help you enjoy life to the fullest.

ABOUT THE AUTHORS



Dr. Dennis A. Schone

CEO and President of HealthFirst Chiropractic

Pickerington's most experienced chiropractor has examined and provided care to over 10,000 patients in the last 35 years. Dr. Schone is uniquely qualified to care for most low back conditions and if necessary will refer out for consultations when he has determined the need to.



Dr. Jason Schone,

Owner and Clinic Director at Healthfirst Westerville

Dr. Jason Schone is is an expert in the full spine Gonstead technique, and specializes in sports injuries and family chiropractic care. He has received advanced training in clinical nutrition, automobile injuries, pediatrics, and extremity adjusting and speaks to many local businesses on injury prevention and health promotion.

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CHIROPRACTIC

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