



# Why Your Back Still Hurts

**(EVEN AFTER YOU'VE TRIED EVERYTHING ELSE)**

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What's really going on—and how to finally fix it for good

# You're Not Broken. You Just Haven't Found the Real Fix.

You've stretched. Rested. Tried massage, pain meds, maybe even saw a chiropractor once or twice. And yet—here you are. Still hurting. Still skipping activities. Still worried that yard work, a long car ride, or picking up your kid is going to take you out for days.

The problem? Most of those approaches only treat the **symptoms**. Not the **root cause**.

If your spine is out of alignment or not functioning properly, it can put pressure on the nerves that run from your brain through your body—causing pain, tightness, dysfunction, and even issues you wouldn't expect (like headaches or digestion problems).

This guide will help you understand what's actually going on, and how chiropractic care can help you heal—for good.

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## Why the Pain Keeps Coming Back

It might feel like a muscle problem. But the real issue could be the nerve that muscle is reacting to.

Everyday life causes wear and tear on your spine. Sitting too long. Lifting the wrong way. Sports. Accidents. Even stress. Over time, small misalignments (called subluxations) can cause your spine to shift just enough to put pressure on a nerve.

That pressure creates a chain reaction:

- Muscles tighten up to compensate
- Joints lose mobility
- You start to feel pain, stiffness, numbness, or weakness

It's why stretching alone doesn't always work—you're not fixing the actual problem. You're just chasing the symptoms.

# So What Is a Pinched Nerve?

Your nervous system is made up of your brain, spinal cord, and all the nerves that branch out through your body. These nerves pass through tiny openings between each vertebra in your spine.

When one of those bones gets even slightly out of place (from injury, movement, or wear and tear), it can pinch the nerve coming through—like stepping on a garden hose.

Depending on which nerve is affected, you might feel:

- Neck or back pain
- Headaches or migraines
- Pain down your leg (sciatica)
- Tingling, numbness, or muscle weakness
- Digestive, reproductive, or sleep issues

Chiropractors call this a subluxation. And the solution isn't to mask the pain with pills and injections—it's to remove the pressure at the source.

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## What Chiropractic Actually Does

Forget the “crack and go” stereotype.

Real chiropractic care starts with an in-depth evaluation. At Freedom Chiropractic, we take the time to understand what's going on in your body. If needed, we take X-rays to see what's happening in your spine.

Then, we create a custom care plan that includes skilled adjustments designed to:

- Restore alignment
- Take pressure off the nerves
- Help your body move and function the way it was designed to

Many patients start to feel better quickly. But even more importantly—they start to heal.

As one patient said: “I came in for my back. I left with better sleep, better digestion, and less brain fog. I didn't even realize how off I felt until I started feeling better.”

# Relief. Then Maintenance. Then Freedom.

Some people come in to fix a specific issue. Others choose to stick with chiropractic care as part of a healthy, aligned lifestyle. Here's how we think about it:

- **Relief Care:** Let's figure out what's going on and get you out of pain.
- **Corrective Care:** Keep the progress going and prevent issues from creeping back.
- **Wellness Care:** Once you know how your body feels when it's functioning at its best, you'll know when you need a tune-up. You're in control.

We'll always tell you what you need based on your body and your goals—but you decide what you want.



## Ready to Feel Better? I've Got You.

Let's figure out what's really going on—what your body's been trying to tell you. Whether you want to get back to the gym, the job site, your kids, or just your daily routine without flinching—we'll build a plan to help you get there.

**Book your free consultation today.**

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Now accepting all major insurance providers.