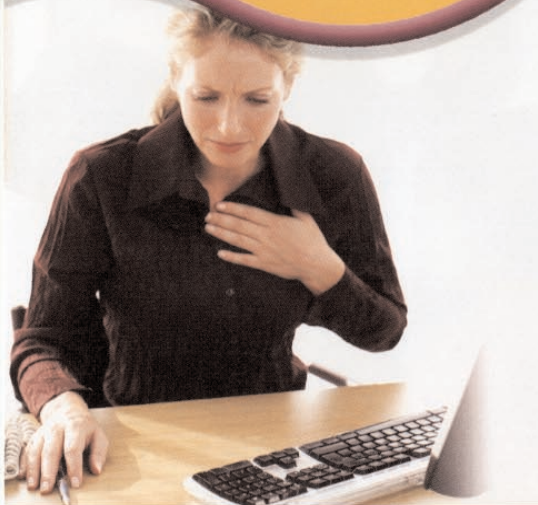


# Mid back pain can be a serious symptom.

The mid back area is highly reactive and can compensate for the pelvis and lower back region or the upper neck and cervical spine area. Sitting at a computer or driving for long periods of time are two common origins of mid back-related pain. Mid back pain can also be associated with a referred pain or complication from one of the organ systems in the body such as the liver or kidneys.

Mid back problems can feel like respiratory or cardiac problems and requires immediate attention.



## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

# SAMPLE NOT INTENDED FOR REPRINT

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# Mid Back Pain

## AND THE CHIROPRACTIC LIFESTYLE



SHARE WITH YOUR FRIENDS AND FAMILY

# The tragic result of uncorrected trauma.

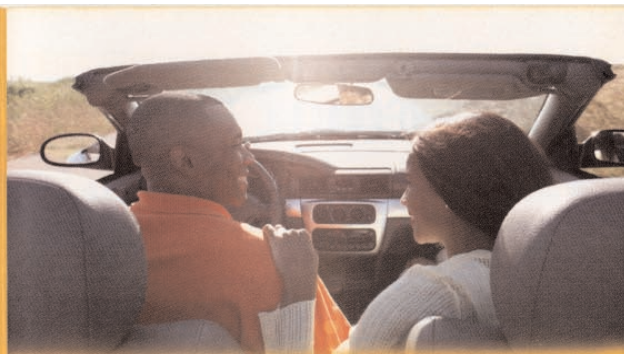
**M**id back pain is one of the most common complaints that patients report when they first visit the office of a chiropractor.

The mid back area is called the “dorsal” or “thoracic” spine. There are normally twelve bones with a matching twelve pairs of ribs that make up the mid back area.

If you experience pain or tightness in your mid back, see your chiropractor immediately to determine its cause and to design a care plan specific to your needs.



Common, every day activities may compromise the function of your mid back.



Even when trying to relax, sitting in the car for long periods of time can contribute to mid back-related pain.

Symptoms of mid back pain can range from muscle tightness and spasms, trigger points (areas of acute spasm and pain), restricted range of motion when bending or twisting, and sharp or stabbing pains from the back, radiating to the front. The rib cage can also become distorted causing symptoms that mimic respiratory or cardiac problems such as shortness of breath, irregular heartbeat and fast or slow heart rhythms.

This is why you should be evaluated by a doctor of chiropractic whenever mid back pain or symptoms occur. Your chiropractor specializes in the musculoskeletal system and its biomechanical-related functions. A complete history and examination will help determine the origin of the problem and how best to proceed. A corrective care plan will then be designed to alleviate your symptoms and correct underlying problems.

Chiropractors use their hands or a small instrument to perform spinal adjustments that help reposition and align the bones of the skeletal system. This allows for the related soft tissues surrounding the mid back, (muscles, tendons and ligaments) to reposition and repattern the movements most associated with better health. Chiropractic helps improve and restore motion to joints that are stuck or not moving correctly.

Call for your appointment today.

