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Does the Financial Bailout Have You Stressed and Aching?

Banks are Failing, Car Companies are taking \$25 billion dollar loans; Mortgage Implosion and other tough times have us all stressed out. A recent study finds that all of that stress can take a damaging toll on your body.

ALLAMUCHY, NJ, October 05, 2008 **/24-7PressRelease/** -- Banks are Failing, Car Companies are taking \$25 billion dollar loans; Mortgage Implosion and other tough times have us all stressed out. A recent study finds that all of that stress can take a damaging toll on your body.

A new report done at Stanford University shows that psychological distress may be a better indicator than medical imaging or injections when it comes to predicting who will develop an aching back. "Lower back pain will effect 82% of American adults at one point in their lifetime, stated Dr Fedich, "and is the number one cause of lost work days and workers compensation claims."

This study demonstrates that patients suffering from psychological distress; economy, mortgage, presidential politics, are three times more likely to develop lower back pain. Anyone that has seen the news the past month is surely under psychological stress that can affect his or her lower back. With today's troubling economic times, no one can afford to miss work due to an aching back or spinal injuries. Furthermore, the study found that stress was a better indicator for lower back pain than MRI results. (Carragee, et. El. Journal of Spine)

"This study has a tremendous impact for the average American," explained Dr. Fedich, "It tells us that if your suffering from psychological stress, the chances of you having a serious back problem are largely increased, and this means we can address the problem before it starts." Finally the long-term link many of us have been talking about for years has been proven without a doubt by a large study of over 1000 patients at a prestigious university.

Back pain can be a chronic debilitating problem if not addressed quickly. Many studies have shown that the faster patients seek care for their back pain, the faster and better their healing will be. This study shows us that even once stress and some tension begins, it's a good predictor of a more serious problem developing that should be addressed. Good stretching, exercise, proper ergonomics, sleeping habits, and therapy can all be a benefit to an aching back, However, if the problems persists longer than a few days, its time to get some help. The best recipe for relief of stress related back pain would appear to be a combination of patient education, rest, stress reduction, moderate aerobic activity, stretching, nutritional intervention, and chiropractic care.

Dr. Fedich has taken a special interest in caring for patients with stress related problems. If you have questions regarding stress and back pain, you may call Dr. Fedich at (908) 813-8200 or visit him on the web at <http://www.villagefamilychiro.com>

About Village Family Chiropractic, LLC

Dr James Fedich is the owner of Village Family Chiropractic, Allamuchy NJ, Providing Natural Healthcare, and chronic pain treatment with non invasive surgical procedures. For Further informatoin, visit our website, <http://www.villagefamilychiro.com>, or for a fun interview, call us at (908) 813-8200