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PAIN RELIEF

Low Back Pain Solutions

Your Path to Lasting Relief

Understand the causes of low back pain and your options for lasting relief.

A free patient education guide from our doctors

(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Low back pain is one of the leading causes of disability worldwide, and most adults will experience it at some point in their lives. It can be a dull ache that lingers for weeks or a sudden sharp pain that stops you in your tracks.

The encouraging news is that most low back pain improves with the right conservative care. This guide explains why your back hurts and what you can do to feel better, and stay better.

Why Does My Back Hurt?

Most low back pain is called mechanical or non-specific, meaning it comes from the joints, muscles, ligaments, and discs of the spine rather than a serious disease. Common contributors include:

- Joint restrictions in the lumbar spine or pelvis
- Muscle strain from lifting, twisting, or overuse
- Disc irritation or bulging
- Prolonged sitting and weak core muscles
- Tight hips and hamstrings
- Stress and poor sleep, which amplify pain

Red Flags

Seek immediate medical care if back pain comes with loss of bladder or bowel control, numbness in the groin or inner thighs, progressive leg weakness, fever, unexplained weight loss, a history of cancer, or follows significant trauma.

What the Guidelines Say

Major clinical guidelines for low back pain recommend starting with non-drug approaches such as staying active, heat, exercise, and spinal manipulation. Bed rest is no longer recommended; gentle movement generally speeds recovery.

Imaging is usually not needed for typical low back pain without red flags, and early imaging can sometimes lead to unnecessary worry and procedures.

Our Approach to Your Low Back

- **Thorough evaluation:** to identify what is driving your pain
- **Chiropractic adjustments:** to restore motion to the spine and pelvis

- **Spinal decompression:** for appropriate disc-related cases
- **Soft tissue therapy:** for tight hips, glutes, and low back muscles
- **Core and hip strengthening:** to support long-term stability
- **Lifestyle coaching:** for sitting, lifting, and sleep

Simple Moves to Start Today

- **Walking:** 10 to 20 minutes, once or twice daily
- **Knee-to-chest stretch:** hold 20 seconds each side
- **Pelvic tilts:** lying on your back, flatten and arch gently, 10 reps
- **Glute bridges:** lift hips, hold 3 seconds, 10 reps
- **Bird dogs:** opposite arm and leg, 8 reps each side

Stop any exercise that causes sharp or radiating pain and let your doctor know.

Motion Is Lotion

Your back is built to move. The right kind of movement, at the right dose, is one of the best things you can do for low back pain.

Back-Smart Habits

- ☐ Walk every day
- ☐ Stand up every 30 to 45 minutes
- ☐ Lift with legs, load close to body
- ☐ Core exercises three times a week
- ☐ Avoid sleeping on your stomach
- ☐ Manage stress and sleep

Common Questions

Should I use heat or ice?

Either can help. Many people prefer heat for stiffness and ice in the first day or two after a strain.

Will my back pain come back?

It can recur, which is why we focus on strength and habits, not just short-term relief.

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YOUR NEXT STEP

Let's get you feeling your best again.

Take the first step toward a stronger back. Call (630) 289-2225 or visit freedomwellness.llc/book.

Book Now: (630) 289-2225

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1732 West Algonquin Road
Hoffman Estates, IL 60192

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CONTACT

(630) 289-2225
info@freedomwellness.llc
freedomwellness.llc

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