

Back Pain Relief: Surgery or Not?

Nearly 100 million people worldwide are affected with lower back pain. Back surgery is on the rise as a go-to fix. But, is that really the best idea?



The rate of back surgery in the United States is at least

**40 %
higher**

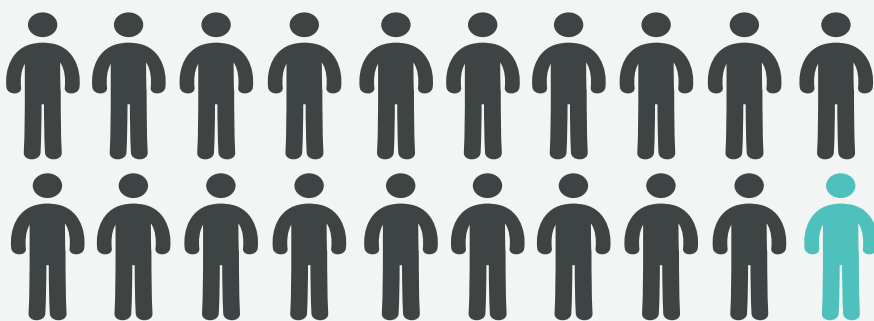


than any other country.

Less than

**5% of
patients**

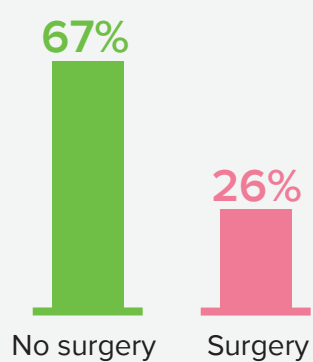
are candidates
for back surgery.



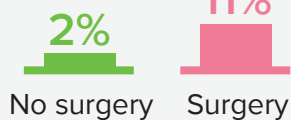
A study looked at 1,450 patients in the Ohio Bureau of Workers' Compensation database who had diagnoses of disc degeneration, disc herniation or radiculopathy. Half of the patients had surgery, half of them did not.

2 years after their diagnosis, the patients were studied.

Patients who
returned to work



Patients on
permanent disability



36%

of patients who
had surgery
experienced
complications.

27%

of patients who
had surgery
required a
2nd operation.

Nonsurgical Reliefs to Back Pain



Change your sleep position
to sleep on your back.



Light physical therapy



Fix your posture



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