**BLOG POSTS – What Are Good Treatments for Acute Lower Back Pain?\_d3**

Cutting Edge Integrative Pain Centers

 **What Are Good Treatments for Acute Lower Back Pain?**

 **Keyword**

Acute Lower Back Pain Treatments

 **Target Web Page:**

<http://michianapainrelief.com/services/>

 **Description Tag** (155 characters):

Good treatments for acute lower back pain can change your life. The specialists at Cutting Edge Integrative Pain Centers can help! Call 574-821-4363 today.

**Title Tag / Headline**: What Are Good Treatments for Acute Lower Back Pain?

Your lower back (lumbar area) is vital to your mobility and health. The lower back provides structural support, movement, and it even helps protect certain tissues in the body. When back pain is left untreated, it can affect your ability to stay active, be healthy and enjoy life.

**Advanced, effective treatments for acute lower back pain**

From lumbar strain to soft tissue trauma to sciatica, treatment for lower back pain is recommended after an accurate diagnosis and confirmation of a specific cause. Along with effective treatments such as physical therapy, medication and surgery, Cutting Edge Integrative Pain Centers offer some of the most innovative treatments for lower back pain, including:

* **Coolief® cooled radio frequency ablation** – Using radio frequency ablation (an electrical current created by a radio wave), the nerves that send back pain signals to the brain are deactivated. This minimally-invasive procedure is performed using local anesthetic and can provide long-term pain relief; helping people reduce the need for medications (if not eliminate) and avoid surgery.
* **Neurofeedback and transcranial stimulation** – These minimally (non?)-invasive techniques use state-of-the-art technology to help the brain change the way it processes pain signals. Essentially, your brain is retrained to pay less attention to incoming pain stimuli, thus reducing your sensitivity to pain.
* **Regenerative therapies** – Our very own Dr. Orlando Landrum is exclusively certified to perform Regenexx® procedures. These patented treatments involve the precise injection of your own stem cells or blood platelets to support your body’s ability to heal from bulging or herniated discs, degenerative conditions or injuries to the spine.

**A 360o approach to lower back pain relief is close to home**

Lower back pain can affect people of all ages. It could be the result of an injury, a slight-but- sudden movement in the wrong direction; it could be arthritis-related or caused by a good old-fashioned strain. Not to worry. Cutting Edge Integrative Pain Centers is right here, providing [low back pain treatment in Michiana](http://michianapainrelief.com/services/). Through a personalized treatment plan that may include physical therapy, yoga, medication or a minimally invasive surgical procedure, our board-certified physicians can relieve your pain, help you get stronger and feel good again.

Don’t let lower back pain put limits on your life. To schedule an appointment, call 574-821-4363 or [click here](http://michianapainrelief.com/contact-us/) to use our online form.

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