

Caring for your Spine

Commitment and Compliance

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Recovery from back pain requires both a commitment to do what has been recommended and compliance with those recommendations from the specialist. The true definition of compliance is the act or process of following through with a desire, demand, proposal, or regimen. A committed person who understands their condition and the reasons for doing the recommended activities is more likely to be compliant. Some physicians will refuse to care for a person who has demonstrated a lack of compliance with their recommendations.