

Back Pain

Understand causes and treatment of back pain

This article will help you to identify some of the most common causes of back pain with tips to help prevent and resolve these potentially disabling conditions.

The lumbar spine: the site of low back pain



*The complaint of low back pain is among the most common medical problems. To begin on the positive side, patients must understand that **most episodes of back pain will resolve with prompt conservative care such as physical therapy or chiropractic**, and usually within a few weeks. Unfortunately, back pain can be among the most difficult and frustrating problems for patients and their doctors.*

Understanding the cause of your back pain is the key to proper treatment. Because back pain is sometimes difficult to treat, a better understanding of the causes of this problem will assist patients in their recovery from back pain.

Causes of Back Pain

Lumbar Muscle Strain

Muscle strains are the most common cause of low back pain. Patients may or may not remember the initial event that triggered their muscle spasm, but the good news is that most episodes of back pain from muscle strains resolve completely within a few weeks with prompt conservative care.

*If you are experiencing symptoms associated with strain, call our office today to see how our techniques can benefit you. **(908) 753-0144***

Ruptured Disc

A ruptured intervertebral disc, also called a herniated disc, is another common cause of back pain. How to treat the back pain from a herniated disc depends on the particular individual and situation. Disc injuries can be serious and lead to permanent complications if not addressed and properly treated in early stages.

*If you are experiencing symptoms associated with disc injury, call our office today to see how our techniques can benefit you. **(908) 753-0144***

Discogenic Back Pain

Discogenic back pain is thought to be a common cause of low back pain.

Discogenic back pain is the result of damage to the intervertebral disc, but without disc herniation. As mentioned above...

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Spinal Stenosis

Spinal stenosis commonly causes back pain in the aging population. As we age, the spinal canal can become constricted, due in part to arthritis and other conditions.

If the spinal canal becomes too tight, back pain and pain or weakness in the legs can be the result.

Spinal stenosis can be serious and lead to permanent disability. However, many stenotic patients can completely erase their symptoms and get back to enjoying life.

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Lumbar Spine Arthritis

Arthritis commonly affects weight bearing joints such as the knees and hips.

However, arthritis can affect any joint in the body, including the small joints of the spine. Arthritis of the spine can cause back pain, stiffness, and loss of normal movement. Many people believe that arthritis is a fact of aging and nothing can be done to help. Although as we age, we are more likely to experience degenerative changes, arthritis is a result of cumulative or excessive physical stress.

Trauma to a joint such as with accidents or injuries, sports stressors such as running/jumping, and low level cumulative traumas often associated with aging can lead to premature arthritis.

Conservative care can help to restore normal movement, decrease pain and inflammation, improve flexibility, and strengthen supporting tissues, thus leading to a more healthy joint complex, and a healthier you!

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Spondylolisthesis

Spondylolisthesis causes back pain because adjacent vertebra become unstable and begin to "slip." The most common cause of spondylolisthesis is due to degenerative changes causing loss of the normal stabilizing structures of the spinal column. If the spine becomes unstable enough, back pain can become a problem.

Osteoporosis

Osteoporosis can cause a number of orthopedic problems and generalized discomfort. Back pain from osteoporosis is most commonly related to compression fractures of the vertebra. Osteoporosis causes weak bones and can lead to these fractures.

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When do I need to go to my doctor for back pain?

As stated previously, most episodes of back pain last a few days, and have completely resolved within a few weeks. If you have new back pain, you should contact your doctor to see if you need further evaluation. There are also a few warning signs that may indicate a problem that needs immediate evaluation:

- *Your back pain persists beyond a few days*
- *Your back pain awakens you at night*
- *You have difficulty controlling your bowels or bladder*
- *You have a fever, chills, sweats, or other signs of infection*
- *Any other unusual symptoms*