



AdvaCare Clinics: Back Pain Relief & Recovery

Back pain... You wake up with it, go to bed with it. It makes your life miserable! You just don't realize how much you use your back until it hurts to use it.

Back pain can range from a dull, constant ache to a sudden, sharp pain that leaves you incapacitated. It can come on suddenly—from an accident, a fall, or lifting something heavy—or it can develop slowly, perhaps as the result of age-related changes to the spine.

Regardless of how back pain happens or how it feels, you know it when you have it. And chances are, if you don't have back pain now, you will eventually. Back pain is one of the most common medical problems, affecting 8 out of 10 people at some point during their lives. It is the second most common reason for people to visit their primary care physicians, only headaches are more common.

Does back pain go away on its own? No. Ignore that persistent back pain and it WILL come back. So when it does, what should you do?

Until recently, researchers believed that back pain would heal on its own. We have learned, however, that this is not true. A recent study showed that when back pain is not treated, it may go away temporarily, but will most likely return.

- Over 40 percent of all patients with low back pain will have persistent complaints of pain one and two years later.
- 62 percent of patients are likely to have one or more relapses during a one-year follow up.
- Continued problems with low back pain are even more likely in patients who wait six to 10 weeks from the first onset of pain before seeking medical care.

If you have the pain for more than two weeks, consider a visit to your physician.

What Causes Back Pain?

There are several potential sources and causes of back pain. However, the diagnosis of specific tissues of the spine as the cause of pain presents problems. This is because symptoms arising from different spinal tissues can feel very similar and is difficult to differentiate without the use of diagnostic procedures.

One potential source of back pain is skeletal muscle of the back. Potential causes of pain in muscle tissue include muscle strains (pulled muscles), muscle spasm, and muscle imbalances.

Another potential source of low back pain is the synovial joints of the spine (e.g. zygapophysial joints/facet joints). These have been identified as the primary source of the pain in approximately one third of people with chronic low back pain, and in most people with neck pain following whiplash.

There are several common other potential sources and causes of back pain: these include spinal disc herniation and degenerative disc disease or isthmic spondylolisthesis, osteoarthritis (degenerative joint disease) and lumbar spinal stenosis, trauma, cancer, infection, fractures, and inflammatory disease. The anterior ligaments of the intervertebral disc are extremely sensitive, and even the slightest injury can cause significant pain.

Radicular pain (sciatica) is distinguished from 'non-specific' back pain, and may be diagnosed without diagnostic tests.

How is Back Pain Diagnosed?

In the most common cases of back pain, professionals recommend that physicians not immediately seek a diagnosis but instead beginning treatment to reduce pain. This assumes that the physician has no reason to expect that the patient has an underlying problem.

In cases in which the back pain has a persistent underlying cause, such as a specific disease or spinal abnormality, then it is necessary for the physician to differentiate the source of the pain and advise specific courses of treatment.

Non-Surgical Back Pain Relief Treatments

For long term back pain relief, research shows that by combining a variety of treatment options to address an ongoing back pain problem, patients often have more positive results than with just one treatment method alone. A multidisciplinary approach may include treatment such as physical therapy, massage therapy, chiropractic care, and acupuncture.

To address the pain itself the treatment plan may include medications, trigger point injections, ultrasound guided joint injections, along with the incorporation of the multidisciplinary treatment options. It may also include rehabilitative care to restore strength, and preventive care to keep from the condition from relapsing.

Our Doctor will be helpful in point out to you the best plan of action for your back pain. Each care plan is tailored to your specific medical needs.

If you or someone you know suffers from back pain, or to learn more about treatment options, contact AdvaCare Clinic today at 952-835-6653!