

Focus on:

Back Pain

REFERENCE



What Is Back Pain?

Back pain comes in two forms, acute and chronic, and is mostly felt in the lower back.

Acute Back Pain

This type of back pain comes on suddenly and intensely, usually from doing something you shouldn't be doing or from doing it in the wrong way. The pain usually lasts a short while.

Chronic Back Pain

This type of back pain is recurring; any little movement can set it in motion and, for whatever reason, it lingers on and on for what can seem like an eternity. Even with modern technology, the exact reason or cause of back pain is rarely known. Many cases of back pain are caused by stresses on the muscles and ligaments that support the spine. Desk jobs and lack of regular exercise and stretching may make you more likely to experience this type of problem. Obesity, which increases the weight on the spine and pressure on the discs, is another factor.

TIPS



Is There Any Treatment?

Limited rest combined with appropriate exercise and education is often the primary mode of therapy.

Acute back pain often goes away by itself in a few days or weeks. Applying an ice bag or hot water bottle to your back may also help to alleviate pain. Prolonged

bed rest is not beneficial because it weakens muscles. A physician should be notified immediately if there is no relief from pain after a few days, or if more serious symptoms develop; such as numbness or weakening in your arms or legs.

Chronic back pain may be relieved by non-steroidal, anti-inflammatory drugs – alone or in combination with steroid injections, analgesics, muscle relaxants, or anti-depressants – which may be added to the therapy program after your physician completes an evaluation.

Effective self-care strategies can be learned that may reverse your current painful episode and enable effective prevention. Ask your medical provider about these.

Can Back Pain be Cured?

The best cure is prevention. Some recommendations for preventing initial and recurring episodes of back pain include:

- > Never begin a sports activity before stretching
- > Maintain the proper weight for your height and bone structure
- > Quit smoking
- > Avoid standing or sitting in one position for too long
- > Exercise regularly. This will reduce emotional stress that causes muscle tension
- > When lifting objects, bend at the knees rather than the waist
- > Maintain correct posture

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