

Low Back Pain Mechanism Diagnosis And Treatment

Low back pain

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Low back pain or lumbago is a common disorder involving the muscles, nerves, and bones of the back, in between the lower edge of the ribs and the lower fold of the buttocks. Pain can vary from a dull constant ache to a sudden sharp feeling. Low back pain may be classified by duration as acute (pain lasting less than 6 weeks), sub-chronic (6 to 12 weeks), or chronic (more than 12 weeks). The condition may be further classified by the underlying cause as either mechanical, non-mechanical, or referred pain. The symptoms of low back pain usually improve within a few weeks from the time they start, with 40-90% of people recovered by six weeks.

In most episodes of low back pain a specific underlying cause is not identified or even looked for, with the pain believed to be due to mechanical problems...

Back pain

2007). "Diagnosis and treatment of low back pain: a joint clinical practice guideline from the American College of Physicians and the American Pain Society"

Back pain (Latin: dorsalgia) is pain felt in the back. It may be classified as neck pain (cervical), middle back pain (thoracic), lower back pain (lumbar) or coccydynia (tailbone or sacral pain) based on the segment affected. The lumbar area is the most common area affected. An episode of back pain may be acute, subacute or chronic depending on the duration. The pain may be characterized as a dull ache, shooting or piercing pain or a burning sensation. Discomfort can radiate to the arms and hands as well as the legs or feet, and may include numbness or weakness in the legs and arms.

The majority of back pain is nonspecific and idiopathic. Common underlying mechanisms include degenerative or traumatic changes to the discs and facet joints, which can then cause secondary pain in the muscles and...

Pain management

chronic low back pain. The US Centers for Disease Control recommended that physical therapy and exercise be prescribed as first-line treatments (rather

Pain management is an aspect of medicine and health care involving relief of pain (pain relief, analgesia, pain control) in various dimensions, from acute and simple to chronic and challenging. Most physicians and other health professionals provide some pain control in the normal course of their practice, and for the more complex instances of pain, they also call on additional help from a specific medical specialty devoted to pain, which is called pain medicine.

Pain management often uses a multidisciplinary approach for easing the suffering and improving the quality of life of anyone experiencing pain, whether acute pain or chronic pain. Relieving pain (analgesia) is typically an acute process, while managing chronic pain involves additional complexities and ideally a multidisciplinary approach...

Chronic pain

aspirin and ibuprofen are used for milder pain and morphine and codeine for severe pain. Other treatment methods, such as behavioral therapy and physiotherapy

Chronic pain is pain that persists or recurs for longer than 3 months. It is also known as gradual burning pain, electrical pain, throbbing pain, and nauseating pain. This type of pain is in contrast to acute pain, which is pain associated with a cause that can be relieved by treating the cause, and decreases or stops when the cause improves. Chronic pain can last for years. Persistent pain often serves no apparent useful purpose.

The most common types of chronic pain are back pain, severe headache, migraine, and facial pain.

Chronic pain can cause very severe psychological and physical effects that sometimes continue until the end of life. Analysis of the grey matter (damage to brain neurons), insomnia and sleep deprivation, metabolic problems, chronic stress, obesity, and heart attack are...

Abdominal pain

a person and planning of a differential diagnosis is extremely important. Common causes of pain in the abdomen include gastroenteritis and irritable

Abdominal pain, also known as a stomach ache, is a symptom associated with both non-serious and serious medical issues. Since the abdomen contains most of the body's vital organs, it can be an indicator of a wide variety of diseases. Given that, approaching the examination of a person and planning of a differential diagnosis is extremely important.

Common causes of pain in the abdomen include gastroenteritis and irritable bowel syndrome. About 15% of people have a more serious underlying condition such as appendicitis, leaking or ruptured abdominal aortic aneurysm, diverticulitis, or ectopic pregnancy. In a third of cases, the exact cause is unclear.

Back injury

fractures associated with osteoporosis. Treatment for back injuries depends on the diagnosis, level of pain, and whether there is loss of function or quality

Back injuries result from damage, wear, or trauma to the bones, muscles, or other tissues of the back. Common back injuries include sprains and strains, herniated discs, and fractured vertebrae. The lumbar spine is often the site of back pain. The area is susceptible because of its flexibility and the amount of body weight it regularly bears. It is estimated that low-back pain may affect as much as 80 to 90 percent of the general population in the United States.

Referred pain

PMC 139031. PMID 12493658. Manusov EG (September 2012). "Evaluation and diagnosis of low back pain". Primary Care. 39 (3): 471-9. doi:10.1016/j.pop.2012.06.003

Referred pain, also called reflective pain, is pain perceived at a location other than the site of the painful stimulus. An example is the case of angina pectoris brought on by a myocardial infarction (heart attack), where pain is often felt in the left side of neck, left shoulder, and back rather than in the thorax (chest), the site of the injury. The International Association for the Study of Pain has not officially defined the term; hence, several authors have defined it differently. Referred pain has been described since the late 1880s. Despite an increasing amount of literature on the subject, the biological mechanism of referred pain is unknown, although there are several hypotheses.

Radiating pain is slightly different from referred pain; for example, the pain related to a myocardial...

Complex regional pain syndrome

despite evidence of very low quality, is proposed to relieve pain. The prognosis of CRPS is improved with early and aggressive treatment, with the risk of chronic

Complex regional pain syndrome (CRPS type 1 and type 2), sometimes referred to by the hyponyms reflex sympathetic dystrophy (RSD) or reflex neurovascular dystrophy (RND), is a rare and severe form of neuroinflammatory and dysautonomic disorder causing chronic pain, neurovascular, and neuropathic symptoms. Although it can vary widely, the classic presentation occurs when severe pain from a physical trauma or neurotropic viral infection outlasts the expected recovery time, and may subsequently spread to uninjured areas. The symptoms of types 1 and 2 are the same, except type 2 is associated with nerve injury.

Usually starting in a single limb, CRPS often first manifests as pain, swelling, limited range of motion, or partial paralysis, and/or changes to the skin and bones. It may initially affect...

Neuropathic pain

Wasner, Gunnar (August 2010). *"Neuropathic pain: diagnosis, pathophysiological mechanisms, and treatment"*. *The Lancet Neurology*. 9 (8): 807-819. doi:10

Neuropathic pain is pain caused by a lesion or disease of the somatosensory nervous system. Neuropathic pain may be associated with abnormal sensations called dysesthesia or pain from normally non-painful stimuli (allodynia). It may have continuous and/or episodic (paroxysmal) components. The latter resemble stabbings or electric shocks. Common qualities include burning or coldness, "pins and needles" sensations, numbness and itching.

Up to 7-8% of the European population is affected by neuropathic pain, and in 5% of persons it may be severe. The pain may result from disorders of the peripheral nervous system or the central nervous system (brain and spinal cord). Neuropathic pain may occur in isolation or in combination with other forms of pain. Medical treatments focus on identifying the underlying...

Pain

(January 2003). *"Evolving role of the neurologist in the diagnosis and treatment of chronic noncancer pain"*. *Mayo Clinic Proceedings*. 78 (1): 80-84. doi:10.4065/78

Pain is a distressing feeling often caused by intense or damaging stimuli. The International Association for the Study of Pain defines pain as "an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage."

Pain motivates organisms to withdraw from damaging situations, to protect a damaged body part while it heals, and to avoid similar experiences in the future. Congenital insensitivity to pain may result in reduced life expectancy. Most pain resolves once the noxious stimulus is removed and the body has healed, but it may persist despite removal of the stimulus and apparent healing of the body. Sometimes pain arises in the absence of any detectable stimulus, damage or disease.

Pain is the most common reason for physician...

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