

Do You Need Low Back Treatment?

As we all know each and every individual is suffering from back pain because of their hectic routine. There are different kinds of pain in the back, each with a different cause and pain intensity. As every individual is different from one another, so will be the cause and symptoms. Additionally, even the **back treatment** that is required to the root cause of the pain in the back will also be different. So if you are thinking when should you visit the **back pain doctor**? Depending on the different types of **back pain** you can get **low back treatment**.



Here are some types of pain which will let you know if you need to visit a doctor or not. Genetic [back pain](#) normally affects a lot of people and occurs at least once in a lifetime. It is normally called non-specific or generic as there is no clear cause of what causes the pain. The intensity of the pain can vary from mild to unbearable.

Causes of back pain are classified into the following:

1. Sciatica :

Many of you must hear about this, sciatica is a form of back pain that occurs in 1 in 20 cases of lower back pain. The nerve root is affected in such a case. You can feel the pain along the course of the nerve, which, in this case, travels down the calf or foot. Normally, the pain is more in the foot or leg as compared to the back. Apart from the pain, you will also get the feeling of pins and needles, numbness, or weakness in part of a buttock, leg, or foot. Usually, once you get to know the cause of the pain, which is often some form of pressure, the pain automatically reduces. However, if the cause of the pressure is a slipped disc, then you need to visit a doctor.



2. Cauda equina syndrome:

There are few people who know this syndrome. It is basically a rare form of the nerve root problem. In this condition, the nerve at the bottom of the spinal cord is pressed by a form of pressure. This causes pain especially in the lower back, which is often accompanied by affected bowel and bladder function. In addition to this, it can also include numbness in the saddle area or weakness in either one or both legs. It is important to get a low back treatment and find the root cause of the problem as it can cause permanent damage to the nerves in the lower back.

3. Other causes of back pain

There are many other kinds of back pain which include osteoarthritis or even ankylosing spondylitis. Here the joints are affected, mainly because they swell. In such a situation, there is pressure on the nerves causing pain. In such cases, you will need to visit a [back pain doctor](#) to check the extent of the disorder before seeking the right treatment for it.

Conclusion

We hope you liked this article and now you have basic knowledge about back pain, and its treatment also when you need to visit your doctor. If you are still in pain and confused make sure to visit the nearby doctor.