

# WHAT ARE THE CAUSES AND TREATMENTS OF LOW BACK PAIN?

When people are getting older they will most probably suffer from **low back pain**. Sometimes lower back pain caused by an injury, while others have no obvious reason.

## **What conditions cause lower back pain?**

Here are several major conditions that could lead to [back pain](#). These conditions are mentioned below:



1. Muscle Strain around the lower back area, which could be caused by injury.
2. Herniated Discs which is the discs that support the backbone are dislocated and causes numbness and pain that shoots down the legs from the low back
3. Degenerative Disc Disease which could cause similar symptoms and could be chronic.
4. Osteoarthritis, which destroys the spine joints or other joints around the lower back area and could result in Stress Fractures or Pathologic Fracture.

5. There are some lesser-known conditions for low back pain: spinal cord tumor; spinal cord infection; Fibromyalgia Sacroiliac joint syndrome; Piriformis syndrome; Sciatica Poly neuropathy; and other spinal conditions.

According to a **pain treatment center**, as the spinal nerves emerge from the spinal cord which is located inside the backbone, they travel laterally 1-2 cms before they exit the spine. It is at this exit that these nerves are most likely compressed. Most of the above conditions could cause compression. The pain could affect the back alone or can irradiate to the legs.

### **What is the Non-surgical treatment for lower back pain?**

Non-surgical **low back pain treatment** involves medication treatment, therapeutic spinal traction, spinal bracing, chiropractic care, acupuncture and traditional Chinese medication treatment, epidural steroid injection, nerve blocks, and physical therapy.



- There are many different types of drugs used for **back pain treatment**.

- Acute back pain usually treated with Opioids - Narcotics. One of the problems with these drugs is that you can get potential side effects like euphoria, drowsiness, nausea, vomiting, constipation, and respiratory depression.
- For chronic back pain, physicians usually prescribe non-steroidal anti-inflammatory drugs (NSAIDs). A side effect of NSAIDs includes an increased risk of heart attack or stroke and/or gastrointestinal bleeding.

- Therapeutic spinal traction, spinal bracing, and physical therapy uses manually or mechanically created forces to stretch tight spinal muscles that result from spasms and widen space between backbones to relieve nerve impingement and alleviate back pain.
- Alternative medicines such as chiropractic care, acupuncture, and traditional Chinese medication treatment have a long history of successfully providing conservative care for [back treatment](#). Most professionals agree that conservative care should be tried before surgery is considered.
- Epidural steroid injection and nerve blocks help to relieve the inflammation and pain of spinal nerves caused by the compression. This is particularly useful for pain that radiates from the lower back into a leg and is caused by Herniated Discs. However, **back pain doctor** says it is dangerous and has side effects.

### **What is the Surgical treatment for lower back pain?**

Surgery is only considered after non-surgical treatments have been tried. If you have tried various conservative treatments, you and your **back pain specialist** will make the decision about whether or not to have surgery is a great way to treat your condition. Talk with your surgeon and other doctors about the benefits and risks of the surgery.