

# Where Does Back Pain Come From?

Your spinal column is under a lot of pressure. The primary structural support of your body is it, and it must keep you flexible enough to move while holding you steady enough to stand up straight. So it comes as no surprise that many people experience back difficulties occasionally.

Herniated discs, fractures, sore muscles, ligaments, tendons, and other issues in your upper, middle and lower back may cause the pain. Sometimes the results are immediately apparent. But back issues can get worse over time. You should visit a [back pain relief center](#) for proper treatment if you find sharp pain.

## Spine-Related Problems

Back discomfort frequently results from an issue with how your spinal joints, muscles, discs, and nerves move and fit together. Your **back pains specialists at west orange** can examine you to see whether you have:



## Slipped or herniated discs

If the soft tissue between your discs has shed, you should discuss it with **back pain specialists NJ**. Usually, wear and tear is the culprit. Herniated discs can cause pain in your back or hip because your nerves got pressed.

## Bulging discs:

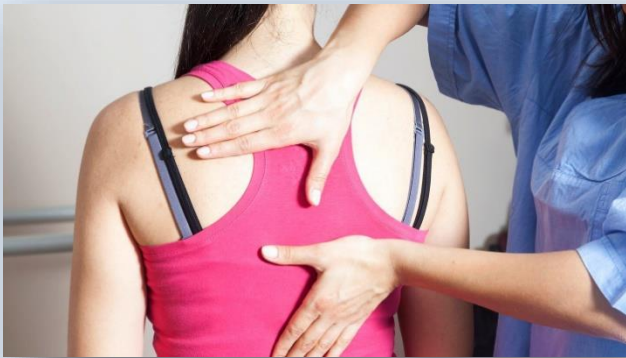
These "bulge" or protrude, although not as significantly as a herniated disc. Usually, this doesn't cause any symptoms for you. But if it presses against a nerve root, you'll feel it.

## Dystrophic disc disease:

Your spine's discs, which act as "shock absorbers," shrink or rupture. The bones begin to rub together as a result. As you age, this could take place.

### **Inflammation and wear of the sacroiliac joint:**

The intersection of your spine and pelvis is here. Although it doesn't move much, it is crucial because it transfers the upper body's weight to the lower body. The joint cartilage may swell and deteriorate following an injury, arthritis, an infection, or even during pregnancy.



If you are suffering from spinal stenosis, your spinal canal has narrowed, putting more strain on your spine and nerves. Your shoulders and legs are likely to feel numb as a result. Many persons over 60 experience this. You should contact a [back pain treatment center](#) to eliminate that immense pain.

### **Cervical radiculopathy :**

A nerve is compressed here. Typically, a herniated disc or a bone spur is to blame.

### **Spondylolisthesis:**

This condition occurs when one or more vertebrae in the spine move out of position and forward, usually in the lower back.

### **Spondylolysis:**

A spinal degeneration that typically affects the lower back. Arthritis is often associated with disc disease, including herniation.

### **Accidents and Injuries**

Car accidents, fall, muscle sprains, strains, and fractures are also causes of back pain. Injuries can lead to some physical problems, but some can cause pain alone.

### Spine or vertebral fractures:

If you hurt your back or fall, your spine got fractured, or if you have an osteoporosis condition that can weaken your bones.

### Sprains and strains:

Injury or strain to your ligaments, muscles, and tendons that support your spine and joints can result in back pain. This may happen if you lift a heavy weight and get a twist. Simultaneously, it can also occur due to car accidents or sports injuries.

If you find any such problem, then you should immediately visit **back pain specialists woodland park** for proper diagnosis and treatment of your back pain.

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