

# How Is Back Pain Diagnosed?

**Back pain specialists new jersey** will keep an eye on all your activities, such as how you stand, sit, walk, and lift your legs. He will ask you to rate your back pain from a 0 to 10 scale and want to know how your back pain affects your daily routine activities. During the physical examination, the healthcare provider will collect information about your personal and family history to determine the root cause of back pain. Also, they will tell you to move your body in certain ways allowing them to know about the characteristics of back pain, including abnormal reflexes, weakness, and numbness.

[Back doctor new jersey](#) will tell you to perform some medical or physical examination, such as an X-ray or ultrasound, to confirm the cause of back pain. They think one step ahead to determine more severe causes of back pain.

After the physical examination, the doctor will recommend you some medical tests to identify the severity of back pain. Some people get treated by exercise or, in some cases, people need surgeries or therapies. Back pain treatment depends on the patient's severity, symptoms, and the cause of back pain.



## X-Ray

If you fall or meet with an accident, this imaging test helps to identify if there are any broken bones or fractures. These ultrasound images show problems with bones, spinal cord, muscles, or discs.

## MRI Magnetic Resonance Imaging Or Ct Scans

These images or resources help specialists to determine the disease related to soft tissues, bones or muscles, and ligaments.

## Computerized Axial Tomography (Cat)

This examination creates a 3-dimensional view of the backside with the help of X-ray images at different postures. These images allow doctors to diagnose problems relating to the spine and surrounding tissues.

## Bones Scans

This imaging test allows us to search for fractures, infections, and tumors in the spine using small amounts of radioactive materials.

## What Are Back Treatments For Back Pain?

The [back treatments](#) for back pain vary with how severe pain you have, with an intent to provide relief in the back pain that automatically improves physical activities. Back pain often goes within a month with the home treatment. It is a fact that self-care measures speed up the healing process, including hot or cold packs, muscle stretching exercises, being relaxed and calm to maintain your stress level, avoiding doing activities that increase pain, and over-the-counter (OTC) pain relievers.



Apart from self-care measures, therapies, medications, and surgeries also come under the treatment of back pain being suggested by professional experts regarding how severe the patient's pain is.

## Conclusion

Back pain is a pervasive medical issue that affects many of us at some stage during our lives. The best part is that the back pain is not a life-threatening ailment, but be careful when it is persistent for more than one month. Consult with a specialist for your back pain treatment. Yes, stress is a significant cause of back pain because that affects our body in different ways, from mood swings to weight fluctuations. It is noticed that stress is a contributor to back pain. Some people manifest stress in their minds to solve different problems, while others manifest it physically.

Article Source : <https://www.ihealthytips.com/how-is-back-pain-diagnosed/>