

7 SIGNS YOUR BACK PAIN REQUIRES MEDICAL ATTENTION

Back pain is so common that many patients ignore symptoms that could signal a medical emergency. If back pain is associated with a specific activity, such as lifting or twisting incorrectly, and goes away after rest and applying ice, it's usually nothing to worry about. However, if the pain gradually develops or appears suddenly, you may have a more serious condition.

When Medical Help Becomes Necessary?

The Pain Is Not Going Away

If you have tried all the at-home remedies, even gotten a massage, and bought a new mattress. However, your back pain persists, Most back pain is relieved or cured with painkillers, hot and cold therapies, and self-care remedies.



You get a fever

A fever caused by the flu or a cold is not serious. However, a fever with sharp back pain, numbness, or tingling in the arms can result from a spinal infection. If you have low immunity, cancer, diabetes, or are obese, your fever could be a sign of an underlying condition.

Your [back specialist](#) may prescribe an X-ray, CT, or MRI scan to accurately diagnose and ascertain the cause of your back pain. Usually, the recommendation is to treat the issue with antibiotics or antifungal drugs.

The pain is also spreading to the body.

Numbness or weakness in the arms can also be a sign of a stroke or a rupture in the wall. According to experts, if you have uncontrolled high blood pressure for a long time, you are at a higher risk of a stroke. This condition needs immediate medical attention.

If your back pain is accompanied by body pain, visit the emergency **back pain treatment center**.

Your legs feel weak.

Back pain accompanied by numbness or weakness in the arms or legs can be a sign of neurological injury caused by a slipped disc. Also known as a herniated disc, this condition occurs when you lift something

heavy using your back instead of your legs. A slipped disc can pressure the nerves, causing pain and discomfort in the back. The doctor can accurately diagnose the problem by physically examining your back and observing the symptoms.

Deep breathing also causes pain.

If you take a deep breath and experience pain, consult a **back pain doctor NJ**. Pulmonary embolism is an emergency and should not be taken lightly. Blood clots can break off from a deep vein in the leg or arm and travel to the lungs, getting stuck in the blood vessels, causing poor blood flow, inflammation, and death of lung tissue.



You are having trouble breathing.

Back pain is rarely caused by a punctured lung, which can be caused by an injury. Although this is the least likely reason behind your discomfort, a punctured lung is a serious problem that requires proper [back pain treatment](#). Know the symptoms of a lung puncture so that necessary action can be taken on time.

If your back pain is caused by a punctured lung, it may indicate an underlying health problem that requires medical attention.

Pain that gets worse when you move

If you've recently fallen, suffered a traumatic injury, had a heavy object fall on your back, or had your back hit the edge of a staircase, this could lead to a broken spinal cord or rib. Depending on which part of your back is injured, you may feel pain in the back left side, or the pain may appear in the right side.

This pain can be moderate to severe and worsens when you move. If you've suffered a serious injury, see your doctor or a **back pain specialist New Jersey** as soon as possible.