

What Are Surgical And Non-Surgical Treatments For Lower Back Pain?

Sometimes it becomes difficult to judge the leading cause of the back pain. If your doctor has gone through all the medication and diagnostic options, it is time to seek a back pain specialist to know the cause of your back pain. Visit a **back pain doctor in NJ** who is familiar with back pain treatments and has experience.

Many medical [back treatments](#) will ease the pain but will not treat the leading underlying cause of the pain. A specialist will prescribe some medicines and therapies to relieve the underlying pain and ask you to exercise to get relief. Treating the pain is essential as it can worsen more with time, causing more pain and discomfort in your daily life.



Common medical treatments include:

Some of the standard medical treatments include:

Muscle relaxants

This medication puts pressure on the central nervous system to increase the mobility of the stressed muscles. This gives the relaxing to the muscles that are tightened. They do not treat the underlying pain causes but can relax the muscles.

Narcotic pain medications

Narcotic pain medications are painkillers that your **back pain specialists at NJ** will provide you so that the signals reaching the brain weaken to relieve the pain. These medicines are used to treat short-term pain like acute pain and are not used in long-term pain because they can be a side effect if used for a long time.

Alternative Treatments

Non-medical treatments are like complimentary care to release the pain effects. It is also referred to as an alternative treatment.

Acupuncture

Acupuncture can work wonders to back pain, and it stimulates points in the body to rework the life force of the body. [Back pain specialists woodland](#) believe that acupuncture can relieve the pain and discomfort in the back with “qi.”

The specialist in the session inserts the needle in your skin for about an hour for significant results. Many people have seen visible results, and many have experienced good results in pain management.



Massage therapy

It is the best therapy to relieve your back from pain. Giving massage to your body can help you reduce the pain. Massage is also helpful to increase the blood flow in your lower back, which helps to speed up the healing process. It provides the muscles with nutrients and oxygen to relax their muscles.

Mindful meditation.

Sometimes mindful meditation can help you feel relief from the pain, give you proper sleep, and lower depression. A deep breathing exercise or a focusing method can help you feel relaxed.

What are the symptoms of lower back pain?

The following symptoms generally indicate lower back pain:

Dull, aching pain

A continuous dull pain in the lower back or a sudden pain that is not a sharp or burning pain.

The pain may be slow but painful. You may feel pain in the pelvis and hips.

Back pain that traverses to the buttocks, legs, and feet

The pain travels from your lower back to the buttocks, legs, and feet with a tingling and sharp numbness sensation sometimes called sciatica. It causes when the sciatica nerve is irritated, and usually, the pain strikes one side of the body.

In Conclusion:

If you notice any back pain symptoms, you may consider your doctor or **back pain specialists in new jersey**. Please do not leave the pain untreated, or it may become severe.

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