

When Should You Go to the Doctor With Back Pain?

People mostly experience back pain in their life. It's the leading cause of disability worldwide and the most common reason people call out of work. Back pain can happen in many forms, ranging from dull aches to severe pain that may last for weeks. Depending on the impact of the pain, there are various treatment options that you can try at home to relieve the pain. But how do you know when to stop remedies and see a physician?

Suppose any of the following matches your back pain condition. In that case, it's time to contact [back doctor new jersey](#) for proper medical treatment and diagnosis.

If you experienced Pain for Over a Week

Most back pain subsides after a few days, but if you experience back pain for over a week, it's time to visit **back pain specialists woodland park**. Your doctor will examine your condition with digital scanning and X-rays and perform tests to get to the bottom of your pain before it becomes a complex problem. Because in many health conditions treating them early is the key.



Your Pain Extends to Other Body Parts

Suppose you experience severe back pain that may be coupled with pain in other areas. In such a condition, you should consider visiting a doctor. Because this could be a sign that you have sciatica, a form of pain that affects the sciatic nerve and runs from the lower back to each leg; therefore, you should contact **back pain specialists NJ** if you can't control it with home remedies.

You Have Numbness, Tingling, or Weakness

If numbness or tingling accompanies your back, pain or weakness could signal nerve damage and irritation if your pain persists after taking over-the-counter medications such as painkillers or antibiotics. However, nerve pain is a severe issue that can result in permanent damage or disability if left untreated.

You Have Pain After an Accident

Suppose you get into a car accident or any accidental fall or experience any injury that may result in back pain. In that case, it's time to see a dentist because you may have more severe issues, like a fracture, that needs to be treated.

You may experience worse pain in a specific position.

Suppose your back pain wakes you up in the middle of sleep or appears in a specific position. In that case, it could be a more serious problem, such as infection, fracture, severe nerve compression, or cancer, so you should consider visiting a specialist.



You Have Unexplained Weight Loss

Suppose you experience sudden weight loss that can't be due to diet and lifestyle changes. In that case, you should consider it a body sign telling you something is wrong. This is especially true if your back pain is associated with weight loss; you should see [back pain doctor woodland](#) to rule out the possibility of a more severe condition such as infection or nerve problem.

Conclusion

If you experience such a condition, you should consider visiting **back pain specialists woodland** for thorough treatment and diagnosis.

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