

Low Back Pain: Fast Facts That Will Ease Your Aching Back



Low back pain is one of the most common health problems, affecting up to 80% of people at some point in their lives. It can be caused by a variety of factors, including muscle strains, ligament sprains, herniated discs, and spinal stenosis.

Fast Facts: Low Back Pain

★★★★★ 5 out of 5

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While low back pain can be debilitating, it is often treatable with simple measures such as rest, ice, and heat. In some cases, more invasive treatments such as surgery may be necessary.

Causes of Low Back Pain

There are many different causes of low back pain, including:

- Muscle strains
- Ligament sprains
- Herniated discs
- Spinal stenosis
- Osteoarthritis
- Rheumatoid arthritis
- Sciatica
- Kidney stones
- Urinary tract infections
- Pregnancy

- Obesity
- Poor posture
- Smoking

Symptoms of Low Back Pain

The symptoms of low back pain can vary depending on the cause. Some common symptoms include:

- Aching or burning pain in the lower back
- Stiffness or difficulty moving the lower back
- Pain that radiates down the legs
- Numbness or tingling in the legs
- Weakness in the legs
- Loss of bowel or bladder control

Diagnosis of Low Back Pain

Diagnosing low back pain usually involves a physical examination and a medical history. Your doctor may also order imaging tests such as X-rays, MRI, or CT scans to help determine the cause of your pain.

Treatment of Low Back Pain

The treatment for low back pain will depend on the cause. Some common treatments include:

- Rest

- Ice
- Heat
- Physical therapy
- Medication
- Surgery

Prevention of Low Back Pain

There are a number of things you can do to help prevent low back pain, including:

- Maintain a healthy weight
- Get regular exercise
- Practice good posture
- Lift heavy objects properly
- Quit smoking

When to See a Doctor

If you have low back pain that is severe or persistent, it is important to see a doctor. You should also see a doctor if you have any of the following symptoms:

- Pain that radiates down the legs
- Numbness or tingling in the legs
- Weakness in the legs

- Loss of bowel or bladder control

Low back pain is a common problem that can be caused by a variety of factors. While it can be debilitating, it is often treatable with simple measures such as rest, ice, and heat. In some cases, more invasive treatments such as surgery may be necessary. If you have low back pain that is severe or persistent, it is important to see a doctor.



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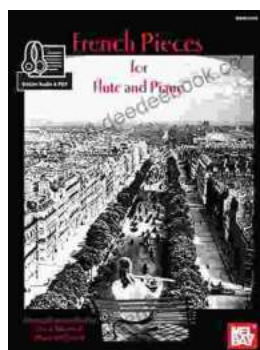
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