

Back problems

Back pain is the second most common neurological ailment in the United States — only headache is more common.

Fortunately, most occurrences of low back pain go away within a few days. Others take much longer to resolve or lead to more serious conditions.

Most short term cases are mechanical in nature meaning it is the result of an injury

Long term back pain is measured by duration — pain that persists for more than 3 months is considered chronic. It is often progressive and the cause can be difficult to determine.

Possible Causes:

Possible causes of back pain include:

- [Ankylosing spondylitis](#)
- [Fibromyalgia](#)
- [Herniated disk](#)
- [Kidney infection](#)
- [Obesity](#)
- [Osteoarthritis](#)
- [Osteomyelitis](#)
- [Osteoporosis](#)
- [Paget's disease of bone](#)
- Poor posture
- Pregnancy
- [Sacroiliitis](#)
- [Sciatica](#)
- [Scoliosis](#)
- Spinal fractures (especially in older adults)
- [Spinal stenosis](#)
- [Sprains and strains](#)

Tests to determine cause:

1. Urine analysis
2. CT

3. MRI
4. Ultrasound
5. Xray
6. EMG
7. Bone density

Treatment:

1. Medication
2. Injections
3. TENS unit
4. Ice and heat
5. Bedrest
6. Spinal Manipulation
7. Acupuncture
8. Biofeedback
- 9. Possible Surgical Interventions**