Title: Low Back Pain: Causes and Treatment Options

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Abstract: Low back pain is a common and costly disorder affecting many patients. There are different treatment options ranging from spinal manipulation to conservative medical therapy, which includes rest, analgesics, or physical therapy. Spinal manipulation did not demonstrate significant clinical benefit when compared to conservative medical treatment for low back pain.

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When To See Your Doctor?

Worrisome symptoms include severe pain or pain that does not go away, pain that travels from your back down your legs, numbness or tingling, muscle weakness, and difficulty with bowel or bladder functioning.

For further information on low back pain visit:

www.medlineplus.gov/

American Academy of Family Physicians:
http://familydoctor.org/117.xml

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS):

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What Causes Low Back Pain?

Common causes include:
- Muscle strain
- Ligament sprain
- Herniated or bulging disc
- Arthritis or wear and tear of the vertebrae

What Can I Do To Prevent Back Pain?

- Exercise regularly
- Lose weight if overweight
- Stretching
- Use proper lifting techniques
- Take breaks and stretch if sitting for long periods of time

What Will My Doctor Do?

Your doctor will take a detailed history of your injury and will perform a physical exam. They may order special tests such as blood work or order x-rays of your back. They may prescribe pain medicines or refer you to physical therapy for additional treatment. Spinal manipulation from a Chiropractor may be helpful for some patients. Discuss with Your physician for options that work best for you.

In most cases, pain will go away on its own. Over-the-counter medications such as Ibuprofen, Acetaminophen, or Aspirin may help along with heating pads or a warm bath, and gentle exercises. Bed rest may help for a few days, but it is important to remain active.