

# THE ANATOMY OF LOWER BACK PAIN

Lower back pain can make life miserable for those affected. Unfortunately, it is extremely common, with 8 in 10 people likely to experience lower back pain at some point in their life.

While lower back pain will often clear up by itself or with the help of simple pain relief, additional treatment may be required.

## CAUSES OF LOWER BACK PAIN

Most acute lower back pain comes from a mechanical cause such as overexertion, trauma, degeneration, trauma or spinal cord problems or from non-spinal causes such as infection, stroke, pregnancy, osteoporosis, or other conditions. Some of the common causes include:

### OBESITY

Obesity can cause pressure on the spine and lead to lower back pain.

### POOR POSTURE

Standing when sitting or sitting in an awkward position for long periods of time or sitting at a desk or computer workstation in a different part of the chair can lead to repetitive strain injuries.

### OSTEOARTHRITIS

A condition where the cartilage between the vertebrae wears away, causing the vertebrae to rub together and leading to lower back pain.



### SCIATICA

Sciatica is commonly defined as the sudden onset of sharp, burning, or tingling pain that radiates down the length of the leg. It is caused by the irritation and inflammation of the sciatic nerve as it passes through the lower back.



### OSTEOPOROSIS

A condition where bones become weak and brittle. Osteoporosis increases the chance of a fracture, even from a simple fall. It is often caused by a lack of calcium and vitamin D.

### SPINA BIFIDA OCCULTA

A condition where the spine does not develop properly. It is often caused by a lack of calcium and vitamin D. It can lead to lower back pain.



### STRAIN

A strain is an injury to a muscle or ligament. It is often caused by overexertion or trauma. It can lead to lower back pain.

### ANKYLOSING SPONDYLITIS

A condition where the spine becomes stiff and fused together. It is often caused by a lack of calcium and vitamin D. It can lead to lower back pain.



## LUMBAR VERTEBRAE (L1-L5)



## TREATMENT OPTIONS

Treatment varies and depends on the cause and whether the pain is acute (short-term) or chronic (long-term). Treatment may range from self-management with over-the-counter medicines and heat or ice to more advanced spinal operations or more surgical options.



Physical therapy



Heat and ice



Gentle stretching



Chiropractic



Massage therapy



Spinal manipulation

## SAFE LIFTING TIPS

- Assess the load
- Grip with the palms of your hands
- Stand with your legs apart
- Keep your back straight
- Bend your knees
- Hold the item you are lifting close to your body



# Clinical Anatomy And Management Of Low Back Pain

**S Ben Porath**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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