

# BEATING BACK PAIN:

*Common Causes + Trusted Treatments*

## BACK-BREAKING STATISTICS

Back pain is an epidemic among US adults:



**4 in 5:** Number of US adults who will experience lower back pain



**2ND** most common cause of lost work days



**MOST COMMON** cause of disability in people aged 45 and younger



**45-64:** Most common ages for back pain

## COMMON BACK PAIN TRIGGERS and TREATMENTS

Less than 1% of back pain cases are caused by cancer or other serious illnesses. Here's a look at the most common causes and treatments:

### CONDITION

Muscle strains/ligamentous sprains

### CAUSE

Forceful twist or pull causes muscle tear or sprain

### TREATMENT

- Rest
- Heat and ice



### CONDITION

Spinal Stenosis

### CAUSE

Thickening ligaments, enlarged joints, and bony spurs cause narrowing of spinal column

### TREATMENT

- Physical therapy
- Epidurals
- Anti-inflammatory medicine
- Surgery



### CONDITION

Herniated disc

### CAUSE

Multifactorial, including heavy lifting, trauma, bad posture, and other factors

### TREATMENT

- Rest
- Core stabilization exercises
- Physical therapy
- Epidurals
- Surgery (10% of cases)



### CONDITION

Osteoarthritis

Gradual deterioration of spinal cartilage and joints over time

### TREATMENT

- Anti-inflammatory medicine
- Physical therapy
- Exercise
- Weight control
- Pain relief procedures



### CONDITION

Fibromyalgia

### CAUSE

Cause unknown – rheumatic in nature. Involves widespread soft tissue pain

### TREATMENT

- Pain medications
- Anti-seizure medication
- Physical therapy
- Weight control/healthy diet



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### SOURCES:

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# Beating Back Pain

**RC Schank**



## **Beating Back Pain:**

Delve into the emotional tapestry woven by in Dive into the Emotion of **Beating Back Pain** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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