

Types of Back Pain

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Back pain is the most prevalent medical disorder in industrialized societies, attacking two-thirds of all adults at least once during their lifetime. There are many types of back pain that are caused by varying degrees of muscle strain, trauma, or spinal deformity.

Back pain can develop anywhere from the neck to the lower spine, and the pain can be localized or spread across a wide area and radiate from a central point. Several causes of low back pain include overuse, degeneration of vertebrae, infection, herniated discs, arthritis, or tumors.

The neck or cervical area of your spine extends through most of your body and is often referred to as the spinal column or backbone. This area is common to pain, such as discomfort in your neck or shoulder, tingling or numbness in your arms, or weakness in your arms or hands. Although many back problems can be cured with self-treatment, it's always a good idea to contact your doctor.

Low back pain, the most common type of back injury, disables 5.4 million Americans and costs at least \$16 billion each year. Low back pain is the leading cause of disability between the ages of 19 to 45, but while many cases will resolve no matter what treatment you may use; if symptoms persist, call your physician.

Sciatic pain occurs when the nerve roots that leave the spine are irritated or pinched. One of the first signs of sciatic nerve pain is numbness in the area supplied by the nerve, which can extend down your leg and into your foot.