

PAIN & DISABILITYSM

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Low Back Pain

Low back discomfort may be categorized as being either static or kinetic.

In abnormal posture with excessive lordosis there is weight bearing upon the posterior articulation. The foramina are narrowed and the posterior intervertebral disk is compressed and may protrude to encroach upon the posterior longitudinal ligament or laterally into the foramen to compress the neural sac of the nerve root. If any of these tissues have not been previously irritated or inflamed by trauma or stress, no pain may result, but, if the tissues have been sensitized, pain may result.

It has been demonstrated that merely maintaining a forward flexed erect posture of 30 degrees markedly increases intradiskal pressure and demands excessive muscular effort; therefore, this prolonged daily posture may be an incriminating factor in low back pain.

In faulty kinetics with resultant pain several aspects must be considered: (1) the tissues, ligaments or muscles may be restricted in their elasticity, thus limiting full flexibility; (2) the posterior thigh and leg muscles may be restrictive, thus preventing full pelvic rotation and causing the lumbar spine to assume a greater burden; (3) the lumbopelvic rhythm may be violated, especially in the process of reextension from the fully flexed position.

It may be concluded from the concept expressed that faulty training, poor conditioning, poor musculature, and inflexible connective tissue play a large part in both kinetic and static low back pain. Fatigue, anxiety, anger, and distraction can also play a vital role in impairing proper neuromuscular coordination so vital to proper body mechanics.

It may be concluded from this that faulty training, poor conditioning, poor musculature, inadequate flexibility, fatigue, anxiety, or distraction may result in a painful resultant misuse of the flexion/extension capabilities of the human spine.

Treatment

- Bedrest
- Support - lumbosacral
- Physical Medicine Modalities
- Rehabilitation Exercises
- Pharmacologic Treatment
 - Analgesis
 - Anti-spasmodic
 - Anti-inflammatory
 - Epidural Injections
- Surgical Treatment
 - Laminectomy Fusion
 - Spinal Fusion



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