

Few Advices to Patients with Low Back Pain

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Back pain is one of the most common health problems among the people of all age group. There are very few people who never had experienced back pain in their lifetime. The reasons of back pain may differ according to age group; during the young stage of life, back pain is usually seen due to injuries and forceful hard work, during the later half of life it is usually due to bone degeneration, however, the back pain due to disease conditions are not related to the age factor. In any case, the back pain indicates the problem or defect on backbone.

It has been found that most of the people take things seriously, even for the acute short- term pain. They often consult and compare the illness with the persons who have suffered from chronic back pain or they listen to the non-medical persons, or make own guess as if it is a severe illness. Because of all above reasons people make the back pain problem more severe. Although doctors treat the patients according to the severity and nature of illness, some patients think their pain is severe than others. This type of mentality is not correct. The specialists are the judges who can decide right treatment for the illness. The one who practice against the doctor's prescriptions may have to suffer more. In many cases patients go to spiritual healer and different doctors in short time but they don't get desired treatment as different doctors have different opinion about the illness. Many of them waste time and money in search of alternative treatment and doctors. The reasons for this type of behavior may be due to lack of awareness, lack of health education, lack of proper advice, worry due to inability to perform normal activities and expensive treatment.

Backbone is an important part of our body, which helps to support the body, protects vital organs and facilitates to perform activities. If back pain is diagnosed and treated properly on time the person can live a comfortable and healthy life at present as well as in the later stages of life

The knowledge on the anatomy of backbone, the reasons for pain, and the simple measures on prevention and management of pain are useful in our day today life. There are a total of 33 bones in vertebral column of human body. Among them 5 lumber bones and 7 cervical bones are flexible whereas the 9 bones in lower region of the vertebra are fix. To facilitate the movement of the vertebra there is a soft substance (like rubber washer) in between the vertebra, which is called disc in medical term.

The back pain means there is something wrong from its normal state. There are several reasons for back pain, such as trauma, infection, friction in the joints, abnormal growth of muscles or bone, congenital defect, vertebral muscle weakness, occupation straining backbone, abnormal posture during daily activities, carelessly done exercises, wearing high heal, carrying heavy load etc.

The back pain may be in different nature for instance, pain increases during rest and relief by activities, pain increases during activities and relief by rest and pain increases just by standing. In some cases along with the back pain, loss of appetite, loss of weight, pain on lower limbs, bending of vertebra may occur. Some time sneezing and coughing also exert the pain.

In most of the cases, specialist can diagnose the possible causes and types of back pain by given history, age and body movement of the patient. On the basis of provisional diagnosis, further investigations are usually prescribed to make more confirmed diagnosis; such as Blood test, X-ray, CT scan, MRI, Myelogram, Bone scanning etc. The test may be different according to need of the patients.

The type treatment is definitely differed according to the severity and the causative factor, such as deficiency of calcium and minerals in the bone cell during the old age and fracture due to trauma. The treatment may be: a simple rest and medication, complete rest and medication, use back support (patuka), physical treatment and use of belt, and operation.

Even though, physician and patient wants to rid of the problem immediately, the back pain does not cure in short time. The prolong duration of the treatment, slow improvement of the problem, inability and restriction of normal activities, and long time bed rest are the desparating things to the patient. The lumbe region as a vital parts for every day activities, patient often forget to follow the doctor's advice, which makes the treatment more difficult and extends the duration. On top of that they are not clear about the diagnosis and the nature of treatment. They feel hopeless and depressed. Thus, it is important to keep the patient informed about his/her diagnosis and prognosis by the treating doctor. In similar way patient also should keep aware of them self by seeking information about own health problem from the treating doctor or related persons.

The pain of any types makes our life difficult and the back pain is not an exception. It is wise to keep knowledge on the types of pain, which may help to simplify the problem. Here we have not describing the pain related to the diseases condition or pain that increases gradually.

In case of sudden pain due to trauma associated with uncontrolled urination and defecation, or severe pain or changes in sensation on lower limb, bring the patient immediately to the treating center. During the transportation of the patient keep him/her in flat position with little knee bend and support. As much as possible keep vertebra symmetrical and fix. However, in non-severe cases we should not worry much. Patient can recall the doctor's advise and follow accordingly such as, sleep on back, and apply ice pack with compression. NEVER APPLY HOT COMPRESSION". Many people do exercises when they feel pain. Exercise is harmful practice during acute pain state. Yes, of course pain killer tablets can be use for the time being until you reach to the doctor.

Except in special condition, doctor's treatment for the back pain is includes rest, ice pack, medicine support and physiotherapy. Patient can follow the treatment by himself at home. For the physiotherapy practices they can learn from physiotherapist for few days and practice them self at home. The methods of physiotherapy are different for different cases. It depends on the severity and nature of pain, causative factor, age, occupation and body structure of the patient. Thus patients should not compare their pain with others and exercise themselves accordingly. The causative factors may be different in similar type of pain.

Scientific study has shown that 80% of the adult populations have ever suffered from back pain and the patients who have been cured by the treatment, 90% of them got relapse cases. The reason for recurrence of problem are mostly due to improper follow up of the treatment, weight gain, extensive physical activities

bad posture during standing and sitting, long standing etc even after the first attack. Patient might have think that the disease has been cured completely thus they don't restrict them self but the reality is different. Every person has to be couscous about there back and especially the person who had been suffered with this problem in the past.

Although the right treatments and right advises are depend on doctor and physiotherapist, to prevent the recurrent (relapse) back pain is on patient's hand. Generally the person who have been suffering with back pain or cured cases should follow some important instruction in their day today life. They are: control the body weight; Avoid: sitting in bed in lotus position or leg stretching position, sitting in squatting position for longer duration, prolong standing, forward bending with leg straight position, wearing high heel shoe, heavy weight carrying on one side of the body, sleeping in spongy mattress, sleeping with big pillow, and cold environment. If possible it is good to use lumber belt or patuka.

Periodical general health check up may reduce the suffering from back pain which certainly keeps life simple, success and happy.

