

BACK PAIN BROCHURE

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DIAGNOSIS AND TREATMENT OF BACK PAIN

"The Spine is a series of bones running down your back - you sit on one end of it, and your head sits on the other."

OH! MY ACHING BACK!

If you suffer with back pain, you are not alone. Each year, 5 million working Americans visit the doctors with complaints of low back pain, second only to heart problems and it is the fifth ranked reason for hospitalization. Eighty-nine percent of the American population will suffer with low back pain. Ever since humans had the nerve to assume the upright position and become the backbone of society, their low backs have suffered.

SCOPE OF THE PROBLEM

Back pain is one of the most common health problems in the United States. It is one of the leading causes of disability and time lost from work and it is an expensive problem. The annual cost of low back pain is estimated at about sixty billion dollars. Chronic

Occurrence of Back Pain With Age
% of group Surveyed (100 Surveyed)



log back pain increasingly recognized as the major personal, social, emotional, economic, and vocational interruption.

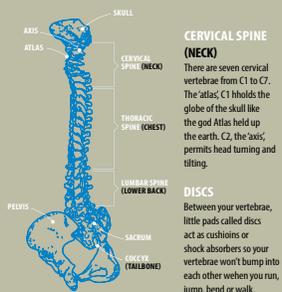
WHAT IS IN MY BACK?

It is important to understand about the back and spine as the back is working 24 hours a day, every day of the year. Every time you lift, sit, stand, or even lie down, you are using your back. Also, consider the abuse that the back takes from you - sports, obesity, improper lifting, physically reconditioned lifestyles, pregnancies, poor posture, accidents, anxiety, tension, smoking and more. Considering all these things it appears that suffering with back pain is probably more normal than abnormal.

Supporting the back is the spinal column from the base of your skull to the bottom of your tailbone, with 33 or 34 vertebrae. There are numerous problems that can develop at every level of the column, although some regions are more susceptible than others.

The largest vertebrae in the spine are the 5 lumbar vertebrae, the most frequently injured vertebrae in the spine because of the position of the lower back and the body and the resulting pressure and stress on the region. Most slipped or ruptured discs develop in the area of the lumbar spine.

SPINE MAKEUP



CERVICAL SPINE (NECK)

There are seven cervical vertebrae from C1 to C7. The atlas, C1 holds the globe of the skull like the god Atlas held up the earth. C2, the axis, permits head turning and tilting.

DISCS

Between your vertebrae, little pads called discs act as cushions or shock absorbers so your vertebrae won't bump into each other when you run, jump, bend or walk.

THORACIC SPINE (CHEST)

The twelve thoracic vertebrae, T1 to T12, are connected to your ribs. If you follow the path of your ribs around from the ribs to the sides to the back, you can feel where they attach to the thoracic vertebrae in the back.

LUMBAR SPINE (LOWER BACK)

The five lumbar vertebrae are the biggest thickest and most massive vertebrae. Because they support the weight of the entire spine, many spinal problems occur in the lower back.

SACRUM

Under the lumbar vertebrae is the sacrum, a triangular-shaped bone that connects to the hips on either side.

COCCYX (TAIL BONE)

The bottom end of the spinal column is a little piece of bone made up of four fused vertebrae, all that is left of the human tailbone. It is named after the Greek word Kokkyx, or cuckoo, because early anatomists thought it resembled a cuckoo's beak.

Between the bony vertebrae of the spine lie the useful but sometimes troublesome discs. By separating and cushioning the vertebrae from each other, discs act as shock absorbers.

While many people automatically associate severe back pain with a ruptured disc, this is usually not the cause. A very small percentage of back pain victims suffer with ruptured discs. There are numerous reasons for a back to hurt, and disc trouble represents but one of many.

BACK PANEL (MAIL PANEL)

FRONT PANEL

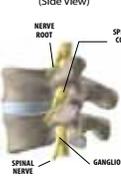
PAGE 1 PANEL

PAGE 2 PANEL

MUSCLES

Like Rodney Dangerfield, our muscles "get no respect." In fact, not only are our muscles not given the respect due, but more often than not they are perceived in a negative manner. Thus the phrase "all muscles, no brain." The muscles are very important in the back as they assist and are responsible for countless tasks. If the muscles fail to keep the joints on the back within their normal range of movement, ligaments are stretched and may be strained.

Lumbar Vertebrae (Side View)



NERVES

The human spine is a body part particularly rich with nerve supply. Oftentimes, damage of irritation of these nerves in and around the spine and the nerve roots that exit the spinal column causes the pain which we call "back pain."

The spinal cord is like an expressway to the brain. It is a delicate and sophisticated communications vehicle.

WHY DOES MY BACK HURT?

You may be thinking that all back pain is the same. Actually everyone's back pain is different. For some people, back pain means a "sore back," pain that is bothersome or aching. For others, it is severe and disabling.

Back pain is often a disorder of complex origins and symptoms. It is an indiscriminate enemy. It can originate in the muscles from some identified trauma, or have a non-traumatic onset. It can even start somewhere else in the body and later on attack the muscles of the back.

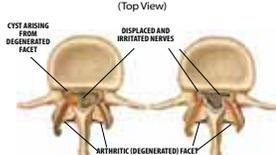
Back pain may start following muscle strain, ligament strain, fracture, slipped disc or may be due to degenerative arthritis of the spine and the joints. Sometimes, pain may be because of the scar tissue developed in the spinal canal after surgery.

FACET JOINT ARTHRITIS

The vertebrae (bones of the spinal column) have a number of joints called the facet joints that give the spinal column its flexibility and allows it to bend and twist. You have facet joints at every level of the spine, including the neck, mid and low back. Gradual deterioration of these joints develops as we grow older.

Patients with lumbar facet arthritis complain of pain in the low back, hip, and thigh area. The pain is aggravated

Arthritic Facet Joint (Top View)



by bending backwards. One may also have tender muscles over the lumbar facet joints. Even though it is not common knowledge, pain from facet joints, with or without arthritis, is the most common cause of back, hip, and leg pain.

SOFT TISSUE BACK PAIN

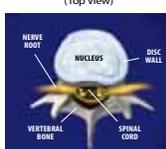
Back pain may be from soft tissues of the lower back including the muscles and ligaments, caused by sprain or strain. It is considered by some as the most common variety, even though there is no proof for this claim. Contrary to popular belief, it is seen in only a small number of patients.

RUPTURED OR HERNIATED DISC

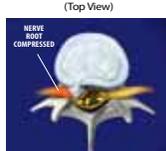
The structure of the disc is like a jelly doughnut with tough surrounding ligaments. The nucleus can rupture and break through the surrounding ligament, with or without trauma, and pinch a nerve.

In most cases ruptured disc causes pain that follows the nerve down the leg into the foot and may be associated with tingling, numbness, or weakness in the extremity. Back pain usually is not a major problem.

Healthy Disc (Top View)



Herniated Disc (Top View)



BONE SPURS

Osteoarthritis is a gradual deterioration of the spinal column that occurs in everybody by the time they are 50 years of age. Fortunately, the majority of people do not experience pain

with their arthritis and bone spurs. However, for reasons we do not know, some patients suffer quite severely.

SPONDYLOLISTHESIS

Spondylolisthesis is a condition that occurs when all or part of one vertebra has slipped onto another vertebra. This most

often occurs in the lower back and can cause a person to experience low back pain that might spread into the back part of the thigh or lower leg. You are likely to find that the pain improves by bending backwards or straightening of the spine and is made worse by bending forward at the waist.

SPONDYLOLYSIS

Spondylolysis is a defect of a vertebra. More specifically it is defined as a defect in the posterior part of the vertebral arch. The great majority of cases occur in the lowest of the lumbar vertebrae (L5), but spondylolysis

may also occur in the other lumbar vertebrae, as well as in the thoracic vertebrae. When spondylolysis is present in the spine, it means that the posterior part of the vertebra is detached and there is a separation of the joints.

It is typically caused by stress fracture of the bone, and is especially common in adolescents who overtrain in activities. Spondylolysis occurs in three to six percent of the population.

SPINAL STENOSIS

Narrowing of the spinal column around the spinal cord or nerve roots is called spinal stenosis. Spinal stenosis usually occurs with degenerative arthritis. This can lead to compression of the nerve roots which then causes pain and irritation. Patients may notice that these symptoms occur after walking a short distance. Resting may help to relieve the symptoms. Usually leaning forward or flexing the spine helps relieve irritation of the involved nerve roots. Sitting for a time may also help to relieve the pain.

Lumbar Stenosis



OSTEOPOROSIS

Osteoporosis means a porous bone. A fall, a blow or lifting a heavy object that would normally not strain can easily cause a broken bone if osteoporosis is present. The spine is one of the most common sites for osteoporotic fractures.

When the vertebral bodies break and collapse, this is known as a compression fracture. They can be a source of severe pain, not only because the bone is fractured, but because the nerves next to the spinal cord are also pinched and irritated.

PAIN MANAGEMENT THERAPY

Since chronic low back pain has many individual causes, each patient must be treated differently. Our unique approach to managing your pain is based on medical and scientific principles and treatment. We work with you to relieve your pain and all the associated problems with it. We also treat your pain as the main problem, not simply as a symptom of another problem.

This way our team can attack your problem from every angle, physical and mental. Remember, chronic low back pain is too complex a medical problem to respond with anything less than comprehensive evaluation and management.

GOALS OF TREATMENT

The major goal of pain management is to put you back in charge of your life. The overall relief from pain depends on more than just treating the damaged area of the body. It is possible that you will have to live with a certain amount of pain, but you can learn to work and enjoy life in spite of it.

Our aim is to make progress with small victories which add up and produce a big improvement in the quality of your life.

TREATMENT MODALITIES

We offer numerous possible approaches to the management of your pain, providing a holistic type of care. Some of our techniques include:

- Epidurals
- Nerve Blocks
- Neurolysis (Cryo, Radiofrequency, & Hypertonic)
- Physical Therapy
- Psychological Counseling
- Spinal Cord Stimulation

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INSIDE SPREAD PANELS



ORDERING INFORMATION:

American Society of Interventional Pain Physicians, 81 Lakeview Drive, Paducah, KY 42001. 270.554.9412. <http://www.asipp.org/brochures/default.html>