THE BODY’S MESSAGES, TISSUES THAT CAN BE TORN.

LOW BACK PAIN

Low back pain is the most common form of pain. At some point in their lives, 80% of people will experience low back pain. Half of them will have it again; in some, the pain will come and go their entire lives. Low back pain can be as simple as having a sore back after working or exercising too hard. It usually goes away quickly just by taking it easy for a while. But many experience pain that’s prolonged, severe, and disabling. If your pain is like that, an interventional pain physician might be able to help you.

WHAT CAUSES LOW BACK PAIN?

There are a number of possible causes. There are many structures in the spine that can cause pain. Most people think all back pain is caused by a ruptured disc, but mostly it’s from other causes. In the majority of cases, tests, including MRI, cannot tell where the pain is coming from. In between your spinous bones, called vertebrae, are discs. These discs act like shock absorbers. Because of disease, injury, or aging, these discs can become herniated, or bulge out. When they do, they can press down on nerves in your back, causing pain. Chances are the disc in the area can also leak out. The resulting chemical irritation can cause pain.

LOW BACK PAIN

There are many types of headaches. The most common is called tension headache. Perhaps you’ve had a bad day at work, you’re running late for an appointment, or you’ve just received bad news. All of these situations can cause stress. A tension headache occurs when the muscles in your skull, neck, upper back, or face tense up for a longer period. Another type of headache is migraine. Nearly one in five adults experience migraines. They are related to blood flow to the brain and are also known as vascular headaches. Some people experience an aura with their migraines—seeing, hearing, feeling, sometimes even smelling things that are not there. Cluster headaches occur quickly and can be quite severe. They develop behind or near the eyes and do not spread to other areas of the head. Chronic migraines have their cause located in nerves located in the neck. Pain in this area, neck, face, and shoulders can also occur with this type of headache.

HOW DO WE DIAGNOSE HEADACHES?

An interventional pain physician, similar to other physicians, may assist you with diagnosis of headaches by performing diagnostic techniques, such as checking your medical history or performing neurological tests. They are preferable to more invasive, risky, and aggressive surgery. An interventional pain physician has special training. They may receive sub-specialty certification from a specialized field in neurology, or an additional degree in it from a specialized area of medicine.

OTHER

You may experience other forms of pain. To understand what it is, causes it, and what the diagnosis is for it, please discuss with your interventional pain physician.

WHAT IS AN INTERVENTIONAL PHYSICIAN?

Interventional pain management is a specialty devoted to the diagnosis and treatment of pain and related disorders. These physicians receive additional specialized training. They may receive sub-specialty certification from a subspecialty which is part of the American Board of Medical Specialties on the American Board of Interventional Pain Physicians. An interventional pain physician applies special interventional techniques to the pain, along with other treatment modalities. Interventional treatments are minimally invasive, usually outpatient procedures that are well tolerated. They are preferable to more invasive, risky, and aggressive surgery. Interventional techniques allow patients to recover faster and return to work and their normal daily activities sooner.

An interventional pain physician has specialized training beyond medical school. This training not only covers how to diagnose and treat different types of pain, but also covers how to treat different types of pain, but also covers how to treat different types of pain. It covers how to treat different types of pain. It covers how to treat different types of pain. It covers how to treat different types of pain.