

BACK PAIN

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Most Americans will have a back injury or pain some time during their lives.

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CAUSES OF BACK PAIN

Back Pain can be caused by inflammation of joints, muscles, or ligaments.

Acute Low Back Pain is also called lumbar muscle strain or back-ache. Although quite painful, it usually improves after a few days of simple treatment.

Acute Sciatica is known as Disc Pain or radiating leg pain. Sciatica pain is often caused by nerve irritation from disc in the lower back.

Chronic low back pain and **Sciatica** are conditions of long lasting back pain. If you have pain for more than 6 weeks, more medical evaluation is needed.

SELF CARE

- Moderate activity is helpful, so exercise regularly.
- Use cold packs for 20 minutes (3 to 4 times) a day during the first few days of a muscle sprain or spasm

- Maintain good posture to keep your body's weight aligned and reduce stress on the back muscle.
- Lying on your back with a pillow under your knees or lying on your side with a pillow under your knees between your lower legs can ease pain so you can sleep.
- Maintain a healthy weight. Excess weight puts added stress on the back.
- Avoid lifting heavy objects and repeated bending and twisting.
- Change positions often during the day and use a chair with good lower back support.
- Try not to reach for objects that are above your head. Use a step stool or a device that helps you reach objects on higher shelves. Store items that you often use on lower shelves

TREATMENT

- Muscle relaxers can be used during the first few days to ease muscle spasms.
- In some instances, steroid medications may be used.
- Physical therapy may be prescribed by your doctor if you have severe incapacitating pain for more than 1 or 2 weeks.
- Call your doctor if you experience temperature over 100° for more than 48hrs.; no improvement of the pain after 3 days of self-care; nausea, vomiting, painful or frequent urination; and pain traveling down your leg, or arm with numbness or paralysis of lower limb.

Matthew 8:1-3

When he was come down from the mountain, great multitudes followed him, and behold there came a leper and worshipped him, saying Lord if thou wilt, thou canst make me clean. And Jesus put forth his hand and touched him saying I will be thou clean and immediately his leprosy was cleansed.

Sis. Esther Corners 3/2013

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