

TREATMENT FOR BACK PAIN

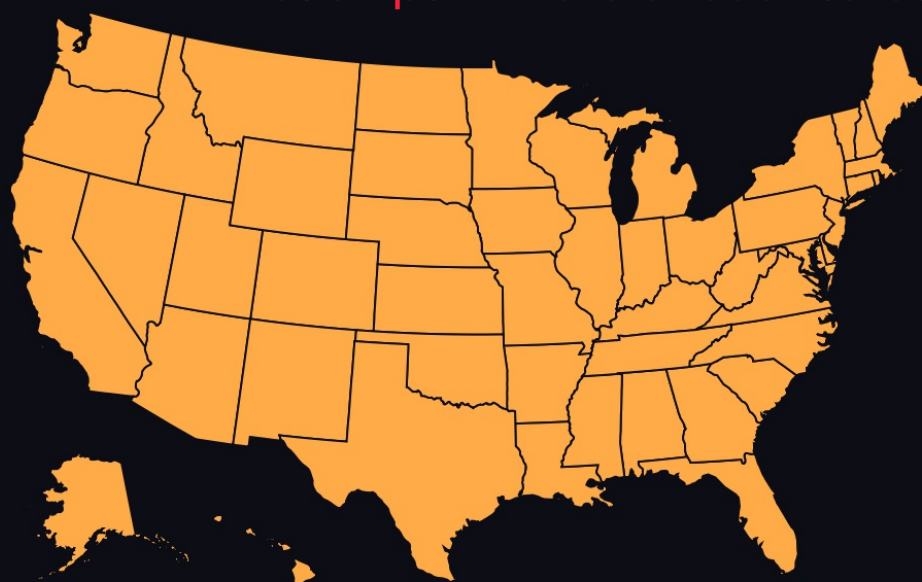


The back or spine is made up of 33 bones stacked over each other and provides support to the upper part of the body.

It can be divided into three regions i.e. cervical (upper spine), thoracic (middle spine) and lumbar (lower spine).

Inflammation in any part of spine may lead to discomfort and in certain cases may require medical attention.

An estimated 2.06 million episodes of low back pain were encountered in USA.



TYPES OF BACK PAIN

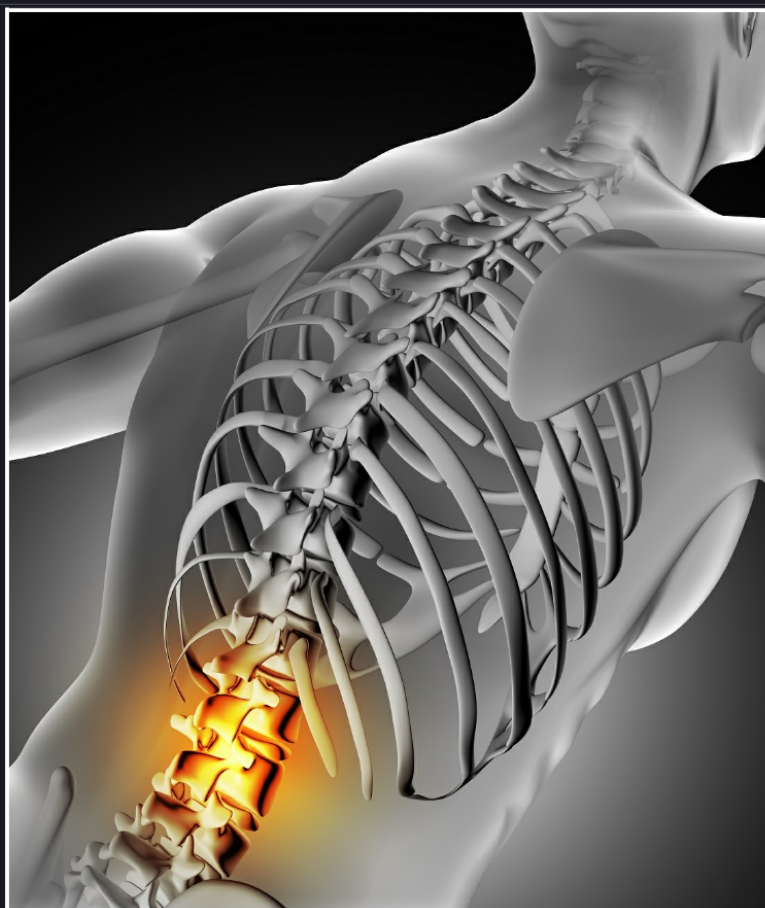


Pain persists for few weeks - **Acute**

Pain lasts more than 3 to 6 months - **Chronic**

TREATMENT

- ▶ Physical Therapy
- ▶ Rehabilitation Exercises
- ▶ Anti-Inflammatory Medicines
- ▶ Spinal Decompression Therapy
- ▶ Nerve Stimulation
- ▶ Spinal Fusion
- ▶ Laminectomy



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