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90% of people with low back pain don't get a diagnosis.

2019-05-22

30 years ago, back pain was considered a normal part of aging. But now, it's a major public health problem. In the US, more than 20 million people suffer from chronic low back pain, and it's the leading cause of disability. The cost of low back pain to the US economy is estimated at \$80 billion a year, including lost productivity and healthcare costs. The term "Low Back Pain" is used to describe a wide range of conditions, from muscle strains to herniated discs. Many people with low back pain don't get a diagnosis, and their pain can persist for months or years. The good news is that there are many ways to manage low back pain, including physical therapy, exercise, and medication. NSAID's are often prescribed for low back pain, but they can have side effects like stomach ulcers and kidney damage. Physical therapy and exercise are often the best long-term solutions for low back pain.

How to Manage Low Back Pain

Low back pain is a common condition that affects millions of people. It can be caused by a variety of factors, including muscle strain, herniated discs, and degenerative disc disease. The good news is that there are many ways to manage low back pain, including physical therapy, exercise, and medication. NSAID's are often prescribed for low back pain, but they can have side effects like stomach ulcers and kidney damage. Physical therapy and exercise are often the best long-term solutions for low back pain. There are also many natural remedies for low back pain, including acupuncture, chiropractic, and yoga. If you're having trouble with low back pain, it's important to talk to your doctor about your options. There are many ways to manage low back pain, and you can find the one that works best for you. The cost of low back pain to the US economy is estimated at \$80 billion a year, including lost productivity and healthcare costs. The term "Low Back Pain" is used to describe a wide range of conditions, from muscle strains to herniated discs. Many people with low back pain don't get a diagnosis, and their pain can persist for months or years. The good news is that there are many ways to manage low back pain, including physical therapy, exercise, and medication. NSAID's are often prescribed for low back pain, but they can have side effects like stomach ulcers and kidney damage. Physical therapy and exercise are often the best long-term solutions for low back pain.

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