

# BEATING BACK PAIN:

*Common Causes + Trusted Treatments*

## BACK-BREAKING STATISTICS

Back pain is an epidemic among US adults:



**4 in 5:** Number of US adults who will experience lower back pain



**2ND** most common cause of lost work days



**MOST COMMON** cause of disability in people aged 45 and younger



**45-64:** Most common ages for back pain

## COMMON BACK PAIN TRIGGERS and TREATMENTS

Less than 1% of back pain cases are caused by cancer or other serious illnesses. Here's a look at the most common causes and treatments:

### CONDITION

Muscle strains/  
ligamentous sprains

### CAUSE

Forceful twist or pull  
causes muscle tear or  
sprain

### TREATMENT

- Rest
- Heat and ice



### CONDITION

Herniated disc

### CAUSE

Multifactorial, in-  
cluding heavy lifting,  
trauma, bad posture,  
and other factors

### TREATMENT

- Rest
- Core stabilization  
exercises
- Physical therapy
- Epidurals
- Surgery (10% of  
cases)



### CONDITION

Osteoarthritis

### CAUSE

Gradual deterioration  
of spinal cartilage and  
joints over time

### TREATMENT

- Anti-inflammatory  
medicine
- Physical therapy
- Exercise
- Weight control
- Pain relief  
procedures



### CONDITION

Spinal Stenosis

### CAUSE

Thickening ligaments,  
enlarged joints, and  
bony spurs cause  
narrowing of spinal  
column

### TREATMENT

- Physical therapy
- Epidurals
- Anti-inflammatory  
medicine
- Surgery



### CONDITION

Fibromyalgia

### CAUSE

Cause unknown –  
rheumatic in nature.  
Involves widespread  
soft tissue pain

### TREATMENT

- Pain medications
- Anti-seizure medication
- Physical therapy
- Weight control/  
healthy diet



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### SOURCES:

<http://physicallines.org/alternatives/BackPain/4/CausesBackPain.htm>  
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# Beating Back Pain

**Timothy Field Allen**



## **Beating Back Pain:**

Beating Back Pain Anthony Campbell, 2003 Back pain has many causes and this book helps readers identify the several factors contributing to their discomfort. More important, it describes ways to alleviate back pain by following simple techniques that can be integrated with everyday living. In cases where more advanced treatment is needed, this book guides readers through the wide range of therapies offered by conventional and alternative medicine. The rapidly growing selection of Options for Health titles each present sound advice on health and fitness. Books in this series cover virtually all medical viewpoints including conventional medicine, holistic healthcare, herbal remedies, new findings from nutritional scientists, and a variety of long established, widely accepted therapies. Approximately 40 color photos and illustrations in each book.

**Prevention's Shortcuts to Big Weight Loss** Chris Freytag, 2007-12-26 A personal trainer and lifestyle expert introduces a series of ten minute workouts to help readers lose weight, burn fat, slim and tone problem areas and promote overall fitness.

**Beating Back Pain** John Tanner, 1987 *The Better Back Book* Stella Weller, 2005 Simple but effective exercises based on Pilates, yoga and the Alexander Technique to help improve posture, strengthen muscles and relieve discomfort.

*Beat Back Pain* Ruth Chambers, 2008

**Occupational Therapy for Orthopaedic Conditions** Dina Penrose, 2013-12-20 This book is written with occupational therapy students in mind as a guide to newly qualified occupational therapists and for those returning to work after a break in service. Over the years I have been asked many times by newly appointed staff whether I could recommend a book to prepare them for working with orthopaedic patients. I hope this small volume will fill the gap in the literature on the subject and that it will be useful as a quick reference book. I hope it may also fall into the hands of those in other disciplines and enable them to understand and appreciate the contribution of the occupational therapist to the rehabilitation team. This is the era of joint replacement with ever increasing demand for primary and revision surgery. Improved implants and improved surgical techniques are constantly being researched. Surgery for bone tumour is less mutilating and more hopeful than ever before. Operations to release tendons and soft tissue contractures, tendon transfers, osteotomies, spinal fusion, joint fusion etc are performed on patients with neurological problems thus improving function and appearance and preventing further deformity. These are some examples of procedures in this exciting and fast developing field while hospital beds are occupied for an ever shorter period of time and the potential for occupational therapy is enormous. If surgery is to be successful the importance of assessing the patient as a human being cannot be over emphasised. Souter 1987. This is precisely the approach of the occupational therapist.

*Hering's Guiding Symptoms of our Materia Medica*, *Dry Needling for Manual Therapists* Giles Gyer, Jimmy Michael, Ben Tolson, 2016-01-21 Designed to be a go to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling or medical acupuncture. It includes comprehensive medical illustrations demonstrating trigger point locations and associated pain referral patterns. Easy to follow instructions and photographs.

demonstrating musculoskeletal dry needling points and electroacupuncture techniques Dedicated section on the acupuncture treatment of tendinopathy Vital information on palpation and correct needling techniques Practical guidance on best practice safety and treatment planning Overviews of the history and key principles of Traditional Chinese medicine and acupuncture Up to date research on the effect of acupuncture in the treatment of MSK conditions myofascial pain trigger points MTrPS fascia and pain The book will be an essential aid for osteopaths physiotherapists sports rehabilitators chiropractors massage therapists as well as traditional acupuncturists wishing to understand a Western approach on acupuncture Other health professionals incorporating or looking to incorporate dry needling into their treatment programme will also find this book an invaluable resource

Beating the Impossible Don Schwartz,2022-08-10 Extreme athlete Don Schwartz has achieved overcome and somehow survived the impossible repeatedly A pioneer in the snowboarding world Schwartz was horrifically burned in a tragic helicopter crash at the age of twenty which left him permanently disfigured In the years following the accident Schwartz goes on to become a world level champion in various extreme sports and outdoor survival competitions From winning and losing the legendary Death Race to standing on the podium of the World s Toughest Mudder to winning Gold at the Barefoot Waterskiing World Championships Schwartz distills his inspirational perspective to provide insight into any sort of obstacle that life might erect Despite a dizzying series of triumphs and calamities Schwartz remains motivated throughout all the while suffering debilitating PTSD that he didn t even recognize he had With an infectious positivity this riveting and honest first person account gives readers intimate access to a life that has been a million miles from ordinary

The American Journal of Homœopathic Materia Medica ,1869 **The Formidable Earl** Sophie Barnes,2020-11-17 He s breaking the rules for one woman and coming dangerously close to falling in love Simon Nugent Earl of Fielding knows he s flawed He s arrogant possessive and haunted by a terrible choice he made long ago So when a former friend s daughter gives him the chance to do a good deed he grabs it Except he d like to grab her as well and teach her a thing or two about kissing If only she weren t so damn stubborn Ida Strong wants one thing justice on behalf of her father She has no room for anything else in spite of her growing and at times inexplicable attraction toward a certain earl But for a woman who knows what betrayal tastes like placing her trust in others is hard Risking her heart would be downright foolish Until it s the only thing that seems to make sense *Jahr's New Manual (or Symptomen-codex)* ,1848 **The Encyclopedia of pure materia**

**medica v. 5, 1877** Timothy Field Allen,1877 *Men's Health* ,2006-04 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle Hull's Jahr; A New Manual of Homoeopathic Practice Gottlieb Heinrich Georg Jahr,1860 **Hull's Jahr: Symptomatology** Gottlieb Heinrich Georg Jahr,1885 *Ski* ,1988-07

**The New England Medical Gazette** ,1888 **Pleasure** Nicholas J. Pappas,2024-10-01 Nicholas J Pappas explores the deeper meanings of pleasure and existence and the interplay between philosophy and personal experience In a friendly conversation two subtle thinkers consider various grades of pleasure from immediate gratification to long term fulfillment

and personal growth while highlighting the importance of balance and a consideration of how pain can turn us in the right direction Two discerning characters meet in Las Vegas for a serious talk exploring the deeper meanings of pleasure and existence along with the interplay between philosophy and personal experience While analyzing how we spend our time and what makes life worthwhile they come to insightful realizations that help set real priorities seeing through superficial qualities and searching for what really matters in life Through the characters in his latest book *Pleasure A Search for Meaning in the City of Sin* Nicholas J Pappas examines various aspects of pleasure ranging from immediate gratification to the profound satisfaction that comes with forming a deep rapport with another person They also discuss the sources of long term fulfillment and personal growth Notably they recognize that pain can sometimes be useful essential even in guiding us in the right direction Their conversation sometimes funny sometimes surprising highlights the necessity of nourishing the heart through connections with others the significance of honesty and self reflection and the necessary quest to understand one's place in the world

**The Chronic Diseases; Their Specific Nature and Homoeopathic Treatment** Samuel Hahnemann, 1846

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