4 Spinal Regions (C, T, L, S)

1. Cervical Spine (C1-7)
2. Thoracic Spine (T1-12)
3. Lumbar (L1-5)
4. Sacrum (S1-5)-Usually fused
84% Get Lumbar/Sacral Pain

70% Get Neck Pain

20% Get Thoracic Pain

90% Get Better in 1 Year

40% Have Recurrence in 1 Year
Two Types of Symptoms

1. Mechanical
   - Changes with:
     - Movement, Position and Activity

2. Non-Mechanical
   - Does not change with:
     - Movement, Position and Activity
Non-Mechanical

- Rare

- May indicate a more serious problem
Mechanical

1. Back/Neck Dominant

2. Leg/Arm Dominant
Mechanical: Back Dominant

Changes with activity and position

Can be:
  Sharp/Dull
  Spasm
  Intense/Mild

Almost always gets better

We often can’t determine the exact problem
Mechanical: Leg Dominant

Changes with activity and position

Can be:
- Sharp/Dull
- Spasm
- Intense/Mild
- Shooting
- Numbness or Weakness

Almost always gets better but may need some help
  - Medication
  - Exercise and Advice

Two Main Types
- 1) Disc Herniation (Sciatica)
- 2) Stenosis (Degenerative)
Mechanical: Leg Dominant

Disc Herniation (Sciatica)
• Common in younger individuals (below 60)
• Usually gets better without invasive treatment
• Often Constant
  • Better with lying down and walking
  • Worse sitting and standing

Stenosis (Degenerative)
• Common in older individuals (over 60)
• Usually gets better without invasive treatment
• Comes on with standing, walking and running
• Much better or absent when sitting
Red Flags

- Changes in bowel or bladder function
- Numbness in groin/genitals
- Progressive weakness in foot or leg
- Fever/high risk of infection
- Pain result of an injury (History of Osteoporosis)
  - Car Accident
  - Fall
- History of cancer
  - Especially: Prostate, Breast or Lung
- Severe night pain
- Unexplained loss of weight
- Not getting better
Imaging (X-Ray, MRI, CT)

- Useful in 2 situations
  1. To rule out more serious pathology (Investigate Red Flags)
  2. Investigate surgical options

- Only 1/2500 images show an important finding
  - Non symptomatic people have positive imaging findings
  - Not predictive of future back pain
  - Not predictive of recovery
Imaging (X-Ray, MRI, CT)

- Danger
  - Radiation
  - Cost$
  - Increase risk of invasive procedures
  - Impact on attitude
Yellow Flags

Back pain is harmful and disabling

Fear of condition and avoidance of activity/movement

Depression/isolation

Belief in passive over active treatments
Treatment

1. Develop accurate beliefs and expectations
   - Hurt does not equal harm
   - Sore but safe
2. Move (No activity = worse recovery)
   - Motion is lotion
3. Supportive care (combined with exercise)
   - Manual therapy
   - Medication
   - Last resort—Invasive interventions
Study Participants

- 65 years and older
- Back or leg pain for at least 3 months
- Able to walk independently
- No recent surgery on back or legs
- No new treatment for condition
- Would like to learn some cutting edge information about pain
- Could use 20$
Contact Information

rufaa@upstate.edu

(315)464-4883

Twitter: @arufa