

Anatomy of Lower Back Pain and Its Symptoms and Causes

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DESCRIPTION

Lower back pain is one of the most prevalent musculoskeletal conditions that affect people of all ages and genders are lower back pain [1]. Almost 80% of adults are thought to suffer from lower back discomfort at some point in their life. There are many different things that can lead to lower back discomfort, such as illness, injury, and bad posture.

Anatomy of the lower back

To understand the causes of lower back pain, it is important to have an understanding of the anatomy of the lower back. The lower back is made up of five lumbar vertebrae, which are the largest vertebrae in the spine. These vertebrae are connected to each other by intervertebral discs, which act as shock absorbers and allow for movement in the spine [2-4]. The muscles, ligaments, and tendons in the lower back provide support and stability to the spine and allow for movement in the hips and legs.

Causes of lower back pain

Various factors in lower back pain:

Strains and sprains: Strains and sprains occur when the muscles, ligaments, or tendons in the lower back are stretched or torn. This can be caused by lifting heavy objects, sudden movements, or overuse.

Herniated discs: Herniated discs occur when the intervertebral discs in the spine become damaged or ruptured.

Spinal stenosis: Spinal stenosis is a condition in which the spinal canal narrows, putting pressure on the nerves in the spine. Leg ache and a feeling of weakness may result from this.

Osteoarthritis: Lower back joints are susceptible to this degenerative joint condition. Pain, stiffness, and loss of motion may result from this.

Spondylolisthesis: Spondylolisthesis is a condition in which one vertebra in the spine slips out of place and onto the vertebra below it.

Poor posture: Poor posture can put strain on the muscles, ligaments, and tendons in the lower back, leading to pain and discomfort.

Obesity: Obesity can put extra strain on the lower back, leading to pain and discomfort [5].

Symptoms of lower back pain

Pain: The pain can be dull or sharp and can be felt in the lower back or in the legs.

Stiffness: Stiffness in the lower back can make it difficult to move or bend.

Numbness or tingling: Numbness or tingling in the legs can be a sign of nerve compression.

Weakness: Weakness in the legs can make it difficult to stand or walk [6].

Loss of mobility: Lower back pain can make it difficult to perform everyday tasks, such as lifting objects or bending down.

Treatment options for lower back pain

The origin and degree of the pain will determine the best course of treatment for lower back pain. Among the most popular forms of therapy are:

Rest: Resting the lower back can help reduce inflammation and allow the muscles, ligaments, and tendons to heal.

Physical therapy: Physical therapy comprises moving and exercising the body with a focus on the back, upper arms, and legs. It is a part of rehabilitation. It can help patients stand, balance, walk, and climb stairs more effectively by enhancing joint and muscular function.

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