

Acupressure Points For Sciatica

The majority of back pain is nonspecific and idiopathic. Common underlying mechanisms include degenerative or traumatic changes to the discs and facet joints, which can then cause secondary pain in the muscles and nerves and referred pain to the bones, joints and extremities. Diseases and inflammation of the gallbladder, pancreas, aorta and kidneys may also cause referred pain in the back. Tumors of the vertebrae, neural tissues and adjacent structures can also manifest as back pain.

Back pain is common; approximately nine of ten adults experience it at some point in their lives, and five in ten working...

Back pain An episode of back pain may be acute, subacute or chronic depending on the duration. Discomfort can radiate

to the arms and hands as well as the legs or feet, and may include numbness or weakness in the legs and arms. The Cochrane Database of Systematic Reviews (6) CD007612 Back pain (Latin: dorsalgia) is pain felt in the back. 2010). The lumbar region is the most commonly affected area. The pain may be characterized as a dull ache, shooting or piercing pain or a burning sensation. It may be classified as neck pain (cervical), middle back pain (thoracic), lower back pain (lumbar) or coccydynia (tailbone or sacral pain) based on the segment affected. "Advice to rest in bed versus advice to stay active for acute low-back pain and sciatica"
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