

# Pain-Nonspecific Back pain

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

## Definition

Nonspecific back pain refers to pain in the back due to an unknown cause.

## Alternative Names

Back pain - nonspecific

## Causes, incidence, and risk factors

Back pain is one of the most common complaints treated by physicians. Nearly four out of five people will have back pain at some time in their life. Most of the time, the exact cause of the pain can not be found.

Back pain can develop in association with a number of causes, including muscle strain, injury to the back, overuse, muscle disorders, pressure on a nerve root, poor posture, and many others. Pregnant women, smokers, construction workers, and people who do repetitive lifting all have increased risk of back pain. (See also low back pain).

## Symptoms

- Low back pain
- Pain in any part of the back
- Pain may radiate to the buttocks or upper leg(s)

## Signs and tests

A physical examination focused on the back, the abdomen, and the extremities may confirm back pain or muscle spasm, but the examination does not reveal a specific cause (such as a herniated disk) or any neurological problem (such as weakness or change in sensation).

X-rays of the spine are usually normal. Further work-up may include a CT scan or MRI of the spine.

## Expectations (prognosis)

Most cases of nonspecific back pain resolve on its own or respond to treatment. It is helpful to sleep on a firm mattress, with a board under the mattress, or even on the floor. Heat or ice applied to the affected area may provide some relief.

## Complications

Chronic pain can develop which can be debilitating and keep people out of work.

## Calling your health care provider

Call for an appointment with your health care provider if there is significant pain that persists beyond a week.

Call your health care provider if you have been diagnosed with nonspecific back pain and the pain changes in intensity or quality. This is particularly important if the pain travels down the legs below the knee (suggesting pressure on the nerves as they leave the spinal cord), or if there is weakness or numbness in a leg.

If you develop progressive weakness, urinary incontinence or bowel incontinence, or if you have numbness in your groin or anal region, you should get to an emergency room or call the local emergency number (such as 911).

## **Prevention**

Prevention is very important, given the tremendous number of people who suffer from this problem. Maintain your weight in a healthy range and keep the back muscles strong and flexible to help prevent back problems.

Good posture and correct technique when lifting heavy objects (lifting with legs, keeping back straight) or carrying heavy objects (keep object close to body) are also beneficial.