

Everything You Should Know About Low Back Pain



- 1 **31 MILLION AMERICAN** experience low back pain at any given time.
- 2 Low back pain is the **#3 MOST COMMON REASON** for visits to the doctor's office
- 3 Most people with low back pain recover, however **RECURRENCE IS COMMON.**
- 4 Low back pain is the **#1 LEADING CAUSE** of disability, preventing many people from engaging in work as well as other everyday activities.
- 5 Low back pain can affect people of all ages, **FROM ADOLESCENCE TO THE ELDERLY.**

5 COMMON TRIGGERS OF LOW BACK PAIN

AGE : Low back pain becomes more common with advancing age. We lose bone strength and muscle flexibility with age.



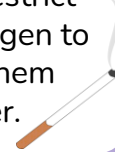
WEIGHT GAIN: Being overweight, obese, or quickly gaining significant amounts of weight can put stress on the back and lead to low back pain.



BAD POSTURE: Working at a desk all day can contribute to pain, especially from poor posture or sitting in a chair with not enough back support.



SMOKING: It can restrict blood flow and oxygen to the discs, causing them to degenerate faster.



MENTAL HEALTH: Mood, depression, and stress can all cause back pain.

How is low back pain diagnosed?



Blood tests



Bone scans

Diagnostic Imaging Tests for Low Back Pain



CT scan



MRI



X-ray

How is low back pain treated?

- Chiropractic care
- Massage therapy
- Physical therapy
- Acupuncture
- Injections of pain medication or a special bone lubricant
- Surgery

Get the **RIGHT** care at the **RIGHT** time



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關於腰痛，您必須知道的事



- 1 約有3100萬美國人經歷過腰痛
- 2 腰痛是看醫生的第三大常見原因
- 3 大多數患有腰痛的人可以康復，但亦容易復發
- 4 腰痛是致殘的主要原因之一，導致許多人無法正常工作和進行其他日常活動
- 5 腰痛會影響到每個年齡層，從年輕人到老年人

5個腰痛的常見誘因

年齡： 隨著年齡的增長，腰痛變得越來越普遍。我們會逐漸失去骨骼強度和肌肉柔韌性。



體重過高： 超重，肥胖和體重的快速增加，會增加腰部負荷引起腰痛。



姿勢不當： 整天在辦公桌前工作會加劇疼痛，尤其是姿勢不當或坐的椅子沒有足夠的背部支撐時。



吸煙： 吸煙會限制血液和氧氣流經椎間盤，從而使腰部椎間盤退化加快。



心理健康： 負面情緒、沮喪和壓力都有可能引起腰痛。

如何診斷腰痛？



驗血



骨骼掃描

腰痛的診斷性影像學檢查



CT 檢查



磁力共振



X光掃描

如何治療腰痛？

- 整脊療法
- 按摩療法
- 物理療法
- 針灸
- 注射止痛藥或特殊的骨潤滑劑
- 手術

在正確的時間
選擇合適的治療



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