



Regd. No.3095/DMC
Dr. Shankar Acharya

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Senior Consultant & Chairman Department of Ortho Spine Surgery
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LOWER BACK PAIN

Lower back pain is a widespread health issue that affects people of all ages, whether they live in cities or rural areas. It can range from a mild ache to severe discomfort, often making it hard to perform daily tasks. Dr. Shankar Acharya, a highly experienced spine surgeon with 30 years of expertise, offers comprehensive care for patients with lower back pain at Sir Gangaram Hospital, New Delhi.



What is Lower Back Pain?

The lower back, also known as the lumbar region, supports much of the body's weight and is crucial for movement and flexibility. Pain in this area may arise from muscles, ligaments, joints, or the spine itself.

Common Causes of Lower Back Pain

1. Strain or Injury
 - Lifting heavy objects, incorrect posture, or sudden movements can strain muscles or ligaments.

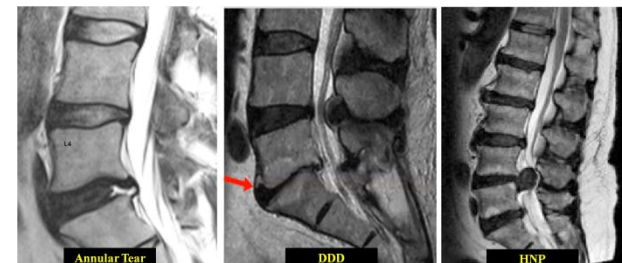
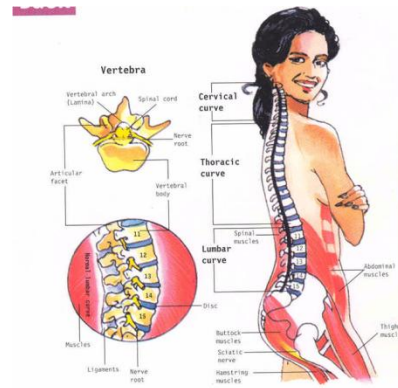
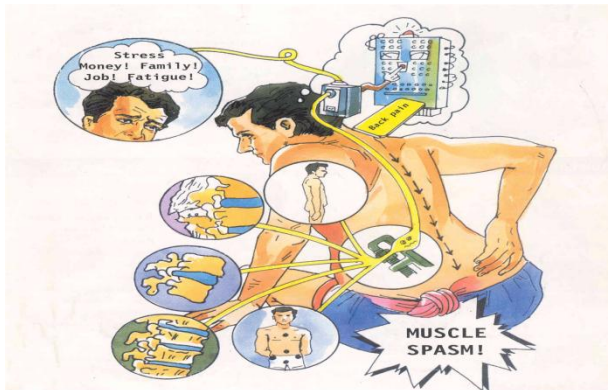


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- Falls or accidents may cause injuries to the spine or surrounding tissues.
- 2. Lifestyle Factors
 - Prolonged sitting, lack of exercise, or obesity put extra pressure on the lower back.
- 3. Medical Conditions
 - Herniated Disc: A damaged spinal disc that presses on nearby nerves.
 - Arthritis: Joint inflammation in the spine.
 - Osteoporosis: Weakening of bones, leading to fractures.
 - Spondylosis: Age-related wear and tear in the spine.
- 4. Infections and Tumors
 - Rare but significant causes like spinal infections or tumors can lead to persistent back pain.
- 5. Psychological Factors
 - Stress, anxiety, or depression can sometimes amplify the sensation of pain.





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Symptoms of Lower Back Pain

- Dull or sharp pain in the lower back.
- Stiffness, especially after waking up or sitting for long periods.
- Pain radiating to the legs, often associated with sciatica.
- Difficulty standing, walking, or bending.
- In severe cases, numbness or weakness in the legs.

When to See a Doctor

Consult a doctor immediately if you experience:

- Pain lasting more than a few weeks.
- Severe pain that disrupts sleep or daily activities.
- Fever, weight loss, or other unexplained symptoms.
- Weakness or numbness in the legs.

Diagnosis:

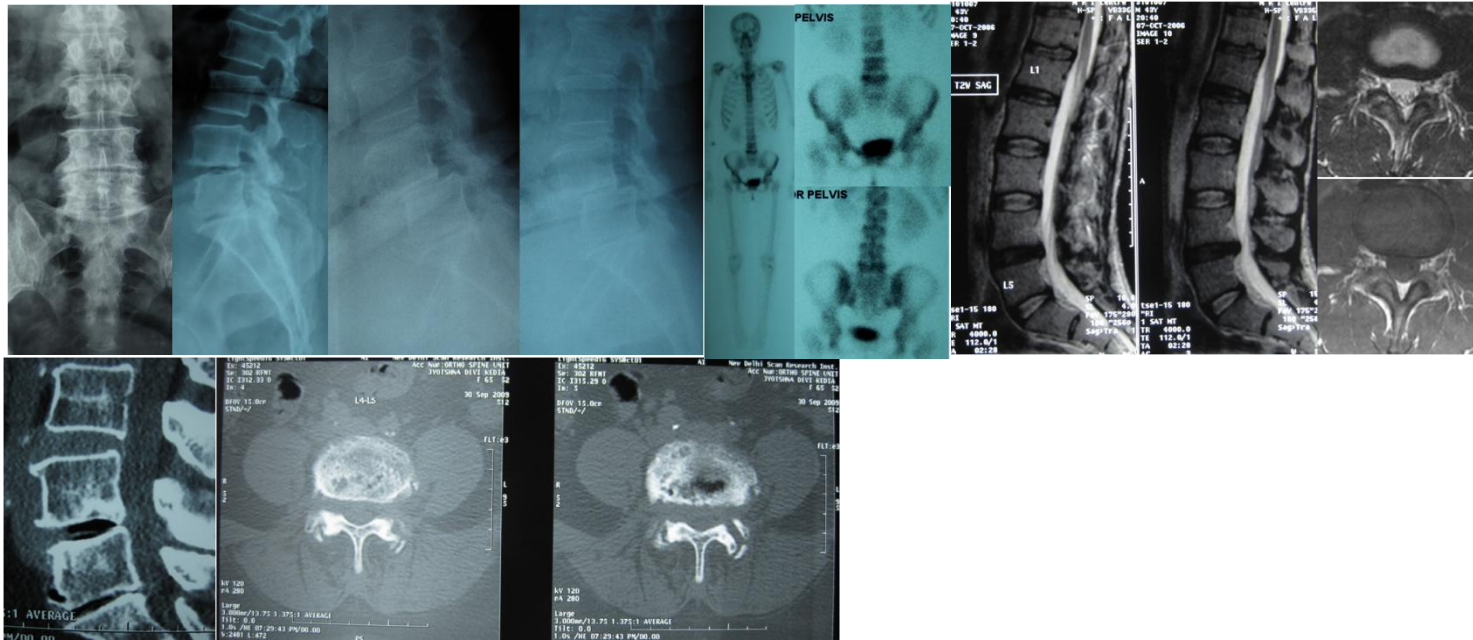
- A thorough examination, including your medical history and physical tests, is performed.
- Imaging tests like X-rays, MRI, or CT scans may be used to identify the cause.



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Preventing Lower Back Pain

- Regular exercise to strengthen back and core muscles.
- Use proper techniques when lifting objects.
- Ensure ergonomic furniture for work and study.
- Take breaks during long hours of sitting or standing.



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Treatment Options:

1. Lifestyle Modifications

- Maintain a healthy weight, practice good posture, and avoid prolonged sitting.

2. Medications

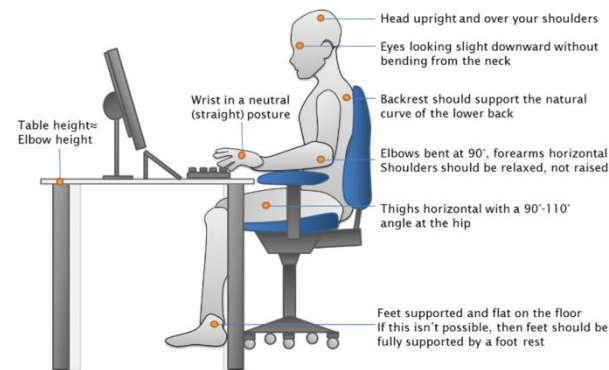
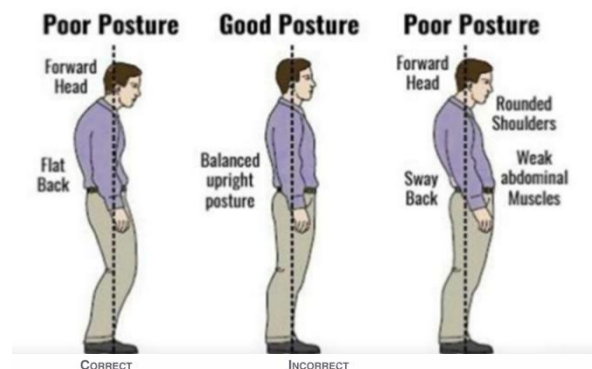
- Pain relievers, anti-inflammatory drugs, or muscle relaxants as prescribed.

3. Physical Therapy

- Exercises to strengthen muscles and improve flexibility.

4. Advanced Treatments

- Injections, minimally invasive procedures, or surgery for severe cases.





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Why Choose Dr. Shankar Acharya?

With over 30 years of experience, Dr. Shankar Acharya specializes in diagnosing and treating lower back pain using the latest advancements in spine care. At Sir Gangaram Hospital, patients receive personalized treatment plans to address their specific needs, ensuring the best possible outcomes.

If you or a loved one is struggling with lower back pain, don't hesitate to seek expert care. Early diagnosis and treatment can significantly improve your quality of life.



SIR GANGA RAM HOSPITAL *Trust of Generations*

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Official Website

www.SpineSurgeonInIndia.com