

## Treating Back Pain Today

Have you ever suffered from back pain? If so, then you already know how devastating and debilitating the condition can be. It can keep you from working, from playing and even from sleeping. Back pain can make it impossible to get comfortable, and life can essentially come to a standstill. Fortunately, finding effective ways of treating back pain is now easier than ever before.

Every year, more than 65 million Americans report some sort of back pain. The condition is extremely common, and it is one of the leading reasons that people seek medical care.

Aside from the obvious pain that comes with it, back pain is also highly inconvenient. It can disrupt your work, family commitments, and routine daily activities. Some people suffering from back pain find that they're forced to forego taking part in recreational activities and sports, simply because the required movements would put too much stress on their backs. Others are in so much pain that tasks as simple as standing up become impossible feats.

Recent advances in medical science, research and technology have created many new treatment options for people who suffer with chronic back pain. Each method can affect the pain and the patient in different ways, so it's important to get the advice of a doctor before treating back pain.

Some common back pain treatment options are as follows:

### Drug Therapy

A wide variety of drugs are now available to treat various symptoms and causes of back pain. These medications include pain relievers, anti-inflammatories and relaxants to ease muscle tension and spasm. Some of these drugs are available over the counter, while others require a prescription. Many of these medications can bring about side effects, so be sure to consult your doctor before taking any of them.

Here are some of the drugs commonly used in treating back pain:

- \* Acetaminophen: Anacin 3, Tylenol, Phenaphen, and Valadol
- \* Non-Steroidal Anti Inflammatory Drugs (NSAIDs): Aspirin, ibuprofen, Naproxen, and Ketoprofen
- \* COX-2 Inhibitors: Celecoxib
- \* Opioids: morphine and codeine
- \* Muscle relaxants: Valium, cyclobenzaprine, and carisoprodol.

### Chiropractic Therapy

This popular and effective form of back pain treatment requires manual manipulation by a professional chiropractor, therapist or other qualified health professional. The therapy is believed to help relieve back pain by taking pressure off sensitive neurological tissues, thus restoring and increasing blood flow. Chiropractic therapy is also useful in treating back pain as it triggers a series of chemical reactions in the body, and releases endorphins and other natural pain killing hormones.

### Epidural Injections

This method of treating back pain is considered to be passive, as it is applied directly to the individual. Steroid medications are injected into the spine and as the drugs travel throughout the entire spinal column, the inflammation of the affected area is decreased and the patient enjoys welcome pain relief.

### Massage

This therapeutic form of treating back pain is often used to treat those suffering from difficulties in the lower back. Massage is the manual manipulation of muscles, and it is said to improve the blood flow, reducing muscle stiffness and increasing the range of motion. Massage may also trigger the body to release natural painkillers, such as endorphins.

It's no longer necessary for those suffering from back pain to give their lives over to the discomfort. There are many ways of effectively treating back pain. Speak with your doctor about the treatment method that's best for you.