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# First Health Associates, PC

## *Chiropractic Treatment & Prevention*



## THE NINE WARNING SIGNS OF SERIOUS LOW BACK PAIN

BY PAUL KOLASKI, DC

When man assumed the upright posture, he focused 60% of his body weight, coupled with dramatic movements, on an area of his spine that is less than three inches in diameter. Is it any wonder that we suffer low back pain?



Dr. Kolaski is a partner & owner chiropractor with FIRST HEALTH ASSOCIATES. He received her Doctorate of Chiropractic in 1970 from The National University of Health Sciences in Lombard, IL.

No one likes to run to the doctor immediately. And, if you've had no history of debilitating back pain, it's O.K. to wait a few days to consult a health care professional; however if after three days there is no relief, or if you've had previous episodes of moderately debilitating back pain, it's a good idea to seek professional advice.

The good news is **that if acute low back pain is treated soon after the initial bout, most pain can be managed and eliminated relatively easily and inexpensively.** There are times, however, when back pain is more than a simple problem and requires a detailed clinical work-up, including blood tests and more sophisticated scanning techniques.

While representing only a small percentage of back pain, things like cancer, infections, including bone or urinary tract, cauda equina syndrome (severe choking of the spinal cord), or spinal fractures typically demonstrate one or a combination of the following red flags or warning signs:

- 1) **Your pain is not relieved by rest or worse while at rest,**
- 2) **You've lost weight without diet or change in habits,**

- 3) **You're experiencing bowel or urinary pattern changes or excessive dribbling after urinating,**

- 4) **You are running a fever,**

- 5) **You are experiencing skin or urinary tract infections**



- 6) **You have a previous history of cancer**

- 7) **You abuse drugs including recreational, prescription or performance-enhancing steroid type drugs,**

- 8) **Pain shooting down both legs and rapid loss of leg strength, or**

- 9) **You are over 50 years of age with history of osteoporosis, diabetes or arteriosclerosis.**

If you demonstrate any of these symptoms in connection with low back pain, it's a good idea to seek professional advice.

Running a few simple tests will put yours and your health care providers minds to rest and will start you on the road to recovery.

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