

Free Report

For Your Health

The Disability Guys Guide™ to Your Back

Pain, Injury and Lost time from work

(What You Need to Know To Minimize Lost Time from Your Job)

Back Pain Affects 8 out of 10 People
Are You One of Them?

Back pain, especially in the lower back, is something most people unfortunately experience at some time in their lives. Seating posture, tensions, and simple strains can often cause back pain. Add in being active, getting older and more serious issues like a slip and fall, a motor vehicle accident or lifting related injuries and all of a sudden you have debilitating back pain.

After all, the lower back supports most of the weight of our bodies—it's natural that it would be subject to a certain amount of stress. The key issue is determining the cause of the back pain and working towards reducing the negative effects. If you're suffering for more than a few days, especially if you're not sure what might have caused the pain, you should see your doctor.

As a New York Disability Attorney helping injured and disabled people everyday, I have learned a bit about back pain and want to help you understand what is going on so that you can best help yourself. It's pretty simple — it's about what you know so you can ask the right questions and do the right things.

Let me remind you. I am not providing you with legal advice (see the fancy disclaimer below) and I am certainly NOT providing you with Medical Advice. What I am providing is a starting place for you to begin to get information and answers to your questions so that you can then make more informed decisions about your medical care and your legal rights before you ever speak to an attorney or see the doctor.

I hope you find this information useful.

Another useful Consumer Guide from
TheDisabilityGuys™ ©2010 Markhoff & Mittman PC
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www.thedisabilityguys.com
www.markhofflaw.com

Disclaimer: This report is for informational purposes only—not legal advice. Every case is based on its own facts and circumstances; you should contact a legal professional about your case!

Initial Treatments for Common Low Back Pain

- Rest for 2-3 days
- Take an anti-inflammatory medication
- Apply heat (heating pad, hot water bottle hot bath)

Did you know?

The most important treatment for common low back pain is to strengthen you back muscles by exercising? Increasing the strength and flexibility of your back muscles places less pressure on your spine which is a cause of all this pain! Ask your doctor about exercises that are right for you!

WARNING!

Your Back Pain Might Be the Sign of a Serious Condition—
Contact Your Doctor Immediately if You are also Experiencing Any of These Symptoms:

- Fever, chills sweats or other signs of infection
- Difficult Controlling Your Bowels or Bladder
- Pain running down your leg
- Back pain persisting beyond a few days
- Any other unusual symptoms



WHAT IS A HERNIATED DISC?

Herniated discs, also known as slipped or ruptured discs often cause significant back pain. Your backbone (spine) is made up of bones (vertebrae) and a spongy-like cushion (disc) in between the vertebrae -



which allows you to move your backbone. Sometimes due to age, trauma and wear and tear the material inside the disc may leak out (herniate). Since the nerves of the spine are very close to these discs there is a chance that the leaking disc could press on those nerves and can cause pain, numbness, weakness and other problems.



The 'discs' of your lower back are neighbors with the nerves for your legs, bowels and other internal organs—serious herniations can cause serious problems!

3 Most Common Symptoms of a Herniated Disc

- 1 **Pain in your leg.** If your herniated disc is in your lower back, you are most likely to feel pain in your butt, thigh, leg below the knee and possibly your foot. In fact, if untreated it could cause permanent nerve damage.
- 2 **Numbness or tingling** in the area of the body which is most impacted by the affected nerve.
- 3 **Weakness in the muscles** served by the affected nerves. This may cause you to stumble, fall or be unable to climb stairs.

Useful Resources

For more detailed information about taking care of your back, back treatments and surgeries, you might want to take a look at some of these.

Markhoff & Mittman Website

- NY Mid and Low Back Injury Medical Treatment Guidelines
www.markhofflaw.com/library/MidandLowBackInjuryMTG2010.pdf

Other Sources of Information

- MedLinePlus
www.nlm.nih.gov/medlineplus/
- National Institute of Neurological Disorders and Stroke
www.ninds.nih.gov/disorders/backpain/detail_backpain.htm
- **Back.com**—www.back.com

Strengthen Your Back BEFORE Pain Sets In

Strengthening the muscles that support your spine can prevent, reduce and in some cases even eliminate back pain. It's important to give your spine good support while keeping your body properly aligned. This is often accomplished by developing what is referred to as good "core strength." - the combination of abdominal muscles and your back and how well they maintain the alignment, support and stability our backs require.

Back pain can also be prevented by practicing safe bending and lifting techniques, good posture, weight control and the shoes you wear—proper support and cushioning can go a long way in preventing back pain, especially if you are standing on your feet or walking all day!

Speak to your doctor before starting any exercise program especially you haven't exercised for a while.

*Is your back injury the result of a work-related accident?
Do you have questions about how to obtain medical care or receive appropriate benefits?
Call us for a FREE evaluation. We're here to help!*



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Call Today!