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## What are the detrimental effects of unrelieved postoperative pain

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JAMA Surg. 2019 Oct 16. Photo Courtesy: Paul Bradbury/OJO Images/Getty Images The term "backache" is a very broad term — it can describe many different forms of back pain — and the causes behind back pain can vary greatly, too. Part of the reason for this wide range of backaches is the many different conditions and experiences that can cause a backache in the first place. This also means that backaches can have a wide range of treatments. If you're experiencing chronic or severe back pain, it's always a good idea to talk to your doctor about it as soon as you can. Learning about some of the common causes of backaches can also help you pinpoint potential reasons for your pain and help you learn how to avoid it in the future. Sprains/injuries are one of the most common causes of backaches. Playing a contact sport, recovering from a fall or simply twisting your body in an uncomfortable way may all contribute to back pain. Often, the injuries that cause backaches are tears in the muscles and other tissues supporting your spine. Sprains and strains like these usually happen if you twist your body or lift something the wrong way. In most cases, they heal quickly with rest and restricted movements. Fractures/Like a sprain, a fracture may also occur in the vertebrae in your back due to an injury from playing sports or falling. Fractures are much more serious, however, and can often result in chronic back pain that grows in severity if you don't get treatment. If you have osteoporosis, the condition can weaken your bones and cause fractures, too. Osteoarthritis/Osteoarthritis develops when the cartilage protecting the ends of your bones, particularly your vertebrae, wears down and leads to pain and joint damage. As your vertebral discs become compressed, you may experience back stiffness and back pain. This happens more commonly in older adults, particularly those who were very active in their younger years. This is similar to another condition called intervertebral disc degeneration or degenerative disc disease, which occurs when discs in your back start to break down due to the aging process. Herniated Discs/When a disc in your spine ruptures — meaning it moves into a position it shouldn't be in — it's often called a herniated disc or slipped disc. If the herniated disc pinches a nerve in your spinal cord, you'll likely feel pain almost immediately. Your doctor may need to do an X-ray to diagnose this condition, but exercise and pain medication can usually relieve it. Sleeping Positions/Photo Courtesy: Westend61/Getty Images Some backaches result from personal habits rather than medical conditions. One example of this is the position you choose to sleep in. Sleeping on your stomach arches your back in an uncomfortable way, so doctors recommend either sleeping on your back with a pillow under your knees or sleeping on your side with a pillow between your legs. The added cushioning in these positions helps to keep your back straight and aligned throughout the night. Obesity/If you have obesity, you may experience increased stress on your joints, which makes you more likely to experience back pain or backaches. Maintaining a lower weight may help reduce your backaches. Fibromyalgia/Fibromyalgia is a condition that causes pain in the muscles, ligaments and tendons all over your body. This means that backaches may only be one source of pain you're living with if you have this condition. Another key sign of fibromyalgia is fatigue. There are several medications available for treating the symptoms of this condition. Pregnancy/One of the most common symptoms of pregnancy is back pain, especially in the lower back. Most of this is due to the way weight is distributed during pregnancy (having most of the extra weight in the lower abdomen makes it harder to keep the back straight and aligned). As a parent gets closer to their due date, some of that back pain may also result from the baby placing pressure on the lower back as it grows within the uterus. Improper Posture/If you don't maintain good posture, your muscles and ligaments have to work harder to keep your body balanced. This can lead to backaches, headaches and fatigue. To alleviate these symptoms, try reminding yourself to stand up straight with your shoulders back. Stress and Anxiety/Photo Courtesy: Maskot/Getty Images Most of the common causes of backaches come from physical conditions or movements, but in the case of stress the cause is more emotional and psychological. When you're feeling extremely stressed or filled with anxiety, your body may respond by causing tension in your back. Similarly, depression may also lead to feelings of back pain and stiffness. Seeing a therapist or counselor may help ease back pain associated with stress, anxiety or depression. Resource Links: "Back pain | Causes, exercises, treatments," Versus Arthritis "Low Back Pain Fact Sheet," National Institute of Neurological Disorders and Stroke "Osteoarthritis (OA) | Arthritis," Centers for Disease Control and Prevention MORE FROM SYMPTOMFIND.COM Photo Courtesy: Chinnapong/iStock If you are like more than 25 million adult Americans who have chronic pain every day, you know it is a big problem. It can significantly impact the quality of life that a person has. For some, chronic pain can be so severe that it can lead to depression. In many cases, you cannot cure chronic pain, but you can manage it so that the pain is not the focus of your daily life. Here are ten ways to manage chronic pain. Medication is usually the first line of defense for those with chronic pain. There are many pain relievers available; some are over-the-counter, while others require a prescription from your doctor. They range from acetaminophen to opioid painkillers, which are habit-forming, and you should only use them when necessary. The type of pain you have will determine what medications your doctor recommends. Hypnosis Clinical hypnotherapy is a form of deep relaxation and selective concentration. Hypnotherapy is as helpful in adolescents, especially in the short term. Hypnosis is initially done with a qualified therapist, though, over time, therapists can teach those with chronic pain to hypnotize themselves. Relaxation Training Relaxation training works with several different methods. The technique that has received the most study and researchers recommend is mindfulness-based stress reduction (MBSR). A therapist works with you to learn techniques that allow you to control your pain. You become aware of physiological processes you usually might not be aware of, such as heart rate or muscle tension. There are other methods of relaxation training, including progressive relaxation and autogenic exercises. Talk to your doctor to determine which is best for you. Biofeedback You can try biofeedback, which is when a therapist uses computers or other machines to give you feedback about how your body responds to stress. It works well with headaches or pain in the spine as the spine can cause muscle tension, leading to muscle fatigue. Over time, people can learn to use the techniques without feedback from the computer. Massage Photo Courtesy: Jun/iStock Massages for pain is a therapy that has been around for thousands of years and involves the manual manipulation of the skeletal muscles to relieve pain and encourage relaxation. You can use several techniques based on the session's goal, and some are more intense than others. A licensed massage therapist should perform all massages. Depending on your needs, the sessions will last from 15 minutes to two hours or more. It can help with immediate pain and help relax you to relieve anxiety and stress. Acupuncture Acupuncture has been a staple in ancient Chinese medicine for thousands of years. The principle is that energy pathways within the body can become blocked and cause problems that are relieved by fine needles. There is some evidence that acupuncture is effective at helping to manage chronic pain. The method may be helpful for immediate pain relief but not long-term. Homeopathy Homeopathy uses plants, animals, and minerals to cure health problems. The principle is that "like cures like," which means that if the botanical will cause the pain, then it will also cause the body to cure it in a low dosage. There is some evidence to suggest that it is effective, though researchers are still not sure how. Researchers believe that homeopathy is safe overall, but you should still talk to your doctor before using it to manage chronic pain. Aromatherapy Aromatherapy uses the sense of smell and plant-derived oils to promote healing and pain relief within the body. The sense of smell can be powerful because it is the only sense that links directly to the brain without going through the central nervous system. There is evidence to suggest that aromatherapy is effective when it comes to chronic pain. You can use certain essential oils in a variety of ways. They can be burned in an oil burner to scent an area or used in massages and acupuncture to help relieve pain. Music Therapy Some studies show that music can help relieve chronic pain. Music therapy is being used more and more in hospitals, nursing homes, and hospice settings. Though most studies don't mention the type of music used, actively concentrating on the music is the key. The reason is that the same brain pathways responsible for processing the music are also responsible for processing pain signals. Music therapy can help reduce heart rate, relieve stress, and help with breathing. Healthy Lifestyle A healthy lifestyle is a must for anyone who experiences chronic pain. The reason is that the body can better cope with pain when it has all the nutrients it needs. Exercise is also vital, not only to a healthy lifestyle but also to managing chronic pain. Exercise helps keep bones, joints, and muscles loose and robust and stimulates endorphins which are natural pain relievers. There is no "one size fits all" approach to chronic pain. Some of these treatments will be effective for a person, while others won't be. It's important to keep trying until you find something that works for you and remember that you can combine many of the techniques on this list. For instance, you can get massages if you are also on medication, plus everyone should be living a healthy lifestyle to make their treatments more effective. This combination of techniques can prove to be the key to managing chronic pain. Resource Links MORE FROM SYMPTOMFIND.COM



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