



BACK PAIN - REASON, TREATMENT

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Abstract: *If you have back pain, it does not mean that the problem is in the spine. Pain in the back can be detected on the left or right side, spread to the leg, it can be the result of diseases of internal organs, especially the gastrointestinal tract. Sometimes the pain is felt in diseases of the kidneys and genitals, many women complain of back pain during menstruation.*

However, the most common cause of back pain is various diseases and injuries of the spine and muscles. It is more common for men to have back pain due to overexertion, while for women, back pain during pregnancy is more common.

Back pain is especially often caused by osteochondrosis, in which the intervertebral disc loses its elasticity and strength.

Sharp, sudden pain in the lower back can be a symptom of intervertebral disc herniation or radiculitis. In such cases, pain increases during deep breathing and active movements.

Often, back pain occurs in people suffering from displacement of intervertebral discs, curvature of the spine (scoliosis) and other diseases of stature.

Various inflammations, such as rheumatoid arthritis and Reiter's syndrome, as well as infectious diseases affecting the spine and intervertebral discs (tuberculosis, brucellosis, epidural abscess) cause severe back pain.

The cause of pain can also be a tumor located near the spine or inside the spinal cord.

In order to identify the main disease that causes pain and discomfort in the back, it is necessary to undergo a complete medical examination.

WHAT TO DO WHEN BACK PAIN

Conservative therapy has three main goals: to get rid of pain, to prepare a treatment program and to take therapeutic and preventive measures against the disease that causes pain, and to ensure the patient's return to normal life as soon as possible.

Regardless of the cause of back pain, medications are often used to treat the underlying condition. In addition, the doctor can prescribe painkillers - in the form of tablets or ointments, and in severe pain - in the form of injections (syringes).

In addition to them (as an alternative if drug treatment has contraindications), a course of therapeutic massage or manual therapy is prescribed. Of course, massage should be performed by highly qualified specialists, because if it is done incorrectly, it can cause more harm than good.



In recent years, patients suffering from back pain are often recommended to take a course of needle reflexology (acupuncture). This method is very effective in relieving pain and relieving muscle tension.

In most diseases of the spine, therapeutic exercises and yoga have a good effect, but such exercises cannot be performed on your own - the program must be drawn up by a specialist.

It is necessary to observe the regime and not strain the back. Patients with back pain should not lift weights suddenly, but moderate physical activity is required. During the working day, it is advisable to try to walk as much as possible and take small breaks to do some simple exercises and warm up.

Pain in the lower back is a sign of diseases that do not always go away on their own. Painkillers only mask this problem, but do not eliminate it.

With proper treatment, as the patient's condition improves, the pain will go away on its own, but complete healing will take time. To relieve the pain, a full course of procedures is necessary, which can be performed only in a specialized medical institution.

But it is very important to determine the cause of back pain. If the doctor does not detect it for a long time and only prescribes painkillers, there is a risk of deepening the situation. Later, the pain may become chronic, and habituation to painkillers may develop.

TREATMENT OF BACK PAIN

One of the effective methods of treating chronic pain in modern clinics is the Pain Management technique. The essence of this method is to block the pain caused by the destruction of the nerve endings in the area of inflammation by making a series of injections in the lumbar area, its effect lasts for 1.5-2 years.

Other programs are used to relieve pain, including drugs and physiotherapy methods - therapeutic gymnastics, massage, acupuncture, electrostimulation, as well as ozone therapy, botox therapy, etc.

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