

LBP IS COMMON

GLOBAL

GBD 2021, Lancet

- ✓ 619 million with LBP

INDIA

GBD 2021, Lancet

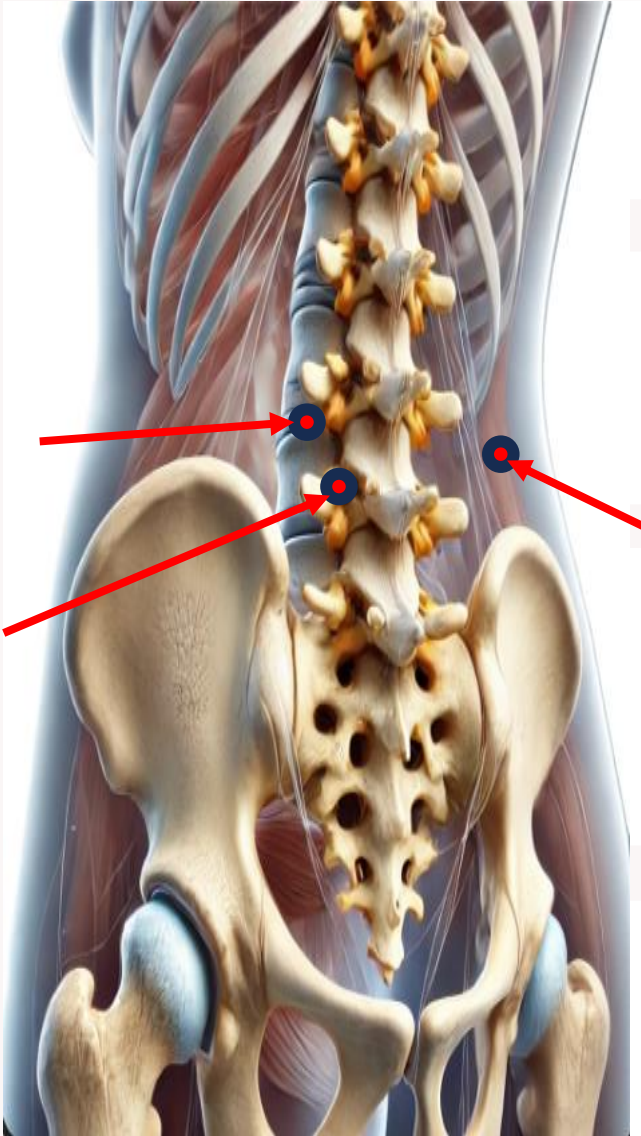
- ✓ Second leading cause of disability, after anaemia.

NORTH INDIA

Pain Physician 2020
Study by PGI, Chandigarh

- ✓ Lifetime prevalence of CLBP: 57%

What is Spine?

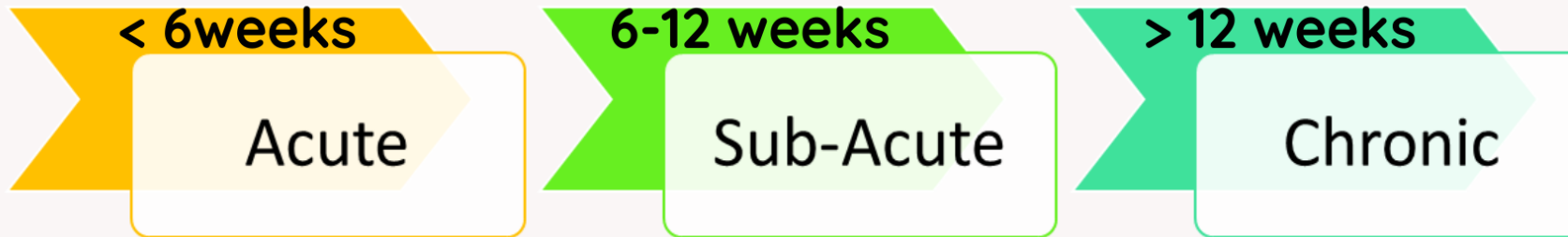


- Spine- made up of 33 small bones called vertebrae
- Small bones joined by Disc in the center and joints (Facets) at the back
- Disc bulge- when center of the disc moves out and push on the nerves behind
- Muscles around the back support the spine, and provide stability

What is Low Back Pain?

Pain between lower ribs and buttocks

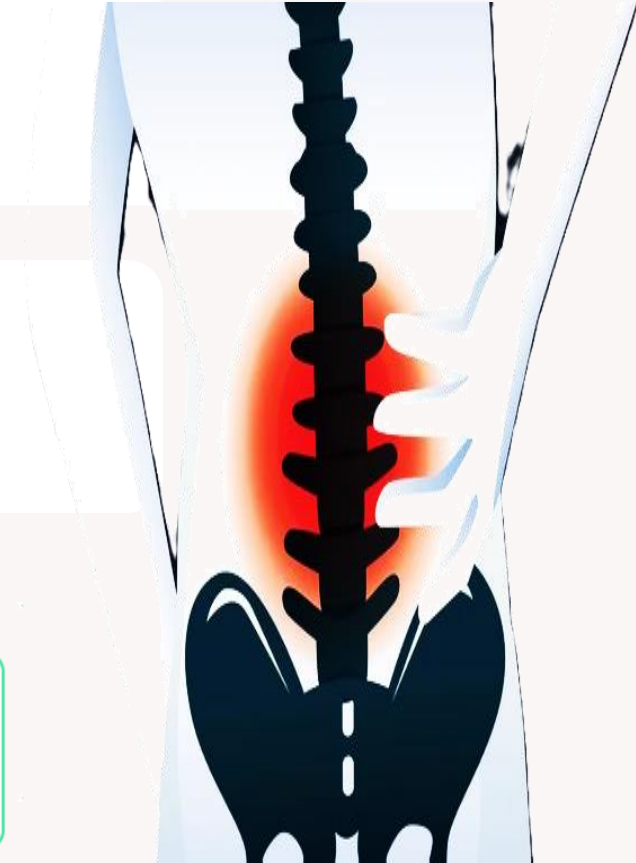
Can happen with or without leg pain



**Acute pain is
a protective
symptom.**

**Subacute pain is
often reversible with
appropriate care.**

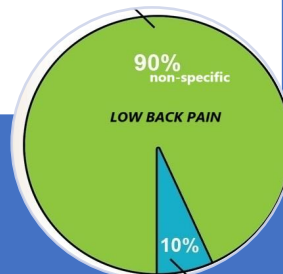
**Chronic pain
may be a
disease.**



RISK FACTORS & CAUSES

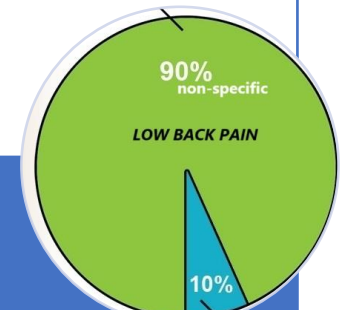
- Poor Posture
- Sedentary Lifestyle
- Obesity
- Workplace Risk Factors:
 - ✓ Prolonged Sitting
 - ✓ Unguarded heavy lifting
- Accident
- Vitamin D deficiency
- Pregnancy
- Smoking
- Psychosocial factors

Non-Specific LBP (90%)



- Tumours
- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Weak bones (osteoporosis)

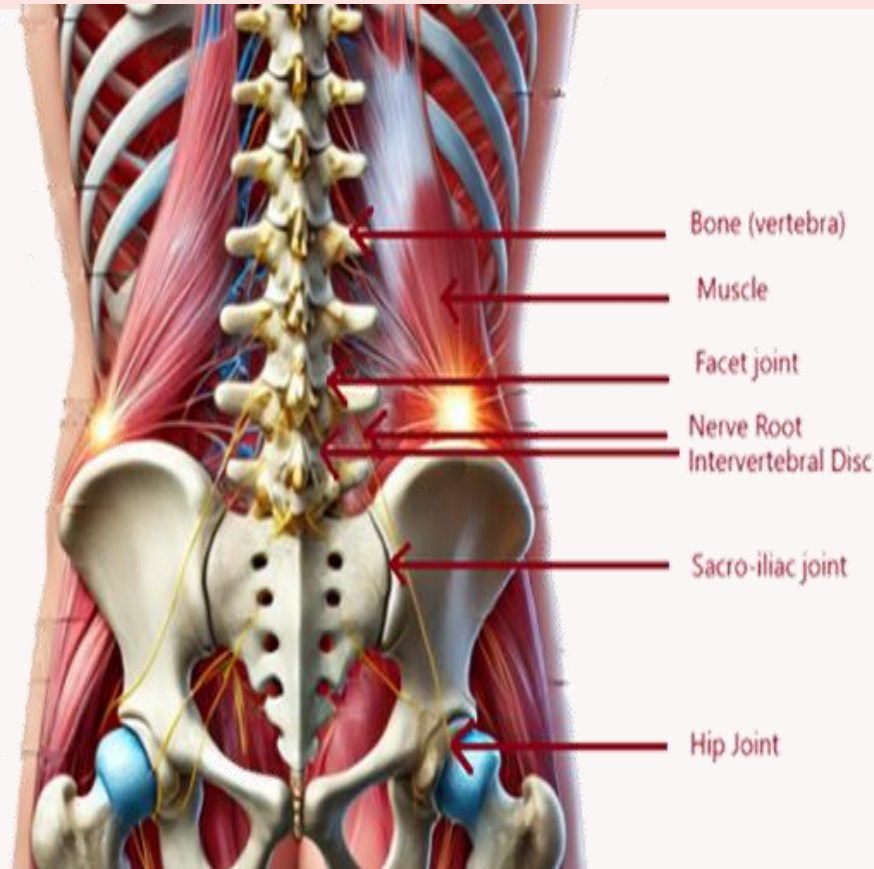
Specific LBP (10%)



PAIN GENERATORS

Most people think that DISC is the only cause of LBP

LBP can arise from many other sources:



Now you understood, many structures other than Disc can be a source of LBP

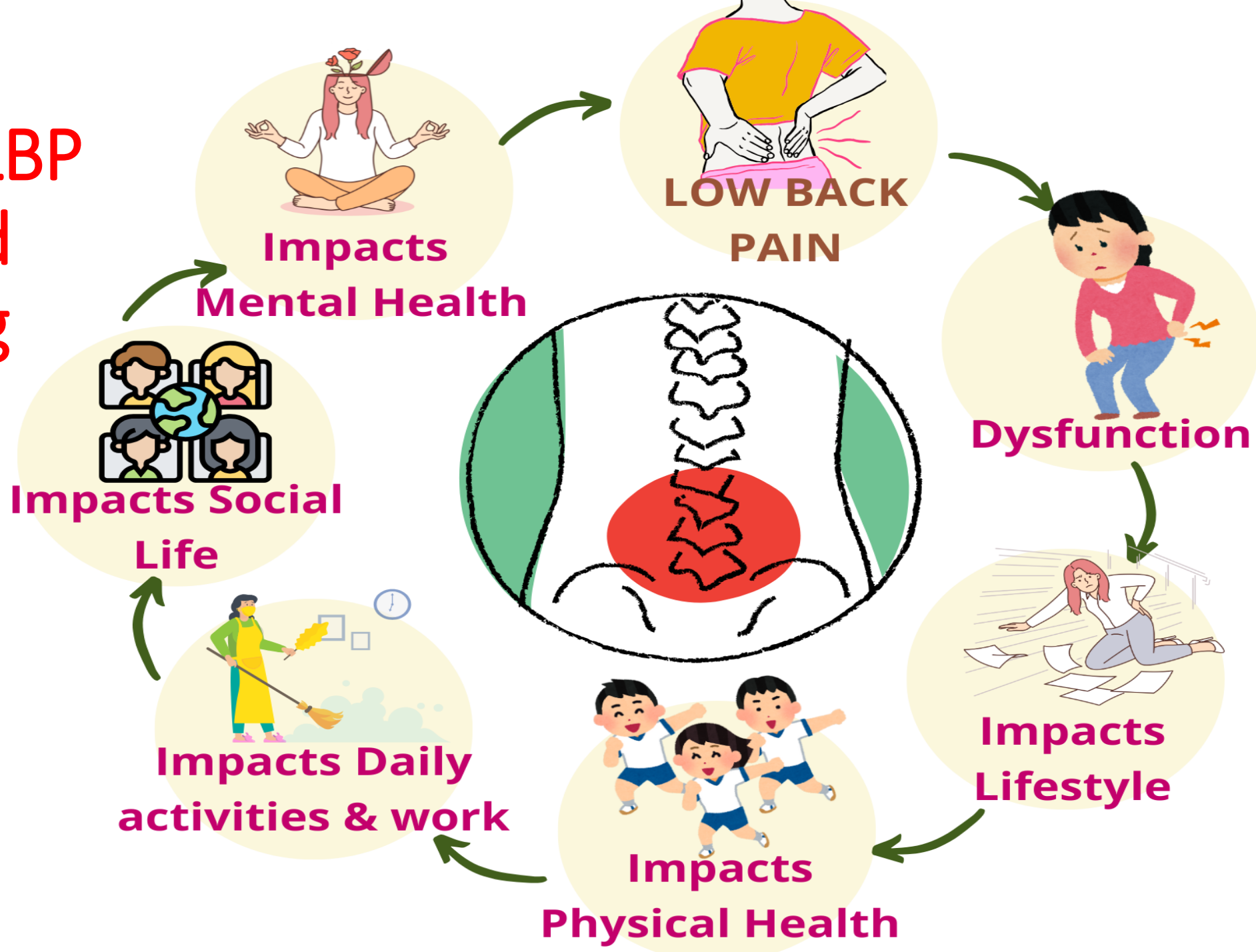
RED FLAGS

Immediately consult a doctor if you have:

- Fever
- Constant Night Pain
- Unexplained weight loss
- Loss of sensation/ control of urine or stools
- Loss of sensation in limbs
- Muscle weakness leading to fall



Impact of CLBP on life and well-being



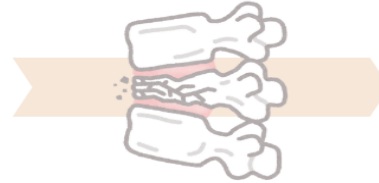
MYTHS AND FACTS



MYTHS

1.

Low back pain is always dangerous.



2.

Rest is the best treatment for LBP.



3.

Exercise will worsen my low back pain.



4.

Belt should be used every time if you have back pain



FACTS

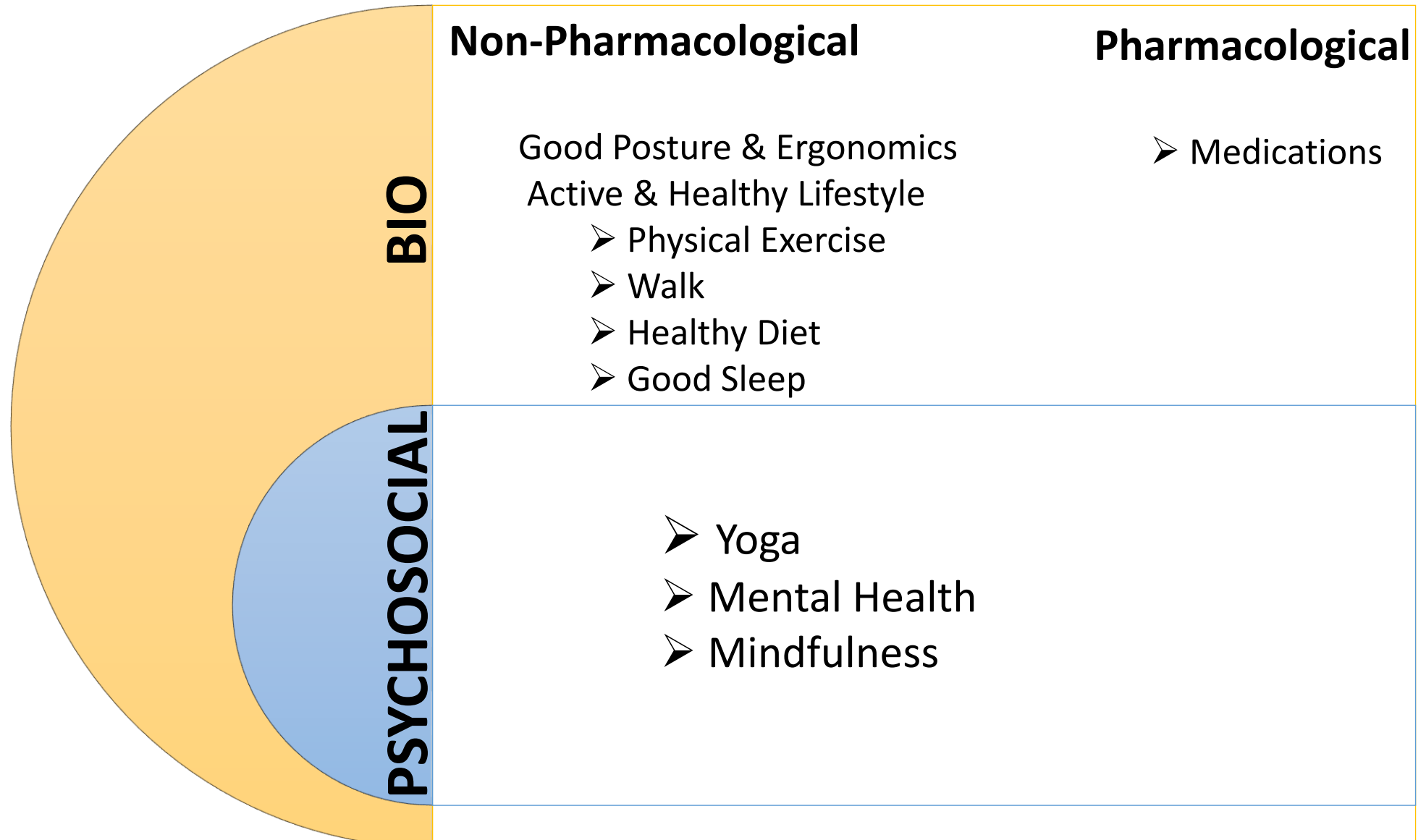
No, Not always dangerous.
90% of LBP recover well.

No, not always!
Only 2-3 days rest in severe acute pain.

No, Exercise does not increase the pain.
Exercise is an important treatment for LBP.

No, not all the time, as it weakens the muscles.
Belt should be worn only during jerky activities.

HOLISTIC (BIOPSYCHOSOCIAL) MANAGEMENT



CLBP MANAGEMENT

MOST IMPORTANT (**HIGH VALUE CARE**) FIRST LINE MANAGEMENT:
NON-PHARMACOLOGICAL

SECOND LINE MANAGEMENT:

a) PHARMACOLOGICAL

b) MINIMALLY INVASIVE PAIN AND SPINE INTERVENTIONS

SURGERY (FOR <5% PATIENTS)