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Back Injuries

Your back is made of bones, muscles, and other tissues extending from your neck to your pelvis. Back injuries can result from sports injuries, work around the house or in the garden, or a sudden jolt such as a car accident. The lower back is the most common site of back injuries and back pain [<https://medlineplus.gov/backpain.html>] . Common back injuries include :

- Sprains and strains [<https://medlineplus.gov/sprainsandstrains.html>]
- Herniated disks [<https://medlineplus.gov/herniateddisk.html>]
- Fractured [<https://medlineplus.gov/fractures.html>] (broken) vertebrae

These injuries can cause pain and limit your movement. Treatments vary but might include medicines, icing, bed rest, physical therapy, or surgery. You might be able to prevent some back injuries by maintaining a healthy weight, lifting objects with your legs, and using lower-back support when you sit.

Start Here

- Office Ergonomics: Your How-To Guide [<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169?p=1>]

Diagnosis and Tests

- Bone X-Ray [<https://www.radiologyinfo.org/en/info/bonerad>]
 (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/bonerad>]
- Spine CT [<https://www.radiologyinfo.org/en/info/spinct>] (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/spinct>]
- Spine MRI [<https://www.radiologyinfo.org/en/info/spinemr>] (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/spinemr>]

Prevention and Risk Factors

- Lifting Safety: Tips To Help Prevent Back Injuries [<https://familydoctor.org/lifting-safety-tips-to-help-prevent-back-injuries/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/seguridad-al-levantar-consejos-para-prevenir-lesiones-en-la-espalda/?adfree=true>]

Treatments and Therapies

- Back Surgery: When Is It a Good Idea? [<https://www.mayoclinic.org/diseases-conditions/back-pain/in-depth/back-surgery/art-20048274?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/back-pain/in-depth/back-surgery/art-20048274?p=1>]
- Vertebroplasty for Spine Fracture Pain [<https://familydoctor.org/vertebroplasty-for-spine-fracture-pain/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/vertebroplastia-para-dolor-por-fractura-de-la-columna/?adfree=true>]

Living With

- Spine Rehabilitation Exercises [<https://orthoinfo.aaos.org/en/recovery/spine-conditioning-program/spine-conditioning-program-pdf/>] (American Academy of Orthopaedic Surgeons)

Specifics

- Fractures of the Thoracic and Lumbar Spine [<https://orthoinfo.aaos.org/en/diseases--conditions/fractures-of-the-thoracic-and-lumbar-spine/>] (American Academy of Orthopaedic Surgeons) - PDF

Images

- Spinal fusion - series [https://medlineplus.gov/ency/presentations/100121_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100121_1.htm]
- Vertebroplasty - series [https://medlineplus.gov/ency/presentations/100204_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100204_1.htm]

Videos and Tutorials

- Prevention: Strengthening [<https://www.spine.org/KnowYourBack/Prevention/Exercise/Strengthening>]
(North American Spine Society)

Clinical Trials

- ClinicalTrials.gov: Back Injuries [<https://clinicaltrials.gov/search?cond=%22Back+Injuries%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Early High-Risk Opioid Prescribing and Persistent Opioid Use in Australian Workers... [<https://www.ncbi.nlm.nih.gov/pubmed/40048136>]
- Article: Epidemiology of Low Back Injuries in National Collegiate Athletic Association (NCAA)... [<https://www.ncbi.nlm.nih.gov/pubmed/39741476>]
- Article: Traumatic spinal cord injury in South Korea for 13 years (2008-2020). [<https://www.ncbi.nlm.nih.gov/pubmed/38594283>]
- Back Injuries -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Back+Injuries%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]

Find an Expert

- Find a Physical Medicine & Rehabilitation Physician [https://members.aapmr.org/AAPMR/AAPMR_FINDER.aspx]
(American Academy of Physical Medicine and Rehabilitation)
- Find a Physical Therapist Near You [<https://www.choosept.com/find-a-pt>] (American Physical Therapy Association)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]
 Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

Patient Handouts

- Back pain - returning to work [<https://medlineplus.gov/ency/patientinstructions/000517.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000517.htm>]
- Back pain and sports [<https://medlineplus.gov/ency/patientinstructions/000519.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000519.htm>]

- Lifting and bending the right way [<https://medlineplus.gov/ency/patientinstructions/000414.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000414.htm>]
- Returning to sports after a back injury [<https://medlineplus.gov/ency/patientinstructions/000518.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000518.htm>]



MEDICAL ENCYCLOPEDIA

[Back pain - returning to work](https://medlineplus.gov/ency/patientinstructions/000517.htm) [<https://medlineplus.gov/ency/patientinstructions/000517.htm>]

[Back pain and sports](https://medlineplus.gov/ency/patientinstructions/000519.htm) [<https://medlineplus.gov/ency/patientinstructions/000519.htm>]

[Compression fractures of the back](https://medlineplus.gov/ency/article/000443.htm) [<https://medlineplus.gov/ency/article/000443.htm>]

[Lifting and bending the right way](https://medlineplus.gov/ency/patientinstructions/000414.htm) [<https://medlineplus.gov/ency/patientinstructions/000414.htm>]

[Lumbosacral spine x-ray](https://medlineplus.gov/ency/article/003807.htm) [<https://medlineplus.gov/ency/article/003807.htm>]

[Returning to sports after a back injury](https://medlineplus.gov/ency/patientinstructions/000518.htm) [<https://medlineplus.gov/ency/patientinstructions/000518.htm>]

[Spinal fusion](https://medlineplus.gov/ency/article/002968.htm) [<https://medlineplus.gov/ency/article/002968.htm>]

[Spinal fusion - series](https://medlineplus.gov/ency/presentations/100121_1.htm) [https://medlineplus.gov/ency/presentations/100121_1.htm]

[Vertebroplasty - series](https://medlineplus.gov/ency/presentations/100204_1.htm) [https://medlineplus.gov/ency/presentations/100204_1.htm]

Related Health Topics

[Back Pain](https://medlineplus.gov/backpain.html) [<https://medlineplus.gov/backpain.html>]

[Herniated Disk](https://medlineplus.gov/herniateddisk.html) [<https://medlineplus.gov/herniateddisk.html>]

National Institutes of Health

The primary NIH organization for research on *Back Injuries* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/backinjuries.html>] on *Back Injuries*

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