



Dr. Prep Notes

Dec 23, 2025

Symptom Summary

What: Chronic back pain
When: Early morning, whole day, before sleep, and while sleeping
How Often: Constant (all day)
Severity: Severe (10/10)
Duration: Constant (all day)



Observed Patterns

- Pain present all day and night
- Worse early morning and at night



Possible Triggers

- Pain persists regardless of activity, resting or sitting does not alleviate it



Questions for Your Doctor

1. What are the possible underlying causes of my chronic back pain?
2. Are there specific tests that can help diagnose the cause of my pain?
3. What treatment options are available for managing such severe and constant pain?
4. Can lifestyle changes improve my pain management, and what changes would you recommend?
5. Are there any non-pharmacological therapies that might help alleviate my pain?

Related Research

For informational purposes only. Discuss with your healthcare provider.

Study

Engineered Extracellular Vesicles for Intervertebral Disc Regeneration: Mechanisms, Strategies, and Translational Potential.

Cureus (2025)

Intervertebral disc degeneration (IVDD) is a primary contributor to chronic low back pain and disability, yet current treatment strategies remain largely palliative, with limited regenerative potential...

Study

Efficacy of Neuromodulation in Postoperative Acute and Chronic Low Back Pain after Lumbar Spine Surgery: A Systematic Review and Meta-Analysis of Randomized Controlled Trials with Trial Sequential Analysis and Meta-Regression.

Journal of clinical neuroscience : official journal of the Neurosurgical Society of Australasia (2025)

Acute and chronic postoperative low back pain are frequent occurrences after lumbar spine surgery, contributing to long-term disability and increased analgesic use. Neuromodulation techniques-both inv...

Study

Chiropractic Care and Spinal Manipulation: Evidence, Risks, and Referral Considerations for Spine Surgeons.

JBJS reviews (2025)

» Most evidence in low back pain (LBP): Evidence supports spinal manipulation therapy (SMT) as a conservative option for acute, subacute, and chronic LBP, especially when used as part of multimodal ca...

Clinical Trial

Clinical Study on a Novel Minimally Invasive Posterior Sacroiliac Fusion Device

ClinicalTrials.gov

Clinical trial studying Chronic Pain

Status: COMPLETED

Clinical Trial

Use of a Non-medicated Plaster in Chronic Lumbar Back Pain.

ClinicalTrials.gov

Clinical trial studying Back Pain

Status: COMPLETED



My Notes

Add any additional notes, concerns, or things you've tried...
