

## Injuries and Back Pain

Injuries can cause back pain, including injuries to the upper limbs, shoulders, neck, spine, etc. Injuries can also cause back pain if the rotator cuffs are disturbed. The rotator cuffs comprise acromion, tendons, such as the rotator cuffs, which rest at the upper bones at the arm, and connect with rotator cuff muscles. The muscles are at the top of the upper arm bones, and below the shoulder joints. Rotator cuffs are clusters of smaller muscles, tendons, etc, and attach to various parts of the body. If the tendons are torn and/or ruptured it can cause back pain. The injuries usually occur when sudden impacts or forces target the region. Exerting the muscles can also cause injury. If the tendons are damaged, it causes inflammation and swelling, which obviously creates pain.

Such problems are treated with rest, ice packs, compression, and elevation. Shoulder injuries are seen when the arm is thrown out of socket. The injuries occur from falls, overexerting muscles, etc. The doctor considers such injuries carefully, since fractures may arise, which start within the humerus. In some instances, surgery is mandatory to correct the problem.

Additional injuries include arc pain, shoulder freeze, tendonitis, subacromial bursa, acromio-clavicular, and so on. The Bursa is a sac filled with fluids that serve as padding to reduce friction. The purpose of the bursa is to make movement easy and to avert rubbing of the joints. The bursa can cause problems when the shoulders are suddenly tossed over the head. Treatment for subacromial bursa conditions, include steroid regimens, physical therapy, meds, etc, especially when inflammations sets in. The condition can cause back pain, since bursa is an assistant to the joints, cartilages, bones, and synovium. Bursa works by playing down the risks of joint damage. If bursa inflames it compresses the nerves, or tendons. What happens after is failure, especially once the joints rub. The soft pockets amid the bones that overlap and protect other bones can cause serious back pain, since inflammation has set in from bursa disorders. The tension caused from inflammation hits the muscles, overexerting these muscles, which the sensory nerves are slowed down and movement is limited.

Posture is the pose we receive from bearing muscles and joints. If a person slouches, often it can cause back pain, since the muscles and joints are not moving, as they should. Physical therapy and meds are often employed to correct the problem. Sitting at long intervals can also cause back problems, especially if the lower back is not supported. In fact, sitting incorrectly can bend the spine at the lower back and cause serious pain. Back pain in this nature may arrive from sport activities as well, such as heavy lifting, repeated twisting, and so on. Slouches can correct back problems by learning how to sit and stand in proper positions. The back when damaged from slouching affects the lumbar. In

addition, the slouchier will need to learn correct techniques of lifting.

Back pain can arrive from slipped disk, sciatica, sacro-iliac, etc. Slip disks is a Herniated nucleus pulposa (HNP) disorder. Slip disks is rupturing of the "intervertebral disk." The intervertebral disk sits amid the Spinal Columns and next to the backbone.

Slipped disks start at the spinal canal, nerves, gelatinous core, and finally at the disks. When the nerve roots are pressured, the disk can slip, causing herniated nucleus pulposa. Sciatica is a sort of slipped disk, since the pain sends sharp, electrical shock-like pain down the canal of the spine, sending a distressing ache that starts at the back. The pain carries onto the legs. The pain is at times intermittent, yet other times it can lead to chronic pain syndrome. Surgical procedures are often required to correct the problem.