

# Symptoms

- Back pain
- Shooting leg pain, numbness, tingling, weakness
- May or may not be symmetric
- Worse with walking, standing, sitting or lying down, twisting or turning



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# Other causes of back pain

- Infection
- Trauma
- Cancer
- Idiopathic
- Kidney stone, pancreatitis, abdominal aneurysm, or other non-spinal etiologies



# When to see a specialist

- Pain does not improve in 2 weeks
- Everyday life activities are impacted

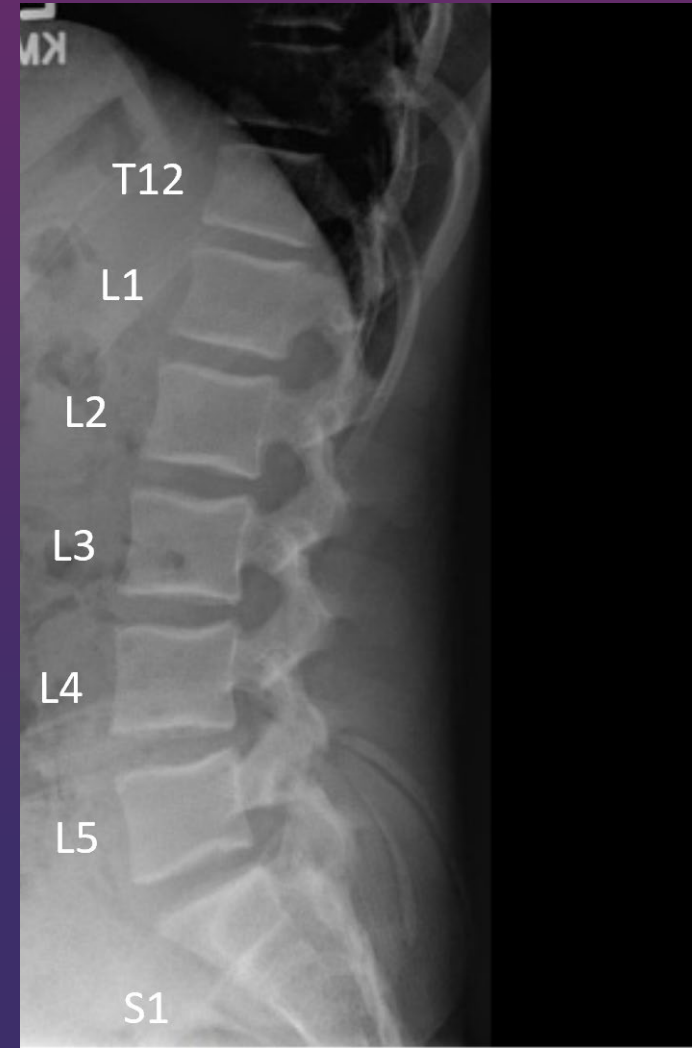
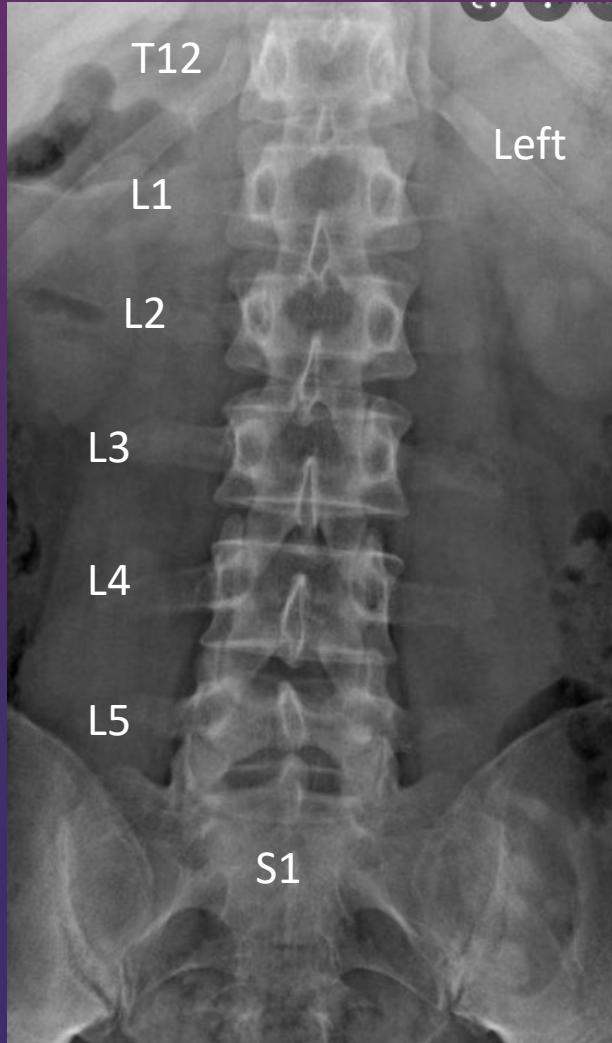
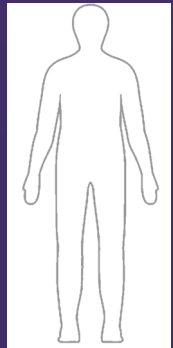


<https://www.rd.com/article/shouldnt-wash-dishes-by-hand/>

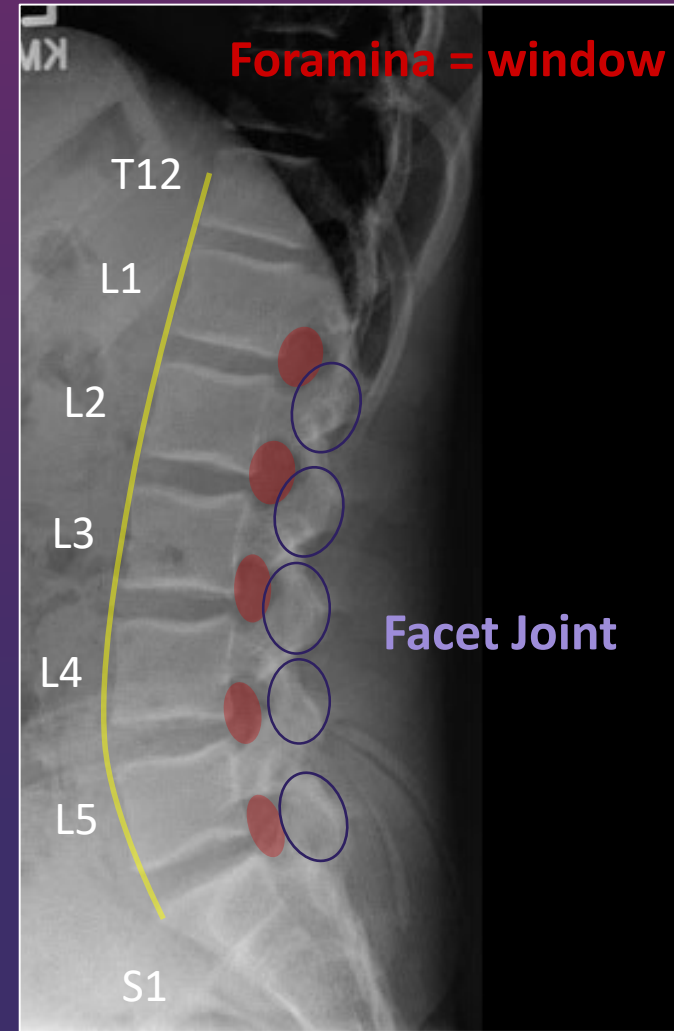
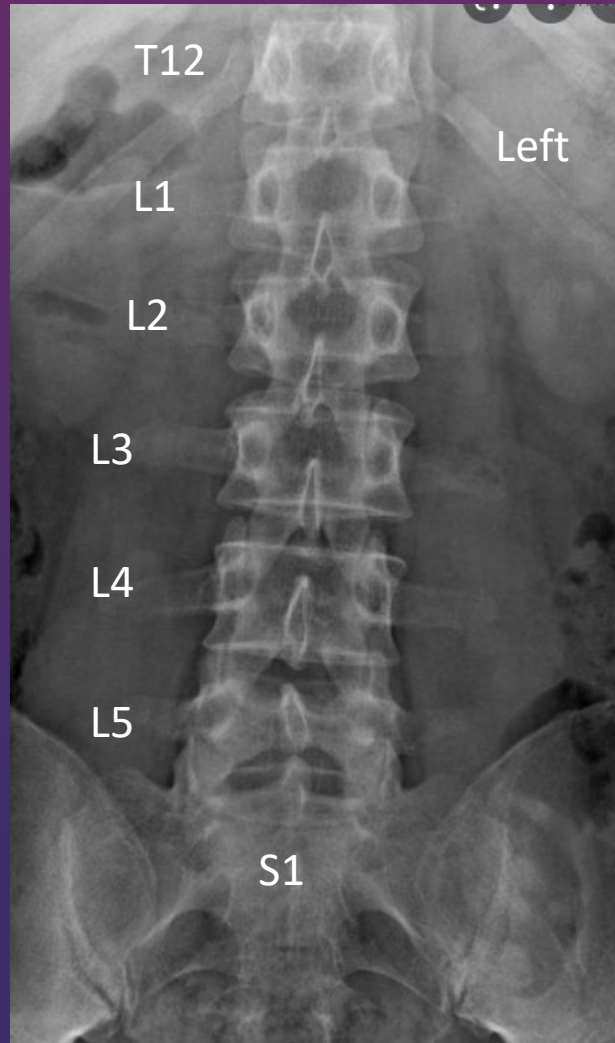


<https://hikingwashington.com/best-hikes-near-seattle>

# X-Rays

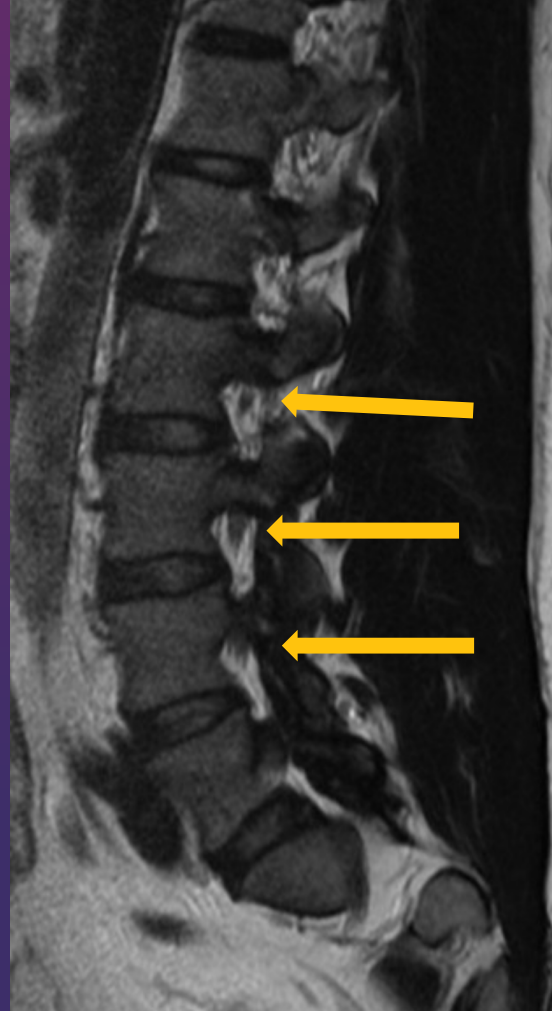
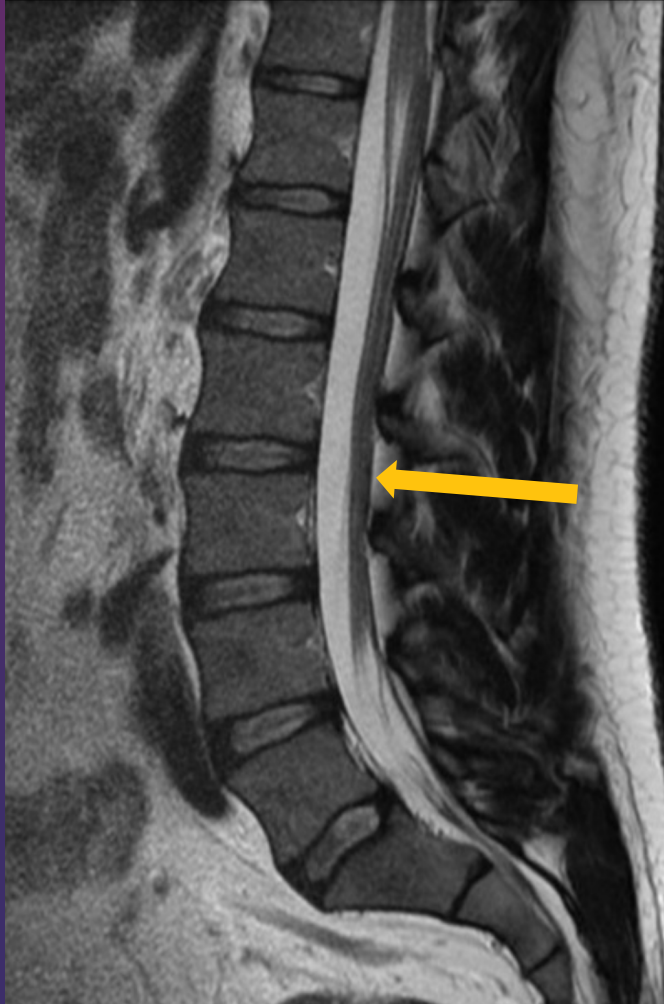


# X-Rays



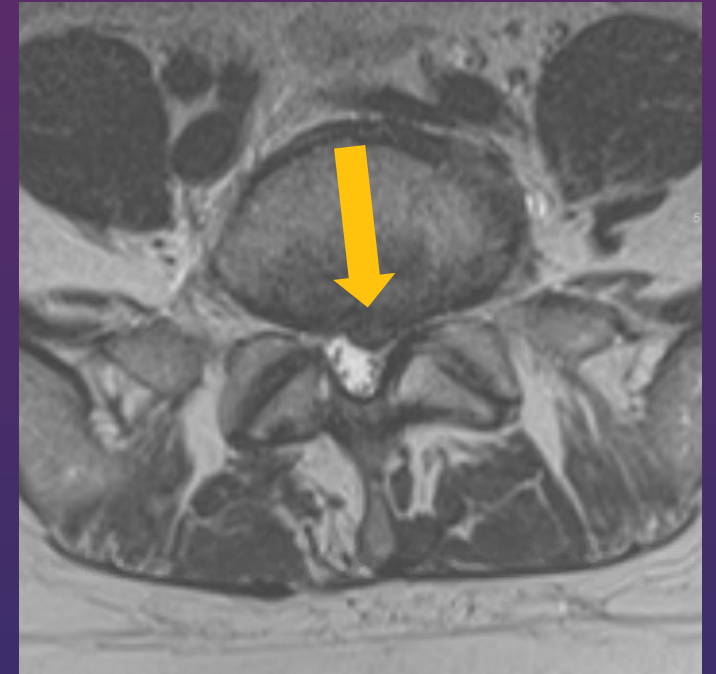
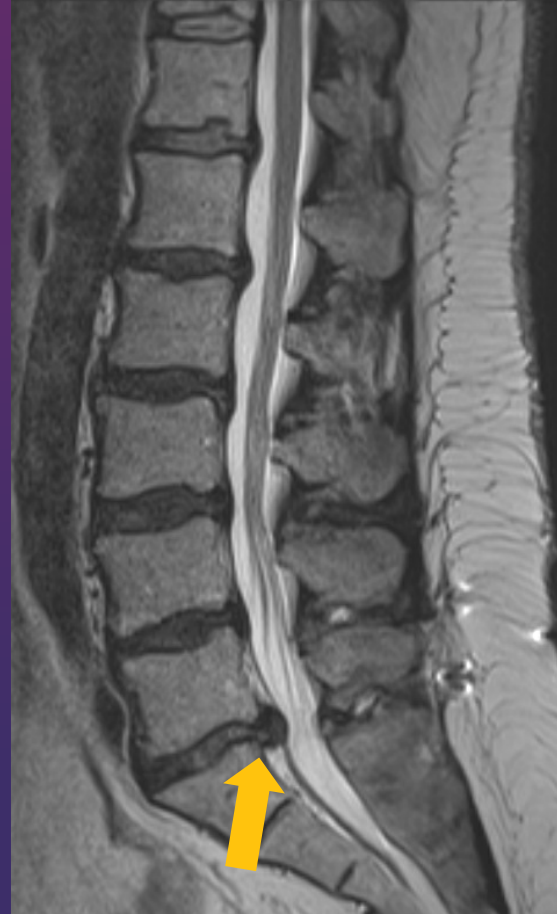


# MRI



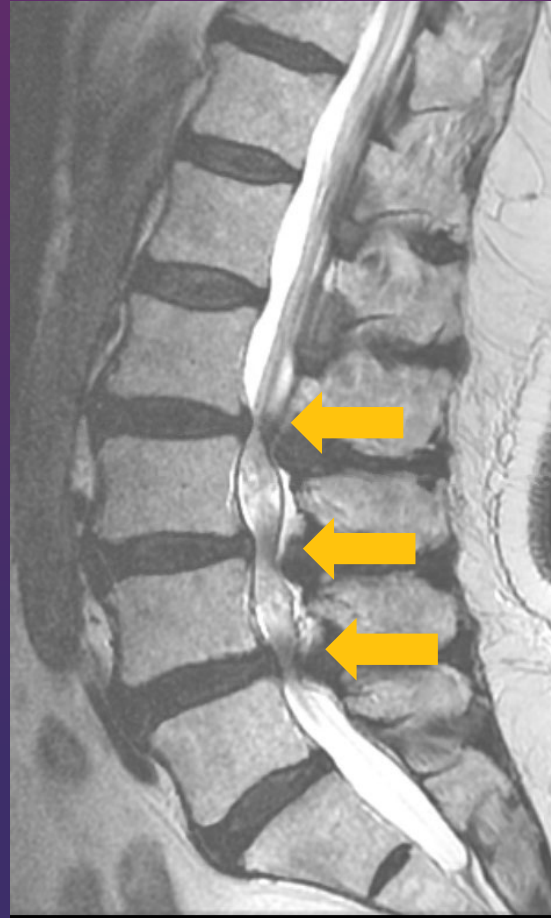
# Disc herniation

- Disc = jelly filled donut
- Incident with immediate back discomfort
- Develops worse back pain and leg symptoms the next day

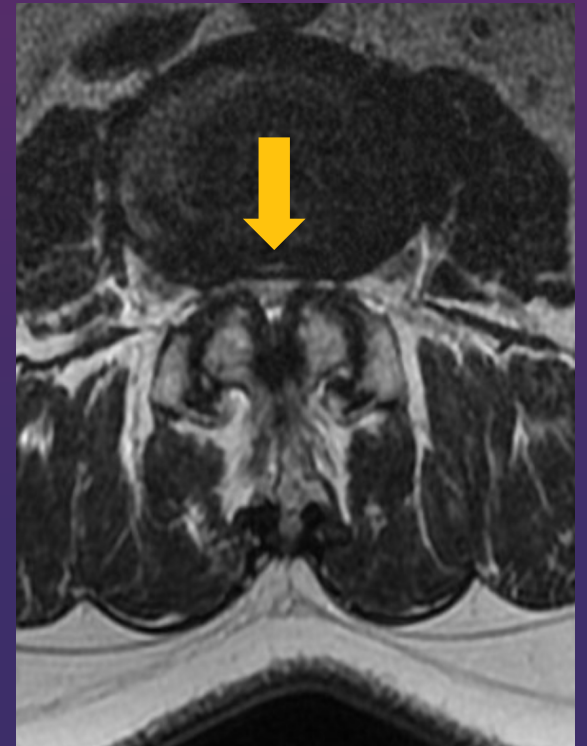
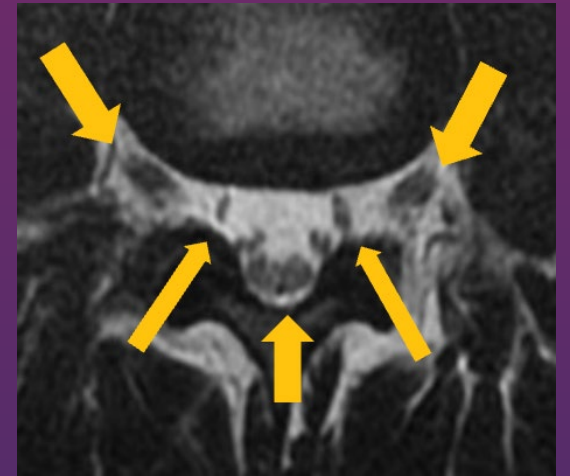


# Lumbar stenosis

- Stenosis = narrowing
- Walking and standing intolerance
- Improves with sitting, bending forward
- May also have shooting leg pain, numbness, tingling, weakness



Normal



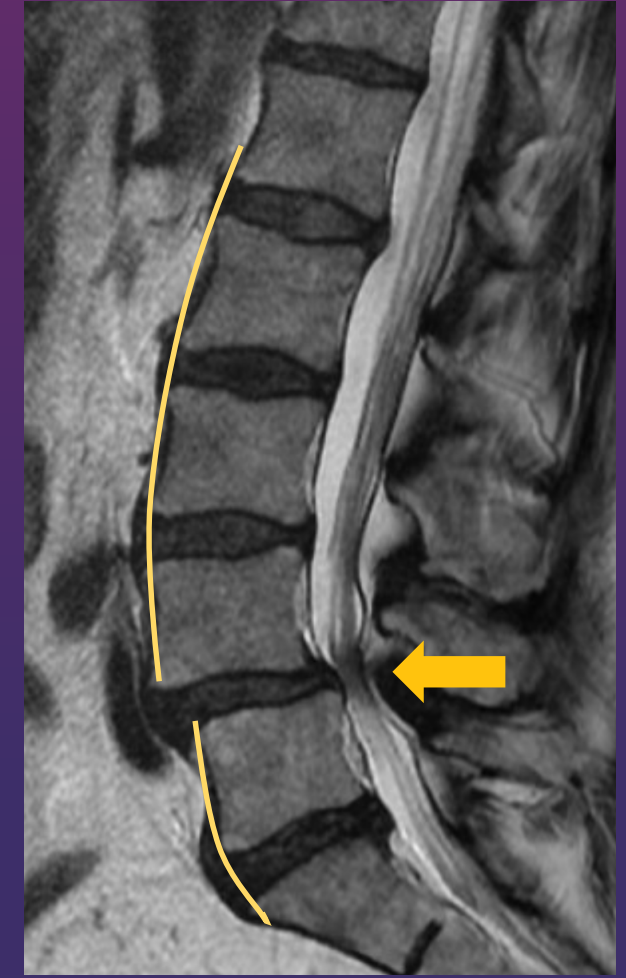
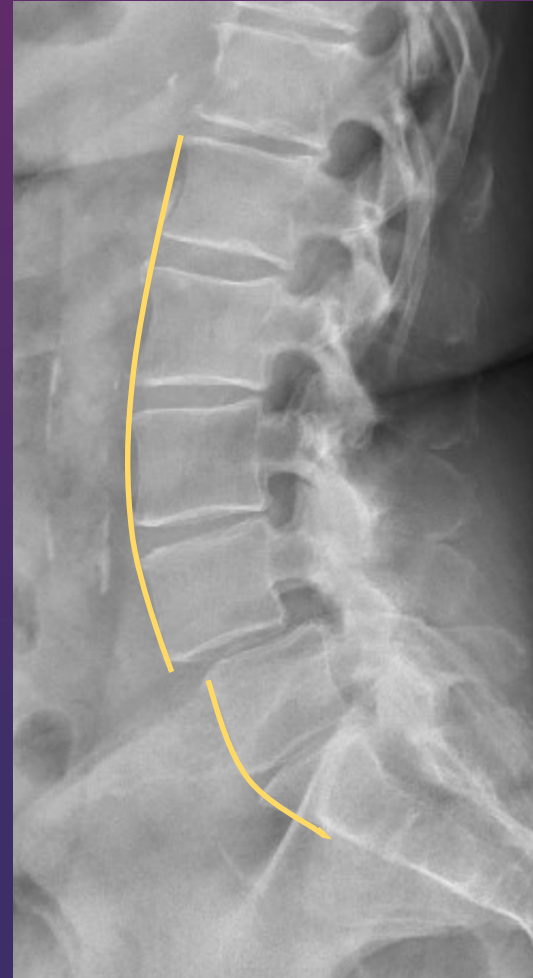


# Spondylolisthesis with stenosis

- Spondylolisthesis = slipped vertebrae
- Many causes, but most often:
  - Degenerative
  - Traumatic

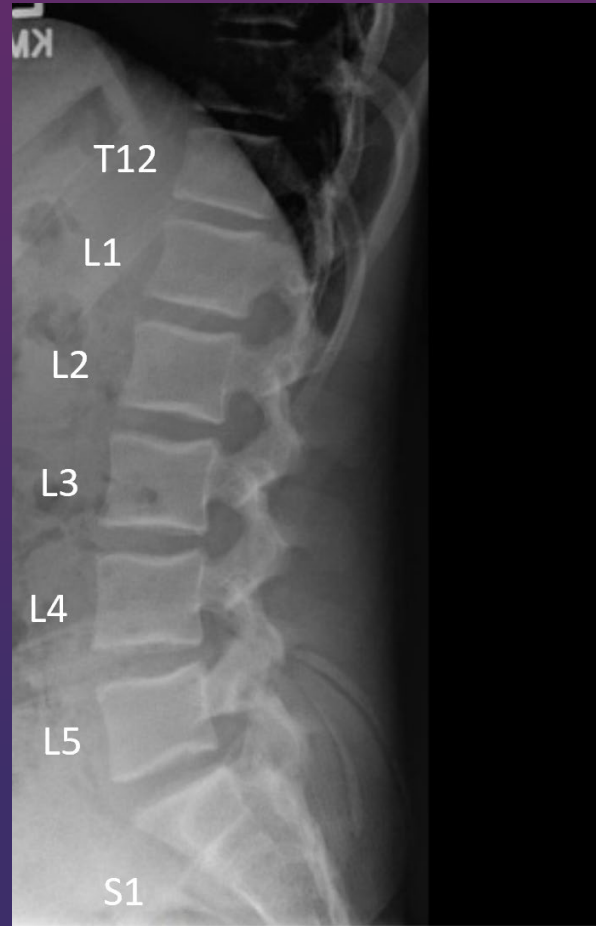


Normal



# Facet arthropathy

- Arthritic joint pain
- Back pain worse with twisting and turning motions
- Usually no or minimal leg symptoms

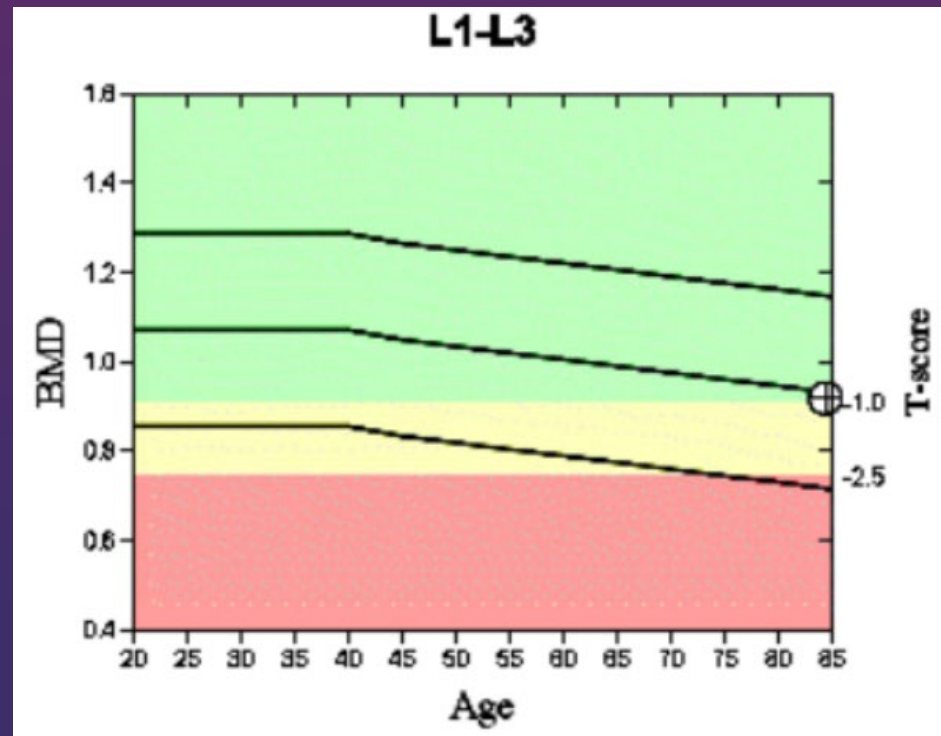


Normal



# Osteopathic Compression Fractures

- Bone density test (DXA scan)
  - Females age 65+, Men age 70+
  - Medications, prior fracture after age 50
- Osteopenia vs Osteoporosis
  - Normal =  $\geq -1.0$
  - Osteopenia =  $-1.0$  to  $-2.5$
  - Osteoporosis =  $\leq -2.5$
- Predict fracture risk

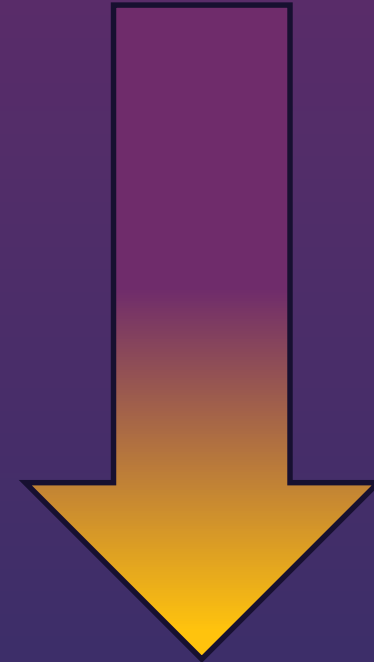


84 yo white male, L1 osteoporotic compression fracture

# Treatment

- Physical therapy
- Anti-inflammatories
  - Ice
  - NSAIDs (ibuprofen, naproxen, meloxicam, diclofenac)
  - Short course of systemic steroids
- Procedures: epidural steroid injection or facet joint injection
- Surgery

Conservative



Invasive