

Freestanding ER Speaks Out on Back Pain

Everything You Need to Know About Back Pain

When your back hurts, it can feel like a shooting, stabbing, burning pain or it can radiate down the leg. Any movement such as bending, standing or even walking can make the pain flare up again.^{[1](#)}

When you are suffering from back pain from causes such as a back injury, degenerative disc disease or osteoarthritis, it's important to do the right things for yourself to speed healing. The physicians at [Medco ER](#) in Plano, TX, are here when your back pain becomes unbearable.

Statistics

According to the American Academy of Orthopedic Surgeons, 30% of Americans experience back pain on any single day. At some point in their lives, 80% of Americans will experience back pain or a back injury. The cost of U.S. medical fees and lost wages due to back pain is estimated between \$30 billion and \$70 billion per year. Back pain is the leading cause of activity restriction in people under age 45.^{[2](#)}

Risk Factors^{[3](#)}

- Obesity – puts stress on joints and discs.
- Age – over age 30 you are more likely to experience back pain due to weakening discs.
- Health – people with weak abdominal or core muscles are at a higher risk for back pain. Smoking, drinking to excess and sedentary lifestyles are also risk factors.
- Occupation – jobs that require heavy lifting and bending can cause back pain.
- Disease and conditions – osteoarthritis, degenerative disc disease, scoliosis, kidney stones and certain cancers can contribute to back pain.
- Mental health – depression and anxiety can contribute to back pain.

“If you have a family history of osteoarthritis and other things that contribute to back pain, you need to be extra careful in preventing back injuries,” said Medco ER’s Medical Director, Dr. Nasir Khan. “Keeping a healthy weight and staying active are your best defenses against debilitating back pain.”

Rehabilitation⁴

“Depending on the cause of your back pain, there may be several ways you can rehabilitate to regain your ease of movement and to reduce your pain,” said Dr. Khan. “Physical therapy, bed rest and exercise are the leading ways to come back from a back injury.”

- Aquatic physical therapy
- Core exercises
- Regular exercise including stretching and flexibility
- Correction of posture or body mechanics
- Joint therapy for mobility
- Soft tissue mobility
- Traction

When to go to the ER

If your back pain has lasted longer than a couple weeks and doesn’t improve with rest, come to Medco ER for a thorough evaluation. If the pain radiates down the leg or causes weakness or tingling in the leg, it’s time to see the doctor. Severe cases may include unexplained weight loss, bowel or bladder problems, or a fever. If you have had a back injury such as a fall or a blow, come in right away.¹

Get Help Fast at Medco ER

Back pain is a leading cause for ER visits. If you have back pain, don’t suffer any longer. We’re open 24/7 for your convenience and we have imaging equipment to diagnose your back injury. Our board-certified physicians are here to help.

Plano: 3960 Legacy Drive, Plano, TX 75023 (on the corner of Legacy and Coit Road)

Call us @ 469-747-0370