



When Back Pain Is More Than Just Pain: Understanding Spine Disorders

Back pain is a common health issue worldwide, including in India. According to the Global Burden of Disease, about 80% of people experience back pain at some point, and 1 in 4 adults deal with chronic back pain. Understanding when back pain is just fatigue and when it signals a deeper spinal issue is key to better spinal health.

Common Causes of Back Pain

- Poor posture (especially with prolonged screen time)
- Lack of exercise and core strength
- Improper lifting techniques
- Vitamin D or nutritional deficiencies
- Herniated or slipped discs
- Scoliosis or spinal curvature issues
- Autoimmune conditions like ankylosing spondylitis

Symptoms that may indicate a spine disorder:

- Persistent pain lasting over 6 weeks
- Pain radiating down the arm or leg
- Numbness, tingling, or weakness in arms or legs
- Loss of bladder or bowel control (seek immediate medical attention)

Warning Signs of Spine Disorders:

- Persistent pain (>6 weeks)
- Radiating pain down the arm/leg
- Numbness, tingling, weakness
- Loss of bladder/bowel control (emergency)

Severe Spine Conditions

- Herniated Disc
- Degenerative Disc Disease (DDD)



Spinal Stenosis

- Scoliosis and Kyphosis
- Ankylosing Spondylitis (AS)

Treatment Options for Spine Disorders:

- Physiotherapy and exercises
- Pain relief medications (NSAIDs, muscle relaxants)
- Heat / Cold therapy
- Lifestyle changes (weight reduction, posture adjustment)
- Surgical options (microdiscectomy, laminectomy, spinal fusion, etc.)

When to See a Spine Specialist:

- Persistent pain limiting daily activities
- Neurological symptoms (tingling, weakness)
- Unexplained fever or weight loss with back pain
- Increasing pain despite rest or medication

Back pain can signal underlying spine issues. Early detection and treatment can prevent long-term disability and boost quality of life. With today's advanced technology and care options, prioritizing spine health is easier than ever – your back supports your whole lifestyle.