



Understanding Back Pain: From Diagnosis to Recovery

Back pain is increasingly common in India, especially among young adults due to long sitting hours, poor posture, lack of exercise, and obesity. While most cases improve with non-surgical care, some conditions require specialist evaluation and advanced treatment.

Common Spine Problems

- Herniated (Slipped) Disc
- Degenerative Disc Disease
- Spinal Stenosis
- Cervical Spondylosis
- Sciatica
- Spinal Fractures

When to See a Doctor

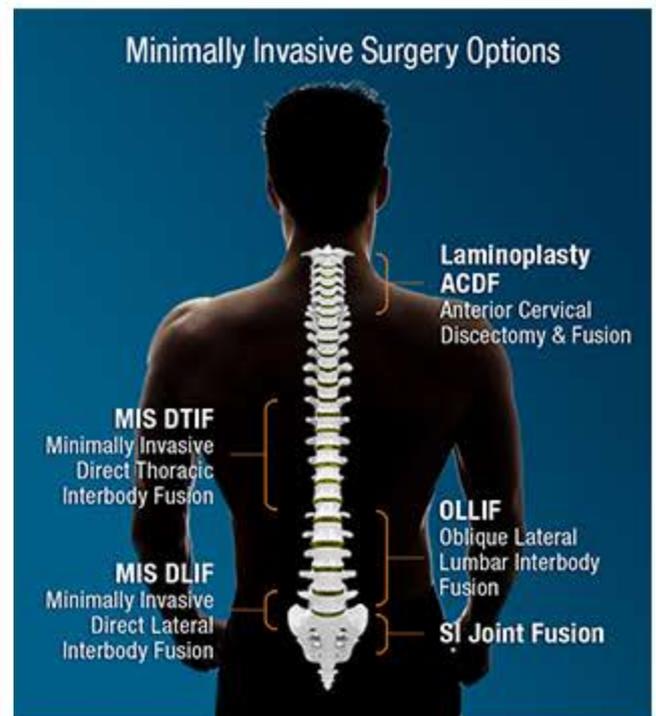
Seek medical advice if you experience:

- Pain lasting more than 4–6 weeks
- Pain spreading to the arms or legs
- Numbness or weakness
- Difficulty walking
- Loss of bladder or bowel control (medical emergency)

Treatment Options

Most patients recover with non-surgical care such as:

- Physiotherapy and targeted exercises
- Medications and pain management
- Lifestyle modification and posture correction



Surgery is considered only when:

- Pain is severe and persistent
- Weakness is progressing
- Conservative treatment fails

Recovery After Spine Surgery

- Early walking is encouraged
- Structured physiotherapy is essential
- Avoid bending and heavy lifting initially
- Full recovery may take 3–6 months

Early diagnosis, proper treatment, and guided rehabilitation are key to returning to a pain-free, active life.