Lower Back Pain

<u>The conception of Lower Back Pain</u>: Lower Back Pain is a Pain Syndrome. The pain is in the lumbar region. The Lower Back Pain sometimes radiated to hip, legs, where the pain radiated were up to which disc of the lumbar has problems. The pain could be sharp, dull, soreness, stiffness of the muscles. It could aggravated on rainy days, cold weather, by stand, walking, left things heavy. The pain is alleviated by warm weather, bed rest. The changes of the lumbar region could be diagnosed by medical exam, such as x-ray, MRI, cat-scan (CT).

1. For **Medical cause** of lower back pain, it could be one of them below:
    a. Postlaminectomy Syndrome ***
    b. Vertebral Arthritis ***
    c. Vertebral Degenerative Hypertrophy***
    d. Spinal Canal Stenosis ***
    e. Degeneration of Intervertebral disc ***
    f. Disco Bulging ***
    g. Disco Herniation ***
    h. Herniated Disk
    i. Fibrous Ring of Intervetebral Disk
    j. Disc Sequestered
    k. Narrowing of Intervertebral Space **
    l. Acute Injury of Intervertebral facet Joints **
    m. Epiphysitis of Vertebral Body
    n. Wedge – Shaped Compression Fracture of Vertebral Body
    o. Spinal Vertebral Bone Spur
    p. Lumbus Muscle Sprain or contusion ***
    q. Systemic Diseases*

The Chinese Medicine Etiology and Pathogenesis:

Clinically, lower back pain can be found in various diseases:

2. For TCM(acupuncture):
    a. Invasion of exogenous pathogenic cold and damp;
    b. Deficiency of Kidney
        a). Deficiency of Kidney Qi
        b). Deficiency of Kidney Yang
        c). Deficiency of Kidney Yin

d). Deficiency of Kidney Essency

c. Qi & Blood Deficiency;
d. Sprain or contusion (Qi & Blood Stasis).
e.
f. Lumbus Muscle Sprain or contusion ***
g. Systemic Diseases*

Clinical Treatment:

Generally, patients respond acupuncture treatment very well, both of acute injury caused lower back pain or chronic lower back pain. Many of them could feel better immediately after acupuncture treatment. Most of the patients could feel 80%-90% relieved from the pain, if the patients take acupuncture treatment twice a week for three weeks after.

Patients able gain significantly improvement from acupuncture treatment were those causes of lower back pain:

a. Postlaminectomy Syndrome ***
b. Vertebral Arthritis ***
c. Vertebral Degenerative Hypertrophy***
d. Spinal Canal Stenosis ***
e. Degeneration of Intervertebral disc ***
f. Disco Bulging ***
g. Disco Herniation ***
h. Herniated Disc***
i. Lumbus Muscle Sprain or contusion ***