

Low Back & Leg Pain: What It Is and How It Is Treated

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Dear Patient:

Your condition and its care are described on page(s) _____. Please read it carefully. Have your spouse or a friend read it also to help you in your care and recovery.

Introduction

The low back pain or leg pain you are experiencing can be very disturbing to your lifestyle. It may prevent work and play; sitting, riding, or even walking. You may feel frustrated over the recurrence of pain. People have trouble understanding why they have back pain and, even more, why it does not always totally resolve. For some patients, control of pain rather than cure is the goal.

This book is written to help you understand the common causes of low back pain which are basically two: one is a disc condition in which sprain or tearing of the elastic fibers of the disc cause pain and sometimes allow swelling of the disc to compress a nerve and result in leg pain called sciatica, and the other cause is joint irritation at the motion areas of one