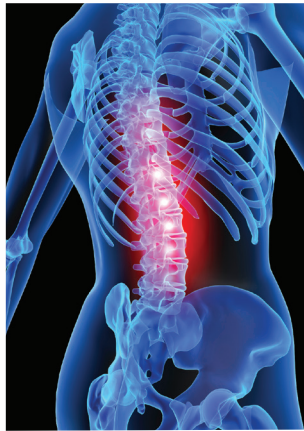


Back Pain

Are You At Risk?



The back is an important part of the human body since it functions in almost every move that is made. When suffering from back pain, simple movements can be extremely painful and hinder mobility.



Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.

Yes or No

- | | |
|---|--------|
| Do you have pain in your back? | Y
N |
| Do you have pain that moves down into your buttocks or radiates to your calves? | Y
N |
| Do you have numbness or tingling in your legs? | Y
N |
| Do you feel better when you lean over on a shopping cart when walking? | Y
N |
| Do your legs and back get tired after standing for 10 minutes? | Y
N |
| Do you have pain in your neck? | Y
N |
| Do you have pain that moves down into your arm and hand? | Y
N |
| Have you experienced sudden pain in the middle of your back? | Y
N |

Remember

Almost everyone at some point suffers from back pain, and it is one of the most common reasons people visit doctors. Many people find relief from symptoms of back and neck pain from proper diagnosis and treatment intervention from a physician specializing in this area.

It is important to understand that back pain is a symptom of a medical condition, not a diagnosis itself. Medical problems that can cause back pain include the following: mechanical problems, injuries, acquired conditions, and disease process. To find a physician that can properly diagnose and treat your back or spine dysfunction please call our FREE Consult a Nurse® and physician referral line at 1-888-256-7692.

*If you answered . . . **YES** to any of the 8 survey questions, you should discuss your symptoms with your physician or an orthopedic specialist.*

*If you answered . . . **NO** to all of the 8 survey questions keep this survey to refer back to every 6-12 months.*

BackPain

About 80% of Americans -- or four in five -- experience low back pain at some point in their lives. Many people with chronic back and neck pain are working age and for them, back and neck pain is the most frequent cause of lost productivity. Treatment for back pain costs roughly \$100 billion a year, according to the American Academy of Orthopedic Surgeons.

Left untreated back pain may be a symptom of a more serious medical condition so it should be evaluated by a physician immediately. Symptoms of severe back pain may include intense pain, pain that spreads down the legs, numbness or tingling in arms or legs or pain in other parts of the body, like the abdomen or bladder.

- According to two national health surveys, close to 30 percent of the adult population in the United States reported experiencing low back pain. It is also the most common physical condition for which patients visit their doctor.
- Back pain is the most frequently identified cause of limitations in ability to work or walk.
- More than one half (53 percent) of patients treated for back pain were between the ages of 45 and 64.

QuickFacts



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