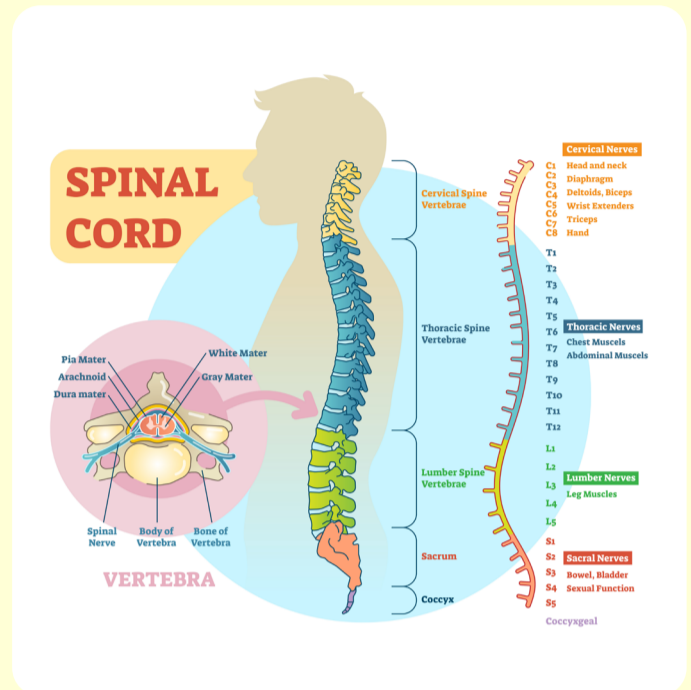


# The lowdown on lower back problems

## DID YOU KNOW?

#1

The spine comprises the Vertebrae, Spinal Cord, and Nerves. It is divided into three regions - the Cervical Spine (neck), Thoracic Spine (upper back) and Lumbosacral Spine (lower back).



#2

The lower back (lumbosacral spine) connects the upper back (thoracic spine) to the pelvis and hip regions. If your spinal cord or nerves are compressed here, you may experience pain in your lower back, buttocks or lower limbs.

#3

The underlying causes of lower back pain could include:

- Degeneration due to activities and age
- Trauma in acute injuries
- Inflammation
- Infection
- Cancer from other organs in the body spreading to the spine

#4

Lower back and leg pain does not have to affect your life and impair your function. A spine specialist can treat your condition by ordering:

(a) **Physiotherapy**

Focusing on back and core strengthening exercises, and posture modification

(b) **Pain relief medication**

- Oral analgesics
- Nerve root injections can provide temporary symptom relief for patients who are not suitable for surgery. Blocks are procedures done awake, under local anaesthetic, and the patient can go home on the same day

(c) **Surgery**

- Considered if non-surgical options are not successful and symptoms still persist

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