



Conservative treatment of chronic back pain

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Chronic pain

Poor posture is a common cause for back and neck pain. Statistics show that 80% of American's will suffer from back pain in their lifetime.

Some of the symptoms include:

- Cervical Kyphosis (straightening of neck)
- Tension Headaches - often misdiagnosed as migraine headaches
- Constant neck/shoulder strain
- Rounded shoulders
- Bicep/rotator cuff syndrome
- Degeneration of cervical (neck) and lumbar (low back) usually caused by trauma or multiple micro-traumas
- Weak and stiff muscles
- Decreased range of motion
- Low back and neck pain

The effect of posture on chronic pain

- Patients with scoliosis or other spinal deformities will
- have these additional effects from poor posture:
 - Usually causes cervical kyphosis
 - Muscle asymmetry (unbalanced)
 - Lower back pain
 - Middle (thoracic) back pain
 - Leg length problems

Causes of poor posture

- These are the most common causes of poor posture:
 - High heels
 - Sitting on top of your wallet
 - Sitting at computer for long durations. Ideally you should get up and stretch every 20 minutes. Lack of movement causes shortening of hamstrings, gluts (buttocks), and lower back muscles.
 - Lack of abdominal strength

Treatment plan

1. **Find the problem. Do not band-aid the symptoms!**
 - a. X-Ray
 - b. proper history
2. **Acute pain treatment**
 - a. Chiropractic
 - b. Physical therapy
 - c. Acupuncture
 - d. Medication
- 3. **Work on the range of motion**
 - a. Chiropractic
 - b. Physical therapy
- 4. **Work on chronic pain**
 - a. Ergonomics
 - b. Physical therapy
 - c. Home exercises
- 5. **Correct posture**
 - a. Pilate's
 - b. Yoga
 - c. Guided weight training
 - d. Patient education