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How to treat lower back pain from scoliosis

CC-BY/coffee/pixabay Pain is something everyone has dealt with in their lives. From acute (short-lived) to chronic (frequent and recurring,) pain occurs when the pain receptors in our bodies are triggered and send a message along the spinal cord to be received by the brain. The area on the body where the pain is felt isn't necessarily indicative of the true cause of the pain. Sometimes the pain receptors overlap, making it difficult to pinpoint the exact location of the issue. For example, a person having a heart attack might feel pain in their arm, leg or neck instead of their chest. Here are 10 common pains and their causes.Joint PainJoints connect the bones in the body and are used so frequently and unconsciously that you don't even notice until it hurts. The most obvious and inevitable cause of joint pain is age, but other causes can include:Arthritis - pain in the joints due to inflammation Osteoarthritis - degeneration of the joints due to age, more commonly in women Sprains - strains to the joints Back PainIt is reported that about 80% of adults will experience back pain. The reason back pain is so common is that the important role the spine plays in the body's stability and mobility. Some of the causes of back pain are:Slipped/Herniated Discs - occurs when the discs between vertebrae rupture and irritate the surrounding nerves Muscle pain - caused by over-using the back muscles or repetitive heavy lifting Arthritis - Arthritis is most often linked to arms or hips, but it can affect the back, too Head PainHead pain is one of the most common pains. It can be frustrating and depressing to deal with because the cause can be difficult to define. Head pain is usually caused by:Headaches - two of the most diagnosed types are migraines and tension Tumors - brain tumors are rare but head pain is one of the first symptoms Nerve PainThere are over a billion nerves in the body. No, that wasn't a typo. More than 100 billion, to be precise. Nerve pain happens when the nerves send incorrect pain signals to the brain. Some common nerve pains are:Shingles - a viral infection that causes a painful rash Phantom Limb - a phenomenon that causes pain where an amputated limb was Chest PainThanks in part to the overdramatic television trope of clutching one's chest and falling to the floor, chest pain is not always the sign of a heart attack. Other causes of chest pain can be:Stress - one frequent symptom of stress is the tightening of the chest Indigestion - spicy foods can cause mirror heart attack symptoms Lung problems - lung problems, such as asthma, can display themselves in the chest Abdominal PainWhether it is from eating too much or too much of the wrong food, everyone gets a stomach ache from time-to-time. However, frequent and unrelenting pain can be caused by:Pancreatitis - a sudden inflammation of the pancreas Appendicitis - rupturing or inflammation of the appendix Gallstones - stones that block the bile duct Foot PainHumans are bipeds, meaning we walk upright on two feet. Swollen and sore feet are normal everyday pains, to an extent. Some of the more serious causes of foot pain are:Plantar Fasciitis - small tears in the heal muscles frequently seen in athletes Blisters - walking too much and wearing new shoes can cause blisters Stress Fractures - tiny cracks in the bones Neck PainThe neck is responsible for holding up your entire head. It's no wonder that it hurts sometimes. Aside from small children, other possible causes of pain in your neck are:Muscle Strain - sitting hunched over your laptops or phones all the time can result in muscle strain from overuse Injuries - such as whiplash after a car accident Herniated Discs - like the back, herniated discs can occur in the neck Pelvic PainPelvic pain is most commonly found in women, though it can affect men, as well. Some of the most frequent causes of pelvic pain are:Endometriosis - a painful condition that occurs when lining typically found inside the uterus grows on the outside of the uterus Ovarian Cysts - fluid-filled sacs that grow on the ovaries Irritable Bowel Syndrome - affecting male and women, IBS results in frequent diarrhea and stomach pain typically after eating certain foods or drinking dairy products FibromyalgiaFibromyalgia is a musculoskeletal disorder that affects millions of people. The cause of the disorder isn't fully understood yet. The pain is typically referred to as a "fibro-flare" and can include:Widespread Pain - it hurts. Everywhere Cognitive Functions - memory and focus can be affected Fatigue - the constant pain can cause an endless cycle of insomnia and fatigue Depression - it can be difficult to live a "normal" life (work, have social interactions) and that can lead to depression Most people think pain is just a normal, typical thing to deal with every day, but for frequent and explained pain can be the sign of a more serious problem. Hiding your pain doesn't make you a martyr. It just makes you in pain. MORE FROM QUESTIONSANSWERED.NET Medically Reviewed by Renee A. Alli, MD on December 19, 2020 After your scoliosis diagnosis, you'll be referred to an orthopedic doctor, who will work with you to determine the best way to treat your curved spine.How your condition is managed depends on your age, the type of scoliosis you have, the measurement of your back's curve, and your other medical conditions. For kids, the doctor will take into account how much more the patient is likely to grow.They'll also consider any symptoms you have that can be caused by severe curves, like pain, limited body function, and breathing problems. Your scoliosis treatment will fall into one of three categories:ObservationNonsurgical options, such as a braceSurgeryMild curves, like those found in 90% of scoliosis cases, typically don't require treatment.If your child has this condition, your family doctor may recommend the wait-and-see approach. Some kids develop "idiopathic" scoliosis, meaning doctors don't know what caused it. This normally happens in the middle of their growth-spurt years, from ages 10 to 18. Doctors will monitor kids whose backbones curve at angles of less than 20 degrees.As a child's body changes in puberty, the curve may stay the same or get worse.If your child's curve measures between 20 and 40 degrees, their doctor might recommend that they wear a back brace to help stop its progress as they grow. But a brace can't correct a curve.Braces may be made of hard plastic. These can stay rigid or be elastic and move easily. The kind your child needs will depend on how severe their curve is and where it's located. They may wear the brace between 16 and 23 hours a day, until they finish growing. The goal is to control the curve so they won't need surgery.When curves are between 45 and 50 degrees, they're usually expected to get worse and may even affect how the lungs work. In cases like this, your doctor may recommend spinal fusion surgery, which has been shown to stop the increase of curves. During this operation, the small bones of the spine that are curved will be fused. As your child's back heals, these vertebrae will form a single straight bone. Because growth in this area of the spine has been stopped, the curve shouldn't change anymore.The operation will require a bone graft and can take from 4 to 8 hours. Your child's surgeon will help you decide when your child should go back to school after surgery. If you're an adult with degenerative scoliosis, your doctor might recommend physical therapy, stretches, and exercises to help you build up your strength. Over-the-counter medication and using a brace for short periods of time might help to relieve your pain. If your legs bother you, an epidural or nerve block injection can offer temporary relief.You may be disabled by pain in your back or legs from degenerative scoliosis. This can reduce the quality of your life. If nonsurgical treatments haven't helped you, it may be time for an operation.Surgery can improve your spinal balance and relieve nerve pressure on your spine, which helps with pain. The bones in your spine may be fused together to correct its alignment.After spinal surgery, you'll need plenty of time to recover, many follow-up visits to your doctor, and physical therapy. Before your operation, talk with your family and friends about the kind of support you'll need as you get better. Some people choose to stay in a nursing home or rehabilitation facility for a while after surgery.You might consider chiropractic treatment, nutritional supplements or electrical stimulation to help your scoliosis. But know that none of these has been shown to stop changes in spinal curves. Consult with your pediatrician before seeking these alternative treatments. While exercise doesn't have a direct effect on scoliosis, it's important to stay fit and maintain a healthy weight at every age. Activities like running, walking, and soccer can help keep your bones strong. That's especially important if you have to deal with scoliosis as you get older. © 2020 WebMD, LLC. 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