

# Diagnosis and Treatments of Low Back Pain

Mok, Sin Yu \*

Department of Sport Science, Swansea University, Wales, United Kingdom

\* Corresponding Author Email: 2203251@swansea.ac.uk

**Abstract.** In today's society, most people have low back pain, which is a significant issue for everyone. Sports people are susceptible to injuries as well. In the early stages of their careers, many athletes who train exceptionally hard have substantial low back issues. This study explores four distinct injury types that result in low back pain, each with varying degrees of damage that may have an effect on daily life to varying degrees. Additionally, there are many different techniques for diagnosis, but each has benefits and drawbacks that need to be carefully considered. Diverse preventive and therapeutic approaches are appropriate for persons of various ages. Therefore, kindly refrain from using the improper strategy to assist people in preventing it because doing so makes their discomfort worse. Five treatment kinds have been discussed in the magazine, all of which are very different from one another in terms of their therapy methods. Because they can aid in their quick recovery and don't require general therapies for all individuals, certain types of people have particular treatments.

**Keywords:** Diagnosis, Treatments, Low Back Pain.

## 1. Introduction

Being athletic is always strongly associated with injury due to athletes' frequent practice overload. In addition to their regular training schedule, a national badminton player needs to practise three times every day, with one session lasting three hours. Injuries to the low back are common among badminton players.

Low back injuries impact the lower back, also referred to as lumbar injuries. They can damage tendons and muscles, which can make them painful and cause them to spasm. The spinal cord of the low back is divided into four segments, from the cervical to the coccygeal. They are not located in the same places on your lumbar spine as up and down. An injury to one area of the body could have an effect on another.

## 2. Background

Lower back ailments can be categorized into four categories: lumbar sprain, lumbar bulge, lumbar protuberance, and lumbar glide. Sprains, strains, and herniated or bulging discs are the three most frequent injuries in the lower back, despite having various causes of back pain.

### 2.1. Lumbar muscle strain

An injury to your lower back's lumbar muscles is a strain. Tendons and muscles, which are prone to spasms and pain, could be harmed. Quick lower back bending is required in games like tennis or baseball [1].

### 2.2. Lumbar muscle bulge

A lumbar bulge is also referred to as a disc herniation. Every vertebra has a space between them where the spinal column is located. Spongy discs that have squeezed into the spine may have crushed the spinal cord and nerve roots, resulting in discomfort and concerns with immobility. Arm or leg pain, numbness or tingling, and muscle weakness are the three symptoms that might occur on a bulge quickly [2-3].

### **2.3. Lumbar muscle protrusion**

Anywhere along the spine, but more frequently towards the end of the lower back, lumbar muscle protrusion—also known as bulging disk—is a disease and a protrusion through the lumbar triangle. People can easily sustain this injury if they are involved in a significant event like a vehicle collision. The hipbone could also position itself along the rear of the body and at the bottom of the rib.

### **2.4. Lumbar muscle slippage**

The lumbar muscular slipstream is sometimes referred to as spondylolisthesis. It has an impact on one of your vertebrae. It exerts pressure on a nerve, which could cause lower back pain or discomfort in the legs. Your lower back and hips hurt as a result. In addition to making bending forward and backwards more painful, it could also make bending forward more painful. As a result, they have to stop walking and rest for a while. Furthermore, standing for a prolonged amount of time in the evening could cause similar symptoms of lower back slippage [4].

## **3. Diagnosis**

X-rays, MRIs, CT scans, and electromyography can be used to examine lower back pain.

### **3.1. X-Ray**

It produces images of the bone using radiation, while other imaging techniques provide limited information. Compared to older patients who had radiographs taken when they were younger, there is a larger risk for survival in the event of death. In addition to supporting the planning of medical and surgical treatments, the advantages of employing radiography can assist in illness diagnosis, therapy monitoring, and treatment planning [5-6].

### **3.2. MRI**

Photographs of bones, muscles, tendons and soft tissue are produced by MRI using a magnet and radio waves. It can offer better contrast than CT, particularly for soft tissue, due to its ability to inform doctors and aid in accurately diagnosing a wide range of illnesses and ailments.

MRI has emerged as the procedure of choice for imaging neurologic structures associated with low back pain. Although the quality of lumbar spine MRI images can vary significantly depending on the imaging center and the image interpreter, MRI is superior to CT in showing the relationship of the disc to the nerve and in locating soft tissue and nonbony structures. As a result, it detects early osteomyelitis, discitis, epidural-type infections, and hematomas better than CT.

One of MRI's drawbacks is that using it requires ear protection since the magnetic field could cause loud pounding noises due to timing differences.

### **3.3. CT scan**

Bones, soft tissues, and blood arteries can be seen at once during a CT scan, which combines X-rays and a computer. The risks associated with taking CT scans include an increased risk of developing cancer and DNA damage to people's cells, which raises your risk of developing cancer [7].

### **3.4. Electromyography (EMG)**

The advantages of EMG are that they don't require any medical supervision or certification, even though they might cause only minor discomfort. EMG is a sensor based on surface electrodes to test nerves, and it is incredibly rapid and simple to apply for neuropathy. Furthermore, detailed data enables early detection. The disadvantages of employing EMG include that it is only utilized for certain muscles, meaning that it doesn't have any standard positioning and could interfere with the subject's movement and miss other muscle areas [8].

## 4. Treatments and Prevent

### 4.1. Treatments

Acute and long-term management are two different types of treatment. For a brief period of time, acute management is a treatment for low back pain. It could incorporate the Cochrane reviews to the greatest extent practicable. So, there won't be an anatomical connection between generalized low back discomfort. This implies that pathoanatomical causes are not present in non-specific low back pain. The primary goal of care is to lessen discomfort and any associated impairment. The clinical practice recommendations of various jurisdictions vary in some ways. The primary elements are analgesic medications, non-pharmacological treatments, insurance, and education. It suggests care that is fairly comparable to that already in place. A patient's demands might need to be quickly considered. Treatment also calls for less worry about severe pathological abnormalities, similar to the prognosis [9].

In addition to addressing the long-term effects of pain, long-term therapy can lessen impairment and pain. Because they believe it could be difficult for them and because it is an unsupported treatment that claims to end chronic back pain, the majority of patients and medical professionals find it difficult to accept lengthy treatments. As a result of the severe limitations placed on their ability to perform social and familial tasks, people with chronic pain are severely disadvantaged in these areas of their lives and have only suffered minor disruptions. Some patients believe that using prescription medication, drinking alcohol or other drugs, or experiencing psychological discomfort could protect them. Managing your more complicated health and social issues might be possible [9].

Physiotherapy is a useful option for recovery from low back discomfort, particularly for athletes. Sports therapy and sports rehab are the top choices for rehabilitation in the athletics industry since they have quicker recovery than other approaches. This is because physical therapy is a typical form of healing. A technique to recover from a sickness or handicap is physiotherapy. This is a practical and speedy method for athletes to recuperate from an injury. Since they have a strong medical background and chose physiotherapy, the physiotherapist could sound more credible when discussing your injury. It can discover in any athletic organization or school-sponsored gym event, as well as in the clinic. Additionally, athletes, trainers, and physiotherapists work together. Last but not least, the majority of people could select physiotherapy due to the lower cost of one-time recuperation [11].

Sports therapy is a specialized form of therapy designed primarily for preventing injuries and maximizing recovery so that patients can resume their sporting careers at their previous fitness level. Their age and aptitude won't be affected by this. They have a rehabilitation plan. They use manual treatment, corrective exercise programming, and injury risk assessment as their three primary injury prevention methods.

A therapy and training regimen might be developed for the client once they have evaluated their physical condition, capacity, and injury factor.

Since suffering an injury while competing is a huge deal for athletes, sports rehabilitation is a technique to rely on wounded athletes when they can resume their regular training or competition. They are class-based; to advance to the next stage, you must first reach a particular degree of proficiency. This is a unique approach to this recuperation as well. In addition, regardless matter whether you are a professional or amateur athlete, you could be harmed easily. This recuperation aims to ensure that the injured athlete doesn't sustain another injury for you or another person when they resume their regular training or competition [12].

In-depth training in the musculoskeletal system is provided in physical therapy, a type of sports rehabilitation. In order to assess the motion or functionality of their sport, the therapist would carefully work with the athletes. The therapist assesses injuries while people move and behave to create a personalized rehabilitation strategy. Incorrect training methods can produce a torn ligament, and more severe muscular injuries can result in shattered bones, therefore, physical therapy can help prevent athletic injury. A sports physiotherapist could evaluate your strength and limitations and create a training regimen that is especially for you. In-depth, it can provide quick pain relief in some

violent sports, like rugby or football, where the players need to take pain-relieving methods due to the likelihood of accidents or injuries occurring at any given time. They need to have hot and cold packs to tape over injured areas and dry needle them during physical therapy. Contrarily, physiotherapy reduces muscle tension by focusing on the pain's origin before the athlete is brought in for additional examinations. The use of opioid medicines by sportsmen for pain management has reduced thanks to quick pain remedies. In a nutshell, physical therapy emphasizes exercises more than physiotherapy, which is more manual.

#### 4.2. Case studies

This study describes two case studies to lower back injury prevention and care. The first case study is related to the prevention and treatment of low back pain, and the second one is related to low back strengthening for the prevention and treatment of low back pain.

The first case study discussed how low back pain receives a wide range of medical treatments and resources, and how the burden of back-related impairment has also increased. The second chart included recommendations for practice guidelines and a conclusion regarding the efficacy of interventions for preventing and treating low back pain. It also indicated which interventions were suitable for adults or kids and which had a high degree of income and quality. Examples include exercise and education, exercise and education, the back, the belt, the soles of the shoes, ergonomic work interventions, and ergonomic school furniture. Two of them are effective in adults while the other four are ineffectual or nonexistent in one, depending on the situation. However, there are five pieces of evidence showing that it has an adverse effect on children, despite the lack of a trial and the fact that it is unsuccessful as well. Programs like workplace evaluation and design, pre-employment screening, occupational strength testing, workplace simulation, career intervention, and management/worker education and training are some of the initiatives stated in the second case study that can lower the number of low back injuries. It also included advice on how to prevent low back injuries, such as the fact that ergonomic training and education programmers are meant to safeguard against low back injuries while working.

A few low back pain prevention strategies are included here based on limiting exposure to risk factors. Utilizing lifting equipment at work, spine supports, and ergonomic office furniture is just a few of the interventions used to lessen the excessive strain placed on the spine. However, only a few studies have looked at these tactics, and most preventive measures lack any real scientific support.

That equates to 30850 patients, encompassing 21 trials, according to an analysis from 2016. Although other therapies appear to not prevent low back pain, they must be required trials because they are often modest, and the size of the protective impact was considerable. It has been determined that education alone or in combination with education is helpful for preventing low back pain. For instance, 45% of persons have decreased their risk of low back pain with exercise and education, while the remaining 35% are doing so through exercise. This programme would emphasize upper and lower body training as well as developing cardiovascular fitness, strength, flexibility, skill, and condition. It would not solely concentrate on back-specific exercises. Over time, it necessitated sustained participation from the participants.

It is a good resource for anyone considering receiving physiotherapy treatment after an accident. This tale centres young man by the name of Tyler. He is an athlete from his high school who plays baseball and basketball. He joins a basketball team outside of the high school during his senior year. He is guarding his opponent in a basketball game when he hears a "POP" sound coming from his knee as he prepares to leap up to get the rebound. The report has been made public. His ACL is completely torn, according to the report. He stopped training after that to concentrate on getting better from his injuries. He underwent surgery to repair his torn ACL and is now getting ready to start his recovery. Three times a week, he must visit the physical therapist at the APMC. After six months, his injuries have healed, allowing him to rejoin the school teams and resume his favorite sports. In addition, badminton player prefers to utilize an ice bath after a high-intensity match or training session because they have muscle tightness occur after the match and training and they want their muscle can

relax quickly in a short period, so they put their legs inside the bucket with a lot of cool ices to let leg muscle calm down for at least 20 minutes. After that, they can continue to walk normally.

## 5. Conclusion

Overall, a low back injury is an issue that can easily happen to adults owing to an accident, improper sitting posture, and improper lifting posture. These things lead to a low back injury for people. All people can benefit from some counsel. The blood flow to the spine can be increased, and the muscles can be stretched by regularly strengthening core muscles through low-impact cardiovascular workouts. Additionally, the lower back's hydration and nutrient structures repair thanks to blood supplies.

Acute and long-term management are two different types of treatment. For a brief period of time, acute management is a treatment for low back pain. The primary goal of care is to lessen discomfort and any associated impairment. The clinical practice recommendations of various jurisdictions vary in some ways. The primary elements are analgesic medications, non-pharmacological treatments, insurance, and education. In addition to addressing the long-term effects of pain, long-term therapy can lessen impairment and pain. However, the majority of patients and medical professionals find it difficult to accept lengthy treatments [10].

Physiotherapy is a useful option for recovery from low back discomfort, particularly for athletes. Sports therapy and sports rehab are the top choices for rehabilitation in the athletics industry since they have quicker recovery than other approaches. Sports therapy is a specialized form of therapy designed primarily for preventing injuries and maximizing recovery so that patients can resume their sporting careers at their previous fitness level [12].

An exercise ball workout would be the alternate strategy. This workout can work out the core muscles required to sit on a ball for 20 to 30 minutes. An ergonomic office chair can help you correctly align and support your back and thighs. You can also get a towel rolled up behind back for additional support. Additionally, people can purchase a stand-up desk to use for at least a portion of the day.

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