

## Multiple causes and treatments for pain By Mike DeCinti

So there I am, walking across the stage of a large auditorium. The place is packed, and they're all there to see me. As I approach the podium I start hearing the whispers. Soon the whispers turn to loud comments and finally, laughing. I'm nervous, but obviously I'm there for a reason, so I stay on stage and that's when I realize why they're laughing...I'm naked. All of a sudden the laughing is drowned out by this weird rhythmic beeping noise. It continues to beep louder and louder and just as I'm about to run naked off the stage, I wake up to the sound of my alarm going off.

We've all have that dream where we find ourselves standing naked, or nearly naked, in front of a large group of people. But what if it wasn't a dream? What if you actually had to stand in front of people naked everyday, and what if it was nearly two million people every year? Well not only does Michelangelo's "David" stand naked in front millions of tourists every year, but now he's getting ridiculed for his poor posture.

Often considered the poster-boy for male physical perfection "David" is suffering from "disturbing signs of poor posture" according to fitness experts in London. They say he's "sitting into the right hip" which would weaken his right side and make him suffer from lower back weakness and pain. But you don't have to be a 500-year-old statue to suffer from low back pain.

In fact, back and neck pain is one of the leading causes of loss of work, second only to the common cold. It affects 65-85% of the US population and is usually brought on by poor lifting techniques, improper posture or a bad ergonomic environment. Of course there are also other factors including previous injuries, wear and tear, age and osteoporosis. And for how extensive the list is of causes of back pain, so are the treatments. However depending on the type of pain your having, there are definitely effective treatments you may want to consider.

Pain management often takes a multidisciplinary approach to help decrease or eliminate pain and can often start with simple things like increasing physical activity, eliminating unsafe medication use, and practicing lifestyle changes that lead toward overall wellness. But first we must identify the type of pain your having.

- Acute Pain – Is defined as severe short-term pain.
- Chronic Pain – This is pain that is unrelenting and not "self-timing" and can persist for years.
- Neuropathic Pain – Often described by patients as being a burning, electric, tingling, and shooting in nature.
- Nociceptive Pain – Is localized pain which is described as sharp, aching, or throbbing.

So if you find yourself with any one of these types of pain, what should you do? Well as always, I encourage you to seek proper medical attention, but that shouldn't prevent you

from researching methods of relief on your own. Here are some pain management treatments and therapies you may want to consider.

- Pain Relieving Medication – There is evidence that anti-depressant and non-steroidal anti-inflammatory drugs can be effective for a variety of pain conditions. But like with many drugs there always exists a chance of dependency and significant side effects.
- Physical Therapy (PT) – Probably the most well known treatment, PT addresses proper body mechanics, building strength and flexibility through exercise and injury prevention.
- Biofeedback – This process uses electrical sensors attached to special points on a patient's body and monitored by equipment reading feed back of the patient's progress.
- Epidural Steroid Injections (ESI) – This involves a radiologist, with the help of special x-ray machine called a fluoroscope, pinpointing the affected nerve where the pain exists and using a needle to inject a steroid. There are different types of ESI including Facet Joint, Trigger Point and Nerve Block injections.

So the next time you find yourself naked in your dreams, or a museum in Italy, make sure your standing up straight or you may need to seek help for your back pain, not to mention all of the laughing.

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