

Back Pain



Back pain is any ailment that occurs in the area of the spine in different parts, such as in the cervical area (back up), dorsal (middle of the back) and lumbar (lower back). Back pain is one of the most common medical problems that can affect anyone throughout their life. A person who has back pain may feel mild, constant, stabbing, and sudden pain.

Risk Factor

- **Physical condition:** Back pain is common in inactive people or in those who make a greater effort in their physical activity.
- **Overweight and obesity:** Carrying excess body weight can cause tension and back strain.
- **Working conditions:** Jobs that require effort and movement with heavy objects can cause back pain. Erroneous or stooped postures at a desk could cause pain or discomfort.
- **Age:** People over 45 years of age are more likely to suffer from back pain.
- **Family history:** Genes may be related to some disorders that cause back pain, such as arthritis.



Possible causes of back pain

Some of the disorders that can cause back pain are:

- **Muscle or ligament strain:** Lifting heavy objects or making a wrong movements can strain the muscles and ligaments of the back.
- **Disc rupture:** The soft material inside the disc can rupture, causing pressure on the nerve.
- **Arthritis:** This can reduce the space around the spinal cord and can cause back pain, stiffness and swelling in the lower back.
- **Osteoporosis:** The vertebrae of the spine can be exposed to painful fractures if the bones are porous and brittle.



Prevention

To prevent back pain, it is important to maintain or improve physical condition. Keep your back strong by doing the following: exercise, maintain a healthy weight, have good sitting and standing posture, avoid heavy lifting.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage with any emotional or physical concerns that may occur during and after some treatment, please visit your doctor or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

(2021) <https://www.mayoclinic.org/es-es/diseases-conditions/back-pain/symptoms-causes/syc-20369906>

(2022) https://medlineplus.gov/spanish/ency/esp_imagepages/1116.htm

(2022) <https://www.mayoclinic.org/es-es/diseases-conditions/back-pain/multimedia/back-pain-infographic/fig-20441500>

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