

May 28-29, 2018
London, UKMed Case Rep. 2018, Volume 4
DOI: 10.21767/2471-8084-C1-003

LOW BACK PAIN – EXPERT APPROACH

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Low back pain is one of the most common medical problems presenting to clinicians. Most Americans have experienced low back pain at one time in their life. Direct health cost of LBP and indirect cost due to reduced productivity are very high. Low back pain is frequently classified and treated on the basis of symptom duration and potential cause. Most episodes of back pain are related to mechanical regional abnormalities, majority are self-limited. Excessive and unnecessary diagnostic tests in this group are not warranted. The therapy chosen for this common problem should relieve symptoms with toxicities limited to a minimum, while natural healing occurs. However, up to 10% of cases can be due to serious non-mechanical / medical causes which frequently missed. Because of high prevalence of LBP, this small percentage will result in significant number of cases. Missing or delaying the correct diagnosis can have dire consequences.

Spondyloarthropathy is an important medical cause of back pain, it usually affects young male during productive years. Studies showed an average of 8 years delay in diagnosis. The presence of very effective treatment in recent years makes it of prime importance to make this diagnosis on time and prevent long suffering and financial loss. The physician's role is to make the correct diagnosis without delay, to keep the diagnostic cost down, and to provide safe and effective treatment without causing any financial, physical or psychological harm which might result from delayed or incorrect diagnosis. In this lecture the physician will learn how to navigate the signs and symptoms of LBP to identify the non-mechanical/medical causes accurately and to implement an appropriate treatment plan ASAP.

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