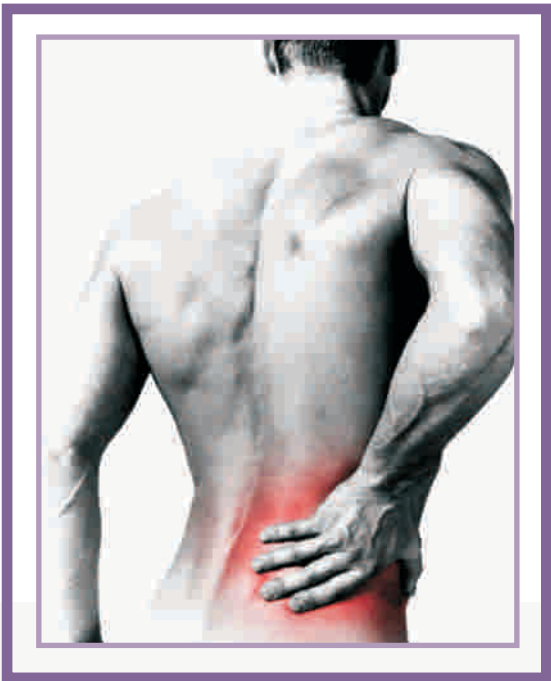




Pushpanjali  
Crosslay Hospital

*Journey to Good Health*

# BACKACHE CLINIC



*A Comprehensive  
care program  
for  
Backaches*

# Frequently Asked Questions

## **What are the causes of back pain?**

Although there are several reasons of back pain but most common cause of back pain is back muscle weakness and incorrect posture.

## **I have chronic back pain, do I need surgery?**

No, not all chronic back pain requires surgery but a thorough evaluation is definitely required.

## **Do I need an MRI for diagnosis?**

Not necessarily. Not all the patients need MRI but a good clinical evaluation and plain x-ray may be required for initial evaluation. MRI is advised when disc or spine pathology is suspected.

## **My doctor informed me that I suffer from spondylosis/spondylolitis. Is it a serious condition?**

The normal process of wear and tear in the body causes degenerative changes of the spine with the age. It is not a serious condition unless and until it causes nerve root compression or spine cord compression.

## **My back pain started suddenly after lifting a heavy object. MRI shows a large disc prolapsed. Do I need an emergency surgery?**

No you do not need and emergency surgery unless there are symptoms of a neurological or urinary problem (retention/ incontinence).



## Frequently Asked Questions

Is physiotherapy helpful in back pain?

Yes, mechanical and posture related back pain can be treated by physiotherapy only.

My back pain is not relieved by medicines and physiotherapy. Is surgery the only option?

No, you can try epidural steroid injections; they provide good relief and may be very helpful. It is also recommended for patients who are unable to undergo surgical treatment due to age or any other associated medical condition.

Who should treat my backache?

Backache is not a simple problem all the times. Chronic backache needs a collective approach by a team including an Orthopedics spine surgeon, neurosurgeon, pain specialist and an experienced physiotherapist.

My doctor has advised spine surgery. I have heard it is very risky and that I will lose power in my legs.

This is incorrect. While all surgical procedures have some amount of risk associated, spinal surgery will help arrest the progression of weakness. However, it is possible that the pre existing weakness may not recover.

Will I need a long bed rest after surgery?

With the new techniques being used, you will be up and about in a day or two. In fact, some procedures require only a single day admission.

**GET BACK**

*on Track*

Back pain is one of humanity's most frequent complaints. The lifetime prevalence of back pain has been estimated at anything between 59% to 90%. The spine is a complex interconnecting network of nerves, joints, muscles, tendons and ligaments, and all are capable of producing pain. Non serious back pain is of short duration and is relieved in one or two days. However, if pain persists for longer than a week and seems to be worsening, then evaluation and treatment is necessary.

### The Team

Dr Rajkumar  
Consultant Neurosurgeon

Dr Ajay Singhal  
Consultant Pain specialist

Dr Ajay Popli  
Consultant Minimally Invasive Spine Surgeon

Dr Suchita Bansal  
Consultant Physiotherapist

Sanjeeta Kundu  
Senior Clinical Psychologist

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