



LOW BACK PAIN: Common AND Curable

By Jacob R. Egbert, DO

WHO GETS LOW BACK PAIN?

Nearly everyone will experience low back pain at some point in their life. In fact studies show that by the age of 20, 50 percent of the population has experienced low back pain. By the age of 60 that number rises to 80 percent. Low back pain is second only to the common cold as the most common reason people visit their doctor. Because of these visits, lost wages, and other associated costs, the economic impact of low back pain is immense.

WHAT CAUSES LOW BACK PAIN?

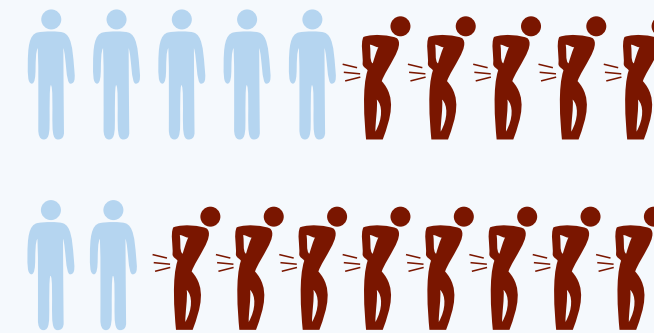
There are a number of causes of low back pain. The structures in the low back that have nerve supply can be irritated by inflamed or damaged tissues. Usually this happens after some activity where bending or twisting was involved. Commonly involved structures include the vertebrae (back bones), intervertebral discs (cushions between the vertebrae), spinal nerves, muscles, and joints of the spine.

WILL THE PAIN EVER GO AWAY?

Low back pain is usually self limited. The majority of low back pain will resolve on its own without intervention. But there are a number of cases where the pain persists. Among the cases where a doctor visit is warranted, most of those will resolve with time and specific therapies.

WHAT CAN BE DONE TO HELP?

Your doctor will be able to help you find an option that is right for you. You may simply need a core strengthening program or anti-inflammatory medication. Depending on your medical history and physical exam findings your doctor may want to get an X-ray or MRI. Once a diagnosis is made, a treatment plan will be designed to best relieve your pain and help you regain your activity level. Conservative treatments are always preferred before more invasive procedures such as surgery. If you have persistent low back pain or progressing symptoms contact your doctor for an evaluation.



At age 20
50 percent of the population reports to have experienced low back pain

At age 60
80 percent of the population reports to have experienced low back pain

NON-SURGICAL TREATMENT OPTIONS

Offered by Physicians Specializing in Physical Medicine

Physicians specializing in Physical Medicine and Rehabilitation are nerve, muscle, and bone experts. They treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. Intermountain Medical Group of Cache Valley offers the services of two such specialists:

Jacob R. Egbert, D.O.
South Cache Valley Clinic

Dr. Egbert earned his undergraduate degree from Idaho State University in Pocatello and attended medical school at Kansas City University of Medicine and Biosciences in Missouri. He completed an internship in Internal Medicine at the University of Missouri, Kansas City, and a residency in Physical Medicine and Rehabilitation at the University of Missouri, Columbia.

Dr. Egbert enjoys Olympic lifting, running, gymnastics, sports, mountain biking, rock climbing, whitewater kayaking, and teaching. He and his wife, Aimee, are the parents of four children.

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Dr. Peterson earned his bachelor's degree in exercise and sport science from the University of Utah and attended the Ross University School of Medicine in Portsmouth, Dominica. He completed an internship in Internal medicine and a residency in Physical Medicine and Rehabilitation at the University of Utah. Dr. Peterson's professional interests include musculoskeletal medicine, non-operative back pain management, as well as pediatric rehabilitation and spasticity management.

Dr. Peterson enjoys back-country skiing, avalanche safety, wilderness medicine, mountaineering, adventure racing, mountain biking, trail running, and river rafting. He and his wife, Jackie, are the parents of four sons.

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