

What is it exactly in the back that is hurting?

By Dr. Yuri Bukhalo

A lot is said and written about back pain, however, when you ask someone "what is it exactly in the back that is hurting?" you will hear as many different theories as people you ask. Some will say "bones" are hurting, others "muscles", yet others will point to discs or ligaments, you will also hear of kidneys and different joints. Regardless of how many theoretical causes of pain you will hear of, don't be surprised to know that all of these theories are true! Back pain may be caused by all of the above!



The real question is when do you need to be concerned about your discomfort. When is it time to be alarmed? Most of the time back pain does not last more than a few days and does not significantly interfere with daily activities. However, you should be concerned if you have any of the following:

The back pain persists beyond a few days

The back pain awakens you at night

You have difficulty controlling your bowels or bladder

You have fever, chills, sweats, or other signs of infection

Any other unusual symptoms

In case you have any of above symptoms you should find a physician you are comfortable and confident with and undergo a complete evaluation. You have to understand that back pain is often not a quick or easy fix. A dedicated approach to minimally invasive pain procedures followed by physical therapy and exercises often will alleviate back pain. If you're unwilling to perform exercises, your treatment may be less satisfactory. Don't give up--there's usually more that can be done in the treatment of back pain.

In our clinic we evaluate patients with wide range of painful conditions. Using cutting edge knowledge and state of the art technology doctors of Northwest Suburban Pain Center are able to identify the cause of suffering and in a lot of cases drastically reduce or eliminate the pain. We closely work with other specialists such as neurologists, spine surgeons, physical therapists, chiropractors, and alternative medicine providers to delineate the proper course of treatment that is best suited to patient's lifestyle and beliefs.

Comprehensive Evaluation and Management Services

Physicians of Northwest Suburban Pain Center have highest board certification in anesthesiology and pain medicine. A psychologist and full-time nursing personnel complement our staff. After full evaluation by a physician a customized treatment plan will be delineated determined by

you, your family, the Center's treatment team and the referring physician. Physicians of Northwest Suburban Pain Center are treating many types of pain, here are some of them:

- Back pain
- Sciatica and nerve root pain
- Facet joint pain
- Sacroiliac joint pain
- Muscle spasm pain
- Cancer related pain
- Cervical neck pain, "whiplash"
- Complex Regional Pain Syndromes; RSD
- Diabetic neuropathy
- Disc pain, facet and nerve root pain
- Herpetic and post-herpetic neuralgia
- Headaches
- Pelvic pain
- Peripheral neuropathy
- Post-surgical failed back syndrome
- Post traumatic pain
- Sports injuries
- Workplace injuries

We offer consultation and same day procedures, eliminating waiting time between appointments. Our goal is to provide a complete and personal approach to pain management. Please contact us at 847-255-0900.

A Personal Approach to Pain Management



The Northwest Suburban Pain Center offers the most advanced clinical techniques and medications for treating a broad range of painful conditions.

We focus on diagnosis and treatment of chronic pain with emphasis on getting the patient back to a more active and productive lifestyle.

**Northwest Suburban
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