



**Dr Sara Dudley**  
(Doctor of Chiropractic)  
GCC Registered  
BCA Member

# The Big Picture

with Dr. Sara Dudley

## Lower Back Pain

### What causes Lower Back Pain?

The spine is made up of twenty-four vertebrae with major nerve roots exiting from the side of each vertebra. At the back of each vertebra are what are called the facet joints. They are like two interlocking fingers. The pain sensing nerves are in these facet joints. The normally smooth surfaces on which these joints glide can sometimes become rough, irritated and inflamed.

Another cause of lower back pain can be a bulging disc which puts pressure on a nearby nerve root.

### What are the symptoms of Lower Back Pain?

The symptoms of lower back pain are often numbness, tingling or pain down the leg. Sometimes a spasm in the lower back can feel like a football has been inserted under skin. More severe cases can lead to loss of bladder and bowel

control. If this is happening to you it may not still be too late to avoid surgery - consult a Chiropractor immediately.

### What treatment can help?

Lower back pain can be so debilitating that many people turn to surgery, however there are many avenues that should be explored before surgery is necessary. Surgery should certainly only be used as a last resort. The Chiropractic approach is to restore normal motion and position of the spine. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid risky surgery.

### What does surgery involve?

A common operation is a laminectomy. This is used to treat major disc prolapses and tumours. A

laminectomy is the removal of the facet joints. This is done to expose the affected part of the cord or nerve roots. The disc is then cut away in order to free the nerve roots from surrounding tissues. Sometimes the surgeon may approach the spinal cord from the front. If a large portion of bone is removed it is sometimes necessary to carry out a bone graft.

Country Chiropractic Limited, 19-21 Surrey Street, Lowestoft, Suffolk, NR32 1LJ  
Tel 01502 517070, Fax 01502 517074, Web [www.country-chiropractic.co.uk](http://www.country-chiropractic.co.uk)