Some Experts Say That Surgery May Not Be an Immediate Solution for Back Pain

Melissa Scott June 08, 2017

Glucosamine has long been thought to be a safer alternative to certain pain medications. Many individuals with arthritis resort to this natural alternative. (Newswire.net -- June 8, 2017) Orlando, FL -- Pain is probably one of the ugliest and most common consequences of having certain medical conditions. Back pain is one of the conditions that leads many sufferers to turn to a variety of pain management options.

Surgery may not be an immediate solution for back pain, some experts say. Lower back pain is a condition that many people suffer from, at least once in their life. It is even one of the major reasons why people visit their healthcare provider or are forced to miss work.

Prescription medications are often used by individuals who suffer from back pain. Unfortunately, these pharmaceutical drugs may not work for everyone and may even cause some side effects.

According to Roger Chou, MD, Oregon Health and Science University’s primary care physician, there have been a series of methods widely popularized as the next alternatives for lower back pain management.

Dr. Chou specializes in treating patients with lower back pain. After certain more traditional treatments are used, many sufferers still end up in their doctor’s office or hospital due to agonizing pain and immobility. Their healthcare providers may diagnose the problem through conducting an MRI scan.

While wear and tear in the spine are thought to be the cause of discomfort, it is important to remember that it is not actually the case in many lower back pain sufferers.

In a study, it was found that in three individuals over 60 years old, one had slipped or herniated disks but without back pain. This is believed to be one of the reasons why those with lower back pain that had MRIs and surgery still obtained similar results as those who never got scanned.

The Arthritis Foundation has been providing the most common treatments or methods for back pain on its website. Resistance training, stretching, and aerobic exercises are the physical activities recommended for sufferers.

A large review reveals that stretching and strengthening exercises may potentially improve lower back pain by 19 points out of a 100-point scale.

Today, there are many sufferers who turn to the use of natural alternatives, such as glucosamine, instead of nonsteroidal anti-inflammatory drugs (NSAIDs). While NSAIDs are formulated to temporarily ease pain and reduce inflammation, they may also be linked with side effects.

Glucosamine has long been thought to be a safer alternative to certain pain medications. As a matter of fact, many individuals with arthritis resort to this natural alternative in hopes to reduce their risk of side effects.

(http://www.amazon.com/vegetarian-glucosamine-supplement/dp/B0126ZF0B0)

About Divine Bounty

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