

A NEW CONCEPT FOR THE CAUSE OF BACK PAIN

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The Bureau of Labor of United States static's reported in 1998 alone there were 1.9 millions back pains with 418 millions dollars direct and 817 dollars indirect cost (Melbourne J.M., SPINE 3.411-416 2003).

The main reason is the confusion about diagnosis of exact cause of back pain. Most back pain have been considered idiopathic or non specific (A. A. White III 1982, Alexander Michel, et al, 1997, Scott B. M. 2003, Bianchini K.J. et al, 2005, Kim D.H.etal 2005, Frits J.M et al, 2006.).

From December 1984 to December 2006, 14,169 new patients were referred to our clinic for the management of back pain and back injury. By reviewing the details of those cases, we have found that there is a cause for each back pain. By recognizing the cause of back pain, one can definitely treat the pain more precise, more effectively and in a much shorter time; The common back pain (non-specific=idiopathic) first started with a physical strain. Commonly the patient would report that he was lifting or bending such an object, when suddenly something popped on his or her back; Something snapped, etc. But the literature doesn't show what anatomical structure failed and produced such a snapped or popped on the back? We have found back pain initiate with a failure or disruption of inter-spinatus ligament (made of collagen type I, non stretchable). If such injury is not recognized early, it will leads in to instability of spine and gradually a failure of a disc. The patient that come first with back pain in a few weeks or months on the line; complaint of leg pain. The insurance companies will not accept the second complaint and dynasty of back pain, litigations and expenses starts. Second mistake is that if a ligament injury on the other parts of the body such as mallet finger injury is treated with immobilization. Because we recognize this kind of injury, we treat it with immobilization and always get good results; We never have idiopathic finger pain and no litigation conversely because we do not recognize ligament, injury in the back, we treat the acute low back pain, with cooling, heating, pulling, pushing, twisting and we get poor results.

Conclusion: In this talk, I will give subjective and objective data for a definite diagnosis and the correct treatment for back pain. I support my claim with correct diagnosis in 14,169 patients minus only one case.

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