German League against Rheumatism: We are there for you

Back pain is a rheumatic illness. We know a lot about it. We would gladly like to advise and help you.

We can for example help you to learn special gymnastic exercises. You will meet many other people with rheumatism, with whom you can share mutual experiences.

To learn more give us a call: 01804 60 00 00* Or visit our website: www.rheuma-liga.de

What helps with the pain?

For sudden back pain it is important to relax the back. Lie on your back or on your side and bend your knees. This relieves the irritated nerves. Keep your back nice and warm with a hot water bottle or a heating pad. This relaxes the muscles.

The Doctor can tell you which medications relieve the pain. Medications such as ibuprofen or diclofenac are very effective. If that does not help, the Doctor can numb the painful spot with a shot.

It is important not to rest your back too much. It has to keep moving.

To ensure that the pain does not keep coming back, you should strengthen the muscles located around the spine.

Swimming, bicycling or Nordic walking are good for this.

Exercises with jumping or sudden movements, such as martial arts, handball, football or soccer, are not suitable.

Try not to worry about the pain. Relaxation exercises can help.

Back Pain

The most important information about your illness, summarized for easy understanding.
You have back pain. Here is some information to better understand your condition.

Back Pain – What is it?
Back pain occurs frequently. Almost everyone has had back pain. Usually the pain is gone after a few weeks. But in some people the pain returns constantly.

Where does the pain come from?
Back pain usually comes from the spine. The spine consists of many small bones called vertebrae. Between two vertebrae there is a soft cushion called the disc. Just by walking upright the human spine is under great strain. Other things can intensify the strain. For example, a pronounced hollow back. This means, that the spine has a greater curvature. This intensifies the strain and pressure and the back starts to hurt.

Sometimes the discs collapse. This happens if they have been put under too much strain or because of incorrect posture. Then the muscles located around the spine try to support the spine. But because the muscles were not made for this, they cramp up. Such cramps are very difficult to relieve. The pain that this causes can appear suddenly. This is also because many nerves run through the spine. If one of these nerves is irritated, that hurts very much.

There is a specific spot along the spine where the sciatic nerve is located. If it is irritated, this is called sciatica. The pain usually radiates from the buttocks down through the leg to the foot. It is also very painful if a disc slips between two vertebrae. This is called a slipped disc.

If the vertebrae recede, then something else happens. Without the cushion the vertebrae rub against each other. They break down and at some point they start to hurt.

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