

Back Pain

Symptoms of Low Back Pain

If you have or have consistently had any of the following symptoms, you should consult a spine specialist for an evaluation of your condition:

- Low back pain that extends down your leg
- Leg pain that increases if you lift your knee to your chest or bend over
- Severe back pain following a recent fall
- Significant back pain lasting more than 6 weeks
- Back pain that becomes worse when you rest, or wakes you up at night
- Numbness or tingling in your legs or feet
- Loss of bowel or bladder control or significant change in bowel or bladder habits
- Weakness in your legs or feet

Treatments for Back Pain

Non-operative or conservative treatments of your back pain may include:

- Anti-inflammatories
- Non-impact aerobic exercise (walking, stationary bike)
- Physical Therapy
- Injections
- Chiropractic care may be helpful

Surgical treatments can helpful for these two common back conditions:

- Disc herniation (called "ruptured disc" or "slipped disc")
- Spinal stenosis (abnormal constriction or narrowing)

Minimally invasive procedures:

Fortunately, there are several surgical procedures that can often be done utilizing minimally invasive techniques. Minimally invasive surgery does not require large incisions, but instead uses small cuts and tiny specialized instruments and devices such as a microscope and endoscope during the operation.

Potential benefits include:

- Less postoperative pain: small incisions allow for faster healing
- Faster, less painful recovery: less muscle and tissue trauma allow for easier rehabilitation
- Shorter hospital stay: patients generally are released within 48 hours as compared to a typical 3-5 day stay with a standard open procedure. In addition, Dr. Dolphin performs many of his procedures on an outpatient basis at Mississippi Valley Surgery Center. Patients are usually home within 24 hours of procedure.

For more information about the services that Dr. Michael Dolphin, fellowship trained spine surgeon, offers or to schedule an appointment, please contact our office at (563) 344-9292.



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