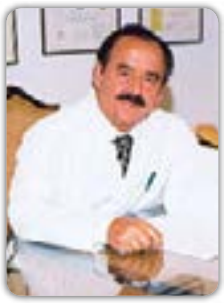

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A new concept, etiology of idiopathic back pain

Introduction: The back pain is so frequent that appears in every clinic. Spine disorders are the 1 cause of disability in the United States and worldwide. The 2010 Global Burden of Disease (GBD) study recently reported comprehensive information on the worldwide impact of 291 diseases, injuries and risk factors. The degree of disability due to low back and neck pain between 1990 and 2010 increased 24% 29% respectively in United States. (Charles A. Mick, MD 2013). The problem is failing to diagnose the exact cause of back pain. The majority of back pain considered Idiopathic (Michael Palma 1965, Nackemson Al. 1982, Louis G. Jennies, 2005). In recent literature recorded as nonspecific back pain (AAOS and American pain society September 2010). In this paper I report the exact cause of LBP diagnosed, then the correct treatment conducted and the excess stress and economical lost were prevented. My new concept is based on personally taking the history and examining and treating 15665 patients during December 1984 to December 2012.

Method: The key is to listen to the patient. Nearly all patients with the first attack of back pain report, that when they lifted some heavy weight or were involved in an accident something popped, snapped, or went out or disrupted in their back. Medical literature is silence to describe what anatomical element was disrupted or failed to produce back pain. Physiologically Inter Spinatus Ligaments in continuation with spinal processes make like a rob in the back of spine. This is similar to string in the industrial crank for lifting. When we bend it resist against force of Compression? This ligament is thin tough non-stretchable. It is made of collagen type I (Similar to collagen in bone). With excess stress it will fail, never heals and dynasty of low back pain will be initiated. As a result, later instability of the 2nd column of spine will be produced. With mismanagement, the damage of the disc will follow the initial back pain in a matter of days, week's moths or even years will produce leg pain and sciatica. At this stage the insurance refused to accept treatment of leg(s) pain and litigation will be initiated. If the condition is not well treated, effectively, let to spinal Stenosis. Furthermore, because disturbance of biomechanics of the spine as a result of initial interspinal ligament injury in the lumbar spine, defense mechanism leads to hyper lordosis lumbar spine, this lead to hyper kyphosis Thoracic spine. Then lordosis of cervical spine in tern cervical disc syndrome will develop. With vague understand the cause of back pain led to blindly ineffective treatment, medico-legal stress and high expense will follow. How one can prove the Inter Spinal Ligament Injury A) History of Injury. B) By inspection a depth could be seen in thin subject. C) By palpation by thumb the examiner may feel the depth and the patient feels severe pain. D) By injection, if the examiner inject 2ml local anesthesia between the two spinal processes with a 22 gage needles all pain will temporary be relieved. E) Objective; in lateral x-rays view on flexion and extension a large gap will be notice between the two spinal processes with ligament injury.

Speaker Biography

S M Rezaian has completed his Orthopaedic Surgery Residency training in London, England, under world-renowned orthopedic authorities. He has been a Member of the Royal College of Physicians and the Royal College of Surgeons in London, England, since 1969. He is an active Member and Fellow of the British Orthopaedic Surgeons. He is a Fellow of the International Society of Orthopaedics and Traumatology (United States Section), a Diplomat and Fellow in Orthopedic and Spine Surgery of the International College of Surgeons (United States Section), and many other societies. He is licensed to practice in the State of California, Iran and England, UK, where he completed his training and residency in orthopaedic surgery.

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