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Laser Spine Surgery-cure the root cause of back pain by [Sam Bradson](#)

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Back pain is a common problem these days. Back pain varies as it is different from one person to the other. It may be sharp or acute. Back problem can come on suddenly or slowly. It can be constant or patients suffer intermittently. In most of the cases patients get relief within a few weeks or days and in some it takes years. There are various causes of back pain and some of them are:

Over activity is the common cause of back pain. In such situation there is muscle soreness due to overstretching or injury. When there is an injury in the disk the pain does not go away within few days. With aging the small tears to the outer part of the disk occurs. Disk tears have varied impact on people. There are some people who do not have pain at all, while others can have pain that lasts for many days and even longer. If the pain is so constant it results into disabling as well.

The other common reason for disk injury is due to slipped or herniated disc. A disk herniates when its jelly-like center pushes against its outer ring and puts pressure on the sensitive spinal nerves, causing pain. It further leads to the leg and foot, pain. The reason for herniated disk often occurs with lifting, pulling, bending, or twisting movements. With aging intervertebral disks begin to wear away and shrink or even collapse completely. When the facet joints in the vertebrae rub against one another it causes pain and stiffness.

Changes from aging and general wear and tear make it hard for your joints and ligaments to keep your spine in the proper position. In cases when there is too much slippage occurs, the bones may begin to press on the spinal nerves

The spinal deformity may develop in children most often during their teenage years. It also may develop in older patients who have arthritis. This spinal deformity may cause back pain and possibly leg symptoms, if pressure on the nerves is involved.

Surgery should be last option and when all the other treatments fail. There are various ways of performing surgery; however the latest method of surgery is laser spine surgery. Before considering the laser spine surgery history of the patients must be studied. As some patients are not the candidates of surgery even when they have constant pain and other treatments have not worked. Continuous pain in the spine results into either severe or and sometimes devastating back, leg and neck pain. When there are multiple disorders of the spine, laser surgery can prove to be a very effective treatment option. Laser spine surgery is very effective in conditions such as sciatica, arthritis, herniated discs, annular tears, spinal stenosis, degenerative disc disease and scar tissue formation.

Laser spine surgery is cost effective and post operation care and rest is much less as compare to other kinds of open surgeries. When performing laser spine surgery patients are given local anaesthesia and mild sedation so the complications do not occur after surgery.

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