

Lower Back Pain: New Treatment

Chronic, nagging lower back pain causes lost hours at work, brings about sleepless nights, and even creates disability for four out of every five adults in America. Chances are, you've experienced or will experience lower back pain during your lifetime.

The occurrence of chronic lower back pain often begins after a spinal injury such as a strained muscle, sprained ligament or herniated disc. Once the initial damage has been repaired, one would expect the pain to vanish as well. However, health experts have found that such episodes can sometimes trigger an alteration in the nerve cells that transmit signals. The resulting "hypersensitivity" persists, even after the initial trauma has been healed.

When this occurs, the chronic lower back pain transforms into a disease that is much more than a symptom of underlying spinal damage. "Hypersensitivity" can continue to create bouts of pain, even when there is no havoc that factored the twinge. For this reason, it's important for people who have suffered lower back trauma to maintain an ongoing rehabilitation program, to avoid any future painful episodes.

There is an effective, non-surgical treatment method that may offer relief for those suffering with lower back pain. Percutaneous neuromodulation therapy (PNT) brings relief by applying electrical stimulation to the deep tissues in the posterior portion of the body.

This new procedure for relieving chronic lower back pain has recently received an FDA clearance. It is a minimally invasive procedure that is performed in a regular medical clinic.

To qualify for percutaneous nueromodulation therapy, you must:

- * Be at risk of developing a long-term, intractable pain.
- * Suffer with an ache that radiates from the lower back into your buttocks, legs and feet.
- * Have not received ample pain-relieving medications (including physical therapy or chiropractic manipulation).
- * Desire a less insidious approach before resorting into a surgical operation.

When a doctor performs PNT, he or she will utilize several needle electrodes that are designed to reach the nerve pathways that may be impacting the pain. Specialists believe that this kind of charged stimulation helps to restrain the central nervous system that relentlessly ushers in pain.

A typical PNT session lasts for about thirty minutes. Once the patient has become comfortable in a face down position on the examination table, up to ten PNT electrodes are applied to the lower buttock area at specified locations. Each is deployed with a fine-gauge filament electrode to a depth of three centimeters. With the electrodes in place, the doctor is able to adjust the stimulation to a stage that will distribute the most therapeutic benefits to the patient.

It's important for patients who undergo PNT as a treatment for lower back pain to complete three or four sessions before evaluating the effectiveness of the procedure. Some will experience a certain level of relief after a single PNT session, while others will require subsequent sessions. The most suitable frequency of this therapeutic treatment varies for each individual.

Following the application of percutaneous nueromodulation therapy, some patients have reported improvements such as increased physical activity, reduced need for pain medications, better quality of sleep, improved pain control and lower levels of disability.

Just because you suffer from lower back pain, doesn't mean that you have to be a slave to the condition. There are effective treatment options, including PNT sessions, which can provide the relief you need to get back on your feet.