

Non-Specific Low Back Pain

Understanding non-specific (mechanical) low back pain

Most back pain isn't caused by anything serious, and it doesn't have a single, dramatic cause. This is the **most common kind of back pain there is**, and the outlook is good.

What it is

Your back is a sturdy, hard-working structure, dozens of joints, muscles, and ligaments that move and carry load all day. Sometimes one of those tissues gets **irritated or overloaded** and starts sending pain signals. A "tweak" is often exactly that: a specific tissue that got loaded more than it was ready for in that moment.

Why we usually don't name one exact cause

Your back shares its load across many structures at once, so it's rarely worth chasing precisely which one is sore, and scans often can't tell us anyway. In fact, in most cases no single structure or serious cause can be pinpointed. That's why doctors call it **"non-specific."** And that's normal, not a sign that something is being missed.

THE USEFUL CLUE: IT'S "MECHANICAL"

This kind of pain **changes with movement and position**, some positions ease it, others stir it up. That's actually good news: pain that responds to how you move is pain we can work with and influence.

WHAT TO EXPECT

Most everyday back pain settles within a few weeks. Staying gently active, rather than resting in bed, is one of the most reliable ways to recover. Flare-ups can come and go over time, but a recurrence is a normal part of having a back, not a sign of new harm.

How we help

- **Hands-on care** to ease irritated tissue and restore easy movement
- **Activity & load guidance** so you can stay active without overdoing it
- **Movement & exercise** to build back your strength and confidence
- **Clear answers** to take the worry out of the pain



When back pain does need prompt attention

Serious causes are uncommon, but seek prompt medical care if your pain comes with: **loss of bladder or bowel control, numbness in the groin or saddle area, progressive weakness or numbness in a leg, a significant injury or fall, or fever, unexplained weight loss, or a history of cancer.**

The takeaway: everyday back pain is common, rarely serious, and usually short-lived. Staying active and staying calm are two of the best things you can do, and we'll guide the rest.

New Market Chiropractic + Rehabilitation
164 W. Main St., Suite D, New Market, MD 21774
301-865-8333