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Torn meniscus pain at night

Adult (18+)Back pain can be a symptom of many different diseases and conditions. The main cause of the pain can be a problem with the back itself or by a problem in another part of the body. In many cases, doctors can not find a cause of the pain. When a cause is found, common explanations include: Stress or injury involving the back muscles, including back sprain or strain; chronic overload of back muscles caused by obesity; and short-term overload of back muscles caused by an unusual stress, such as lifting or pregnancy Disease or injury involving the dorsal bones (vertebrae), including fracture from an accident or as a result of bone thinning disease osteoporosis Degenerative arthritis, a wear and tear process that may be related to age, injury and genetic predisposition. Illness or injury involving the spinal nerves, including nerve damage caused by a protruding disk (a fibrous pillow between vertebrae) or spinal stenosis (a narrowing of the spinal canal) Kidney stones or a kidney infection (pyelonephritis) Rarer causes include: Inflammatory arthritis, including ankylosing spondylitis and related conditions A spinal tumor or a cancer that has spread (metastasis) to the spine from elsewhere in the body Infection , which may be in the disk space , bone (osteomyelitis), abdomen, pelvis or bloodstream SymptomsBack pain varies greatly. Some symptoms may indicate that back pain has a more serious cause. These include fever, recent trauma, weight loss, a history of cancer and neurological symptoms, such as numbness, weakness or incontinence (involuntary loss of urine). Back pain is usually accompanied by other symptoms that may help point to its cause. For example: Back sprain or strain – Back pain typically begins on the day after heavy exertion. Muscles in the back, buttocks and thighs are often sore and stiff. The back may have areas that are sore when touched or pressed. Fibromyalgia – In addition to back pain, there are usually other areas of pain and stiffness in the trunk, neck, shoulders, knees and elbows. Pain can be either a general soreness or a nagging ache, and stiffness is often worst in the morning. People usually complain of feeling abnormally tired, especially of waking up tired, and they have specific areas that are painful to touch, called tender points. Degenerative arthritis of the spine – Along with back pain, there are stiffness and bending problems over, which usually develop over many years. Inflammatory arthritis, including ankylosing spondylitis and related conditions – In these diseases, there is pain in the lower back, along with morning stiffness in the back, hips or both. There may also be pain and stiffness in the neck or chest or an extremely tired feeling. Other features may include psoriasis, eye pain and redness, or diarrhea, depending on the specific disorder causing back pain. This group of diseases is a relatively rare cause of back pain. Osteoporosis - This condition is characterized by weakened bone as fracture easily. It is most common in postmenopausal women. When vertebrae become compressed due to fracture, posture can become bent over or hunched along with back pain. Osteoporosis is not painful if not a bone fracture. Cancer of the spinal bones or nearby structures – Back pain is consistent and can get worse when lying down. Numbness, weakness or tingling in the legs that continue to get worse. If cancer spreads to spinal nerves that control the bladder and intestine, there may be bowel or bladder incontinence (loss of control). Protruding disk – People with significant disc disease sometimes have severe lower back pain. If a disk compresses a nerve, the pain can spread down a bone. The pain gets worse during bending or twisting. Spinal stenosis – Pain, numbness and weakness affect the back and legs. Symptoms worsen when standing or walking, but are relieved by sitting or leaning forward. Pyelonephritis – People with a kidney infection usually develop sudden, intense pain just below the ribs of the back that can travel around the side towards the lower abdomen or sometimes down to the groin. It can also be a high fever, shaking chills and nausea and vomiting. Urine may be cloudy, stained with blood or unusually strong or smelly. There may be additional bladder related symptoms, such as the need to urinate more often than normal or pain or discomfort during urination. DiagnosisYour doctor will ask about your symptoms and your medical history. He or she will examine your back muscles and spine and will move you certain ways to control pain, muscle soreness or weakness, stiffness, numbness or abnormal reflexes. For example, if you have a washing problem, you may have lower back pain when your doctor raises your straightened leg. Your symptoms and the physical examination may give your doctor enough information to diagnose the problem. But with back pain, your doctor may just be able to tell you that the problem is not serious. If your doctor determines that your back pain is caused by muscle strain, obesity, pregnancy or another cause that is not acute, you may not need any further tests. However, if he or she suspects a more serious problem involving your vertebrae or spinal nerve, especially if your back pain has lasted longer than 12 weeks, you may need one or more of the following tests: X-ray of your back Blood test Urine test Spinal magnetic resonance imaging (MRI) Computed Tomography (CT) scan nerve conduction studies and electromyography to determine whether nerves, muscles or both may be damaged Bone scan , especially if you have a previous history of cancer Expected DurationHow long back pain lasts depends on its cause. For example, if your pain is caused by stress from overexertion, symptoms usually subside over days or weeks and you may be able to return gradually to your normal activity. However, you should avoid lifting, long-lasting or sudden bending or twisting until the back improves. Women who have back pain caused by the extra weight of pregnancy will almost always get better after delivery. People who are obese may need to lose weight before back pain eases. People with back pain caused by pyelonephritis often start to feel better within a few days after they start taking antibiotics, although they usually need to continue taking antibiotics for up to two weeks. People with more severe forms of back pain caused by problems with the vertebrae or spinal nerves may have more persistent back pain that lasts for months and can last for years. PreventionYou can help prevent certain forms of back pain by strengthening the back with exercises and by avoiding activities that lead to back injury. Measures that can help prevent back pain include: Maintaining good posture. Sleep on the side or on your back with a pillow below your knees if you can. Exercise regularly, but stretch before and after. Practice abdominal crunches to strengthen the abdominal muscles, which support the lower back. Also, walk or swim regularly to strengthen the lower back. Always lift objects from a squatting position, using the hips and legs to do the heavy work. Avoid lifting, twisting and bending at the same time. Avoid sitting or standing for extended periods of time. Wear soft soled shoes with heels that are less than 1 and a half inches high. To prevent osteoporosis, make sure you get enough calcium and vitamin D daily to meet the dietary needs of your age group. Follow a routine program of weight-bearing exercise. Avoid smoking and limit the amount of alcohol you drink. If you are a woman who has indicated menopause, talk to your doctor about testing for osteoporosis and medications that can help prevent or reverse it. TreatmentMost episodes of back pain are not severe and can be treated with: Limited bed rest (maximum two days) Paracetamol (Tylenol and others) for pain or oral anti-inflammatory drugs, such as aspirin, ibuprofen (Advil, Motrin and others) or naproxen (Aleve, Naprosyn), for pain and inflammation Muscle relaxants or prescription painkillers, if necessary, for a short period Hot or cold compresses People with back pain are encouraged to return to their normal activities gradually , and to temporarily avoid heavy lifting, prolonged sitting, or sudden bending or twisting. If you recover from back pain, your doctor may ask you to call or return to his or her office for a follow-up visit in about two weeks to confirm that your symptoms are gone and that you can safely resume all your normal activities. If your back pain is related to more serious disorders of the vertebrae or spinal nerves or if it has not improved for a few weeks, you may be referred to a specialist, such as a pain specialist, a surgeon (a doctor specialising in skeletal diseases), a neurologist (a doctor specialising in diseases of the nerves and or a rheumatologist (an arthritis specialist). When To Call a ProfessionalContact your doctor about: Severe back pain makes it impossible for you to do your normal daily activities. Your back pain follows significant trauma. Mild back pain gets worse after a few days or persists more than a week or two. Back pain is accompanied by weight loss, fever, chills or urinary symptoms. You develop sudden weakness, numbness or tingling in a leg. You develop numbness in the groin or rectum or difficulty controlling bladder or bowel function. You have had cancer before and you develop persistent back pain. PrognosisMore than 90% of people with back pain get better after conservative treatment. Only 5% of people with back pain will have symptoms for more than 12 weeks and for most of these people, the cause is not serious. Additional InfoAmerican Academy of Orthopaedic Surgeons (AAOS)6300 North River RoadRosemont, IL 60018-4262Phone: 847-823-7186 American College of Rheumatology2200 Lake Boulevard NEAtlanta, GA 30319Phone: 404-633-3777 Arthritis FoundationP.O. Box 7669 Atlanta, GA 30357-0669 Toll-Free: 1-800-283-7800 National Institute of Arthritis and Musculoskeletal and Skin DiseasesInformation ClearinghouseNational Institutes of Health1 AMSBethesda Circle, MD 20892-3675Phone: 301-495-4484Toll-Free: 1-877-226-4267TTY: 301-565-2966 Medical Content Reviewed by faculty at Harvard Medical School. Copyright from Harvard University. All rights reserved. Used with permission of StayWell. 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