

(This was written for a client who wanted to add more content to their website. It's a segment on back pain myths.)

## Back Pain Can Result in Paralysis

The structure of your spine is resilient. Your spinal cord and cauda equina — a bundle of nerves at the base of your spinal cord — are well protected by muscles, ligaments, and bones. It takes a lot to compress the spine or cauda equina, which is how paralysis occurs. Back pain is usually a result of damage to the vertebrae and soft tissue in your back.

## Bulging Discs Cause the Majority of Back Pain

Research has shown that this isn't true. Bulging discs seen on x-rays don't correlate with back pain in an individual. Bulging discs are a normal part of aging. Your Ameriwell back pain doctor in Rockville MD, may allay your fears about bulging discs.

## My Chronic Back Pain Must Have Begun With an Injury

Chronic back pain usually results from poor lifestyle choices over many years. For example, if you're overweight, that can cause back strains, which lead to back pain. The same goes if you don't regularly exercise. Unless you've been thrown off a building, your back pain most likely isn't due to an injury.

## I Need to Restrict My Activity Because I Have Back Pain

You lose endurance and muscle strength much faster than you can gain it. Sitting around doing nothing is not conducive to relieving your back pain. Your back pain doctor might recommend a day or two of rest, but after that, you should resume your normal activities — including exercise, which may prevent the recurrence of back pain.

## My Back Pain Means Something Is Damaged or Diseased

In a recent University of Iowa study of 1,200 people with back pain, fewer than 12 people had a significant injury or illness causing their pain. Your Ameriwell back pain doctor in Rockville MD, knows what questions to ask to determine if one of those rare instances may be true for you.

## If an Exercise Hurts It Must Be Causing Me Harm

Exercise discomfort is common and normal. It could be you're stretching a little further than you normally would, or you added too much weight to your workout. It could be that you're just out of shape from nursing your back injury that you have to start off more gently. Even if the exercises hurt, it doesn't mean any damage is being done to your back.

## If No Back Problem Is Found, Then the Pain Is Psychological

Many causes of back pain go unknown. There aren't tests you can take to find what's creating the pain. However, that doesn't mean it's all in your head. Your back pain doctor in Rockville MD, may be able to treat you for back pain without knowing its exact cause.