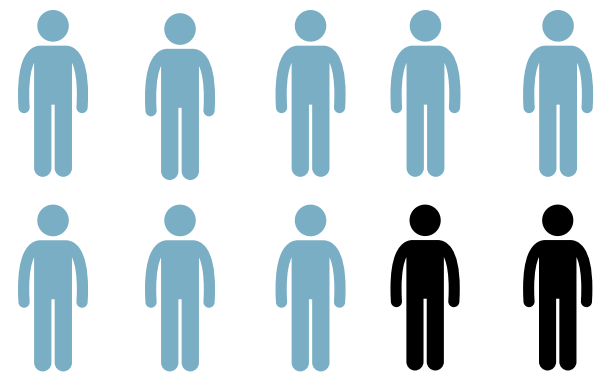




Back Conditions: What You Need To Know

Most Americans will experience back pain at some point in their life. But back problems can have symptoms you may not expect!



8 out of **10** Americans
will have back problems at some point
during their lives



More than 54% of Americans who have back pain sit at a desk the majority of the day

SYMPTOMS OF BACK PROBLEMS

Pain when walking or sitting

Sitting and walking can cause pain and increase already existing pain

Numbness & tingling in legs, feet or toes

Sensory changes, due to nerve compression, can manifest as numbness and/or tingling in legs and toes

Back Pain

Arthritis and stenosis can cause a sore, stiff back that becomes more painful with sitting or standing

Radiating Pain in the Buttocks and Leg(s)

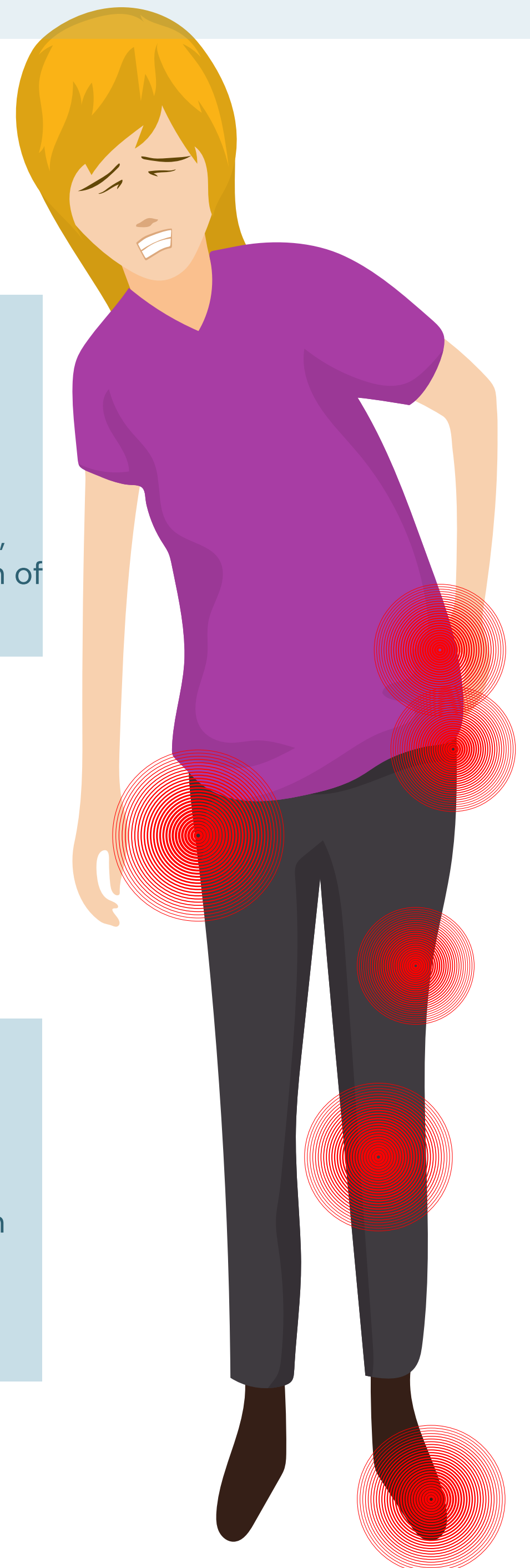
Nerve pain can cause a stabbing or electric-shock sensations, throbbing, burning, shooting pain, or a sensation of pins and needles.

Hip and Knee Pain

Sometimes people will experience hip and knee pain which can be misdiagnosed as a hip or knee injury.

Weakness in legs or feet

Weakness in the quads and feet can be a symptoms of back problem. Sometimes "foot drop" develops which is an inability to lift the foot.



Michael Cluck, MD, PhD, FAAOS
Minimally Invasive Back and Neck Surgeon
1170 W. Olive Ave, Suite B, Merced, CA 95301
Phone: 209-276-2200
ValleySpineCare.com