

Axial back pain

Axial [low back pain](#) can vary widely. It can be a sharp or dull pain, it can be felt constantly or intermittently, and the pain can range from mild to severe.

The most common type of axial back pain is “mechanical” and is characterized as:

Low back pain that gets worse with certain activities (e.g. certain sports) Low back pain that gets worse with certain positions (e.g. sitting for long periods) Low back pain that is relieved by rest Axial pain represents the most common type of low back pain, and it is usually non-specific – meaning that the anatomical structure responsible for the pain need not be identified because symptoms are usually self-limited and resolve with time.

Area of Pain Distribution Axial pain is confined to the low back area. Unlike other low back problems, this type of pain does not travel into the buttock, legs and feet, or other areas of the body.

Diagnosis of Axial Back Pain The exact diagnosis as to which structure is causing the low back pain rarely has significance to treatment. Only in chronic and severe cases is further evaluation and diagnosis helpful.

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