

# Lumbago

Template:Infobox - onemocnění

It is a pain in the lower back, caused by the innervation of the lumbar spine, without irritation of the roots *n. ischiadicus*.

## Clinical symptoms

- popularly **houser'**, *shot*
- in lumbar spine area intensified by movement
- preceded by sudden, uncoordinated movement (quick turning, lifting of a load), ev. cold
- pain sometimes shoots into DKK, buttocks
- the cause is in the muscles and ligaments of the sacral region

## Treatment

- physical rest, salicylates, antirheumatic drugs, antispasmodics
- manipulation with the removal of the blockage
- if there is no relief of symptoms within a week → examination by imaging methods (disc herniation starts as lumbago → pain gradually subsides;

symptoms of root irritation appear in the back)

## Links

### Related Articles

- Schialgia
- Back pain, root syndromes on the lower limbs/PGS
- Low back pain

### External links

- Template:Mefanet

### References

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