Back pain
Common ailment in Germany

It even affects young people

Three out of four Germans suffer from lumbar pain at some time in their life. This develops between the lower edge of the ribs and the groin.

A distinction is made here between an acute pain (lasting not more than 6 weeks) and chronic back pain (more than 6 weeks).

Often no exact cause can be established. Doctors talk about “lumbar pain” or “inflammatory conditions of the sacroiliac joint”. The pain often causes what is known as antalgic posture – the upper body is held forwards or slightly to the side, which in turn leads to further muscle tension and further pain.

Lumbar supports such as the Lumbamed active or Lumbamed basic or Lumbamed plus stabilise the back and reduce the lordosis, i.e. the pelvis is pushed forwards and the spine is straightened. Additional physiotherapy and heat then relieve the pain, usually within a few days.

The pain is often caused by the prolapse of an intervertebral disc. The discs lie like shock absorbers between the vertebral bodies. If the soft nucleus of the disc slips backwards out of the disc, it presses on the nerves and therefore causes pain. In cases of this kind, back supports are prescribed, such as the Lumbamed disc or Lumbamed stabil.

Lumbar pain often goes away as quickly as it came. It is rarely associated with serious disease. However, if a feeling of numbness or paralysis is noticed, you should consult the doctor immediately.

If vertebral bodies in the area of the thoracic or lumbar spine fracture, hyperextension orthoses are used. These straighten and support the trunk. Orthoses with a frame design (e.g. medi 4C) also prevent a rotation of the upper body.