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## Five Back Symptoms You Should Never Ignore

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The [National Institutes of Health](#) state that around 80% of adults will encounter low back pain at some stage. Since back pain is so prevalent, many individuals may mistake it for regular discomfort or a typical aspect of aging. Frequently, individuals only seek medical advice when the pain becomes severe. However, before dismissing your back pain as common, here are five back pain indicators you shouldn't overlook:

### Changes in Posture

Signs of a spinal issue may include limited flexibility, trouble bending, twisting, or standing upright. You might also observe changes in the dexterity of your fingers and hand due to the connection of the vertebrae in your upper back and neck to your arms and hands.

Alterations in these areas can impact your ability to carry out tasks needing manual dexterity. Seeking medical assistance is crucial if back pain interferes with fine motor skills and overall mobility. It's important to see a spine specialist if you:

- Struggle with balance
- Experience discomfort when walking long distances
- Have persistent pain while sitting, standing, or lying down

### Unexpected Reduction in Weight

Many individuals would welcome the notion of effortlessly losing weight. However, if you encounter unexpected weight loss paired with back discomfort, it might indicate a more severe issue. This holds particularly true if you're also experiencing abdominal pain.

Promptly seek medical help if you exhibit these symptoms to exclude any serious ailments. Should your back and abdominal pain [coincide with feelings of nausea](#), vomiting, diarrhoea, or fever, seek urgent medical attention either at the closest emergency room or by dialling 911.

### Numbness or Weakness in the Legs

Weakness or tingling in your legs may indicate an issue in the spinal region. The nerves linking these body parts to the brain pass through the spine. Compression or pinching of these nerves, caused by disc herniation, bone spurs, or spinal canal narrowing (stenosis), can lead to such sensations. There are various [options for treating scoliosis](#) and other spinal issues, so seeking medical advice to determine the underlying cause is essential.

You might feel abnormal sensations in your lower body depending on the underlying reasons. Tingling or numbness in the groin area and difficulty with normal bathroom functions could signal cauda equina syndrome, where nerve compression at the spine's base affects bowel and bladder control.

## Variations in the Agility of Your Fingers

The upper back and neck vertebrae link the spinal column to the arms, hands, and fingers. Alterations in this area can impact one's ability to perform hand-use tasks. Individuals may observe difficulties with buttons or zippers, and some patients mention changes in their handwriting. There are various [options for treating scoliosis](#), spinal stenosis, herniated discs, and other spinal pathologies.

Just like [issues in the lower spine](#), these symptoms may result from various spinal conditions. A spine specialist can conduct a physical examination and may recommend [imaging tests like MRIs](#), x-rays, or CT scans to identify the underlying issue.

## Pain That Is Diminishing Quality of Life

If back pain and spinal issues are hindering everyday activities such as climbing stairs, driving, bending to tie shoelaces, lifting children or grandchildren, doing stretches, and general movement, it's advisable to consult a physician. Pain that interferes with daily tasks indicates a decline in quality of life.

## Endnote

Pay close attention to the signals your body sends you. Pain serves as a warning that something might be amiss. What you consider to be slight back discomfort may actually indicate a more severe injury or a hidden health issue.

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