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Neurologická klinika

Informace pro pacienty | IP-NEU-001 | strana 1 z 1 | verze 1
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Edukační materiál

ACUTE NECK/LOW BACK PAIN

Simple pain caused by muscle spasm(contraction)

1. It is muscle problem, not neurological disease (muscles surrouding spine tend to protect spinal column by acute painful spasm in case of inappropriate spine movement or coldness).
2. Spontaneous recovery within 5-10 days.
3. Rest and dry heat condition needed (avoid hot bath, warming sticking plasters can be used).
4. Pain caused by musclecontraction can be treated with common pain-killers regularly used for at least 3 days (e.g. Ibuprofen 400 mg there times a day or Paracetamol 500 mg four times a day) and muscle relaxant (e.g. Guajacuran 1-3 tablets per day-caution-risk of sleepiness and reduction of attention).
5. Neurological exam is not needed except for:
   - pain is connected whith painful shots spreading to whole ar mor leg,
   - pain is connected whith muscle weakness of arm/hand or leg,
   - pain is connected whith skin sensitivity problem,
   - pain is connected whith impossibility to urinate,
   - pain is connected whith fever or acute trauma.

In all other cases recommendations mentioned above are most important.
In case of sustained pain lasting longer than 10 days, visit your GP for further examination (X-rays, lab tests etc.) or evaluating real requirement of further neurological, orthopedic, rheumatological or physiotherapeutical care.