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Low back pain: Multidisciplinary approach in low back pain assessment

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Almost anyone can expect to experience pain at some point in their lives. There are different types of pain people can experience with low back pain being the most common. Low back pain is caused by many underlying problems. It is also the result of having certain diseases, such as cancer of the spine, herniated disc, sciatica, or even arthritis. Not only that but back pain is the most cause of job disability in the workplace. An acute back pain can last from a few days to a few weeks, while chronic back pain is pain that lasts longer than three months. Moreover, there are well-established clinical treatments for the management of low back pain. This article will focus on multidisciplinary approach to assessment of low back pain. It will provide information about what we know about pain, what we don't know and multidisciplinary approach for assessment and management of the following evaluation. Initial evaluation of patients is important for early and proper management of low back pain thus, reducing unnecessary health costs to individuals and tax payers.

Biography

Agaezi Ikwugwalu is the Founder and CEO of Charmony Healthcare Center a multidisciplinary clinic. She holds a Bachelor's degree in Microbiology, a Doctor of Chiropractic, Post graduate Certificate in Diabetes Educator and a Post-graduate Certification in Exercise and Lifestyle Management. She has been involved in healthcare and wellness for more than 2 decades. She is a US trained Doctor of Chiropractic and licensed to practice Chiropractic in both USA and Canada. As a Chiropractor, she worked in a multi-disciplinary clinic together with an inter-professional team with Family practice MD's, Orthopedic Surgeon, Assistant Physicians, Physiotherapist, Nurses, Massage Therapist and other healthcare practitioners. As an undergraduate student of Microbiology she has published an article in *Nigerian Journal of Biotechnology*. She was appointed as one of the Board Member of the Everglades University in 2006.

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